

Weight Loss for Joint Protection and Health



Presented By

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Important Facts

It is currently estimated that approximately 25% of the adult population is affected by *longstanding* musculoskeletal pain and challenges that *limit daily activities*.



Important Facts

Musculoskeletal conditions are one of the most common reasons for doctor's visits: *one in every seven* is related to musculoskeletal challenges.



4 Major Musculoskeletal Conditions

1. **OSTEOARTHRITIS** – loss of joint cartilage primarily in hips and knees
2. **RHEUMATOID ARTHRITIS** – chronic inflammatory condition typically affecting multiple joints
3. **OSTEOPOROSIS** – low bone mass promoting fracture vulnerability in hips, vertebrae, and forearm
4. **LOW BACK PAIN**– affects nearly everyone at some point in life

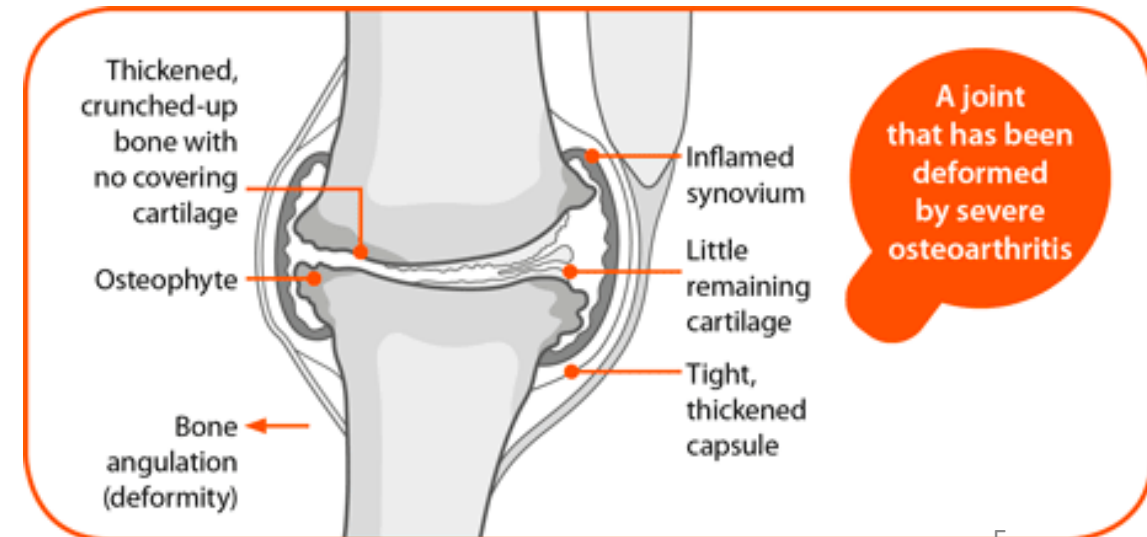
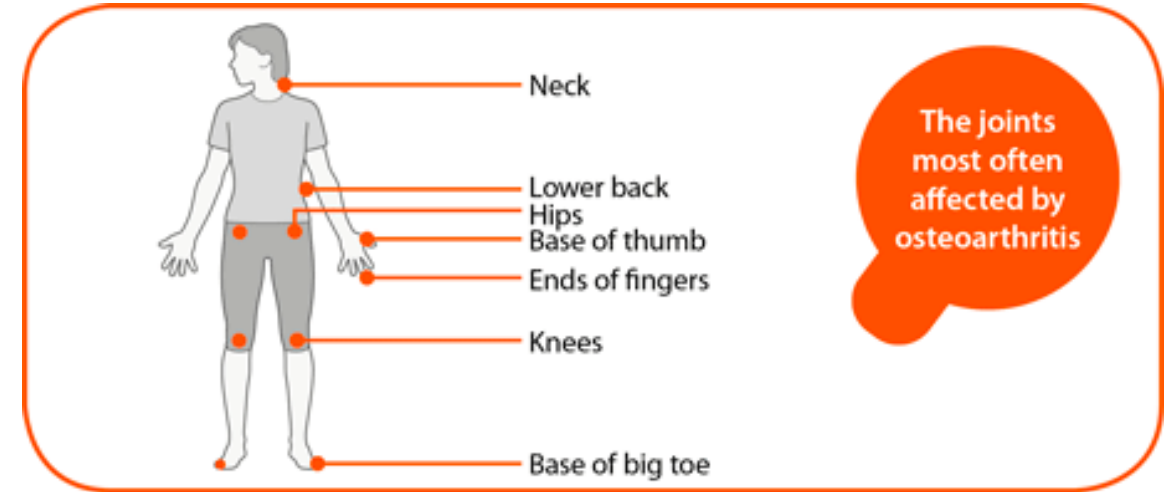


More On Osteoarthritis

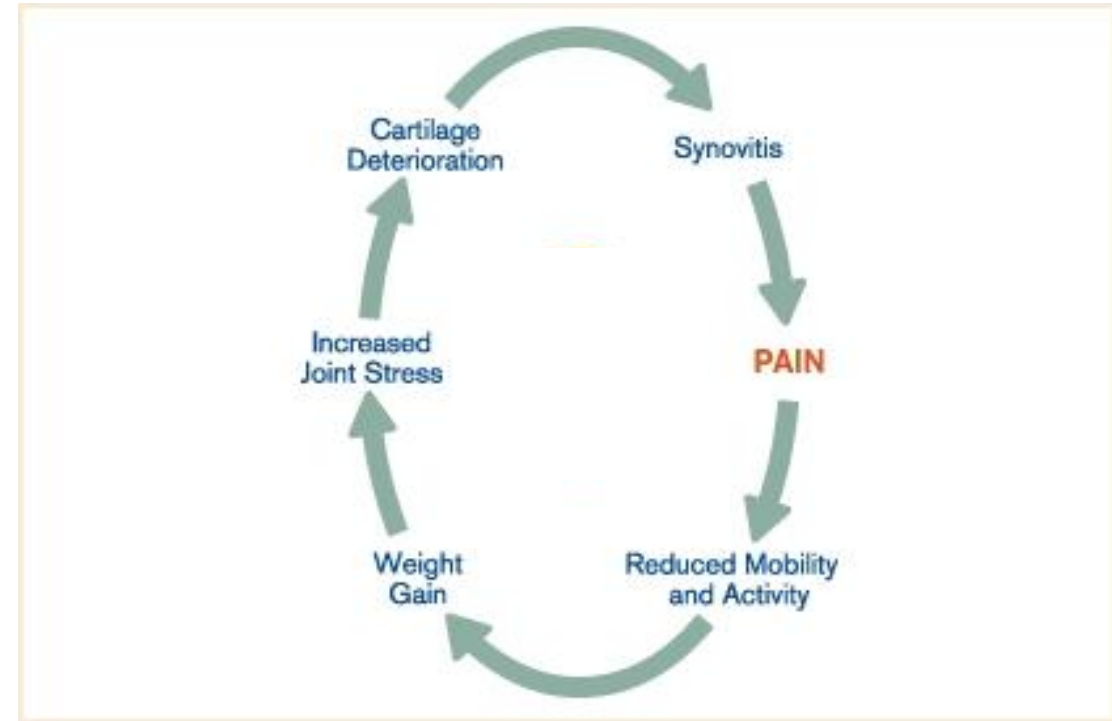
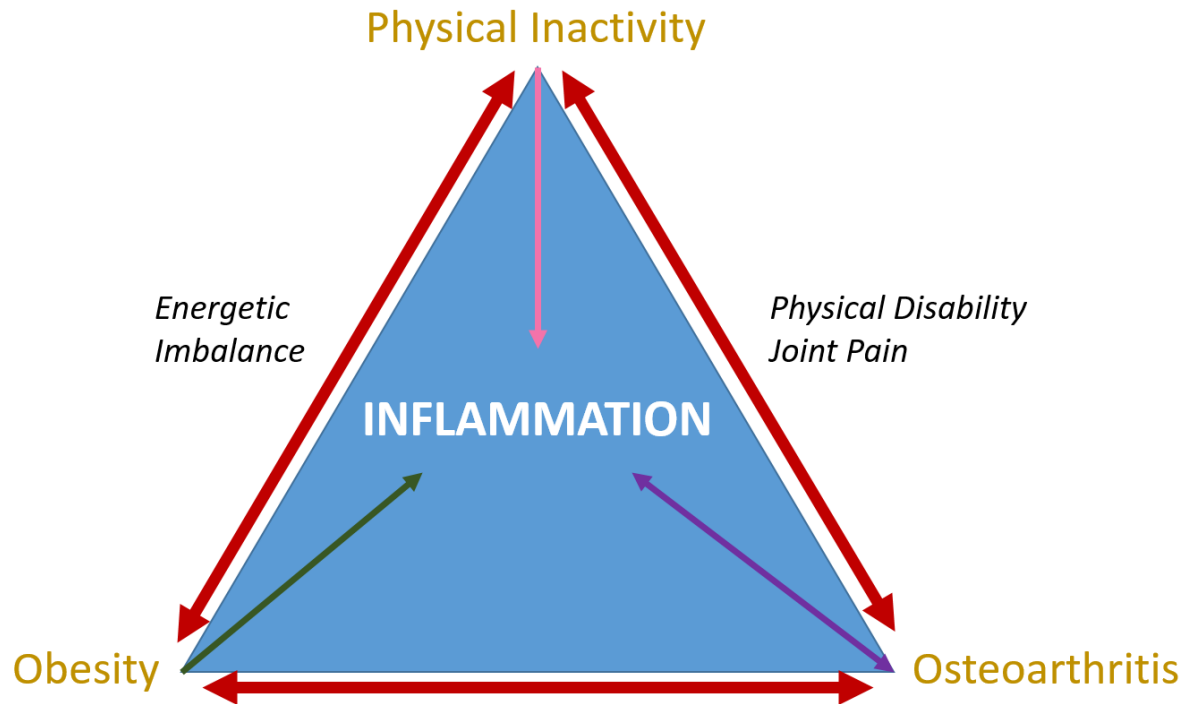
Osteoarthritis is the most common joint condition and is the leading cause of physical disability in individuals 65+.

Estimated that 50% of the global population over 65 suffers from osteoarthritis.

Osteoarthritis is projected to become the **4th leading cause of disability in the population by 2020**



More On Osteoarthritis



Obesity is the leading cause of osteoarthritis as well as many musculoskeletal conditions due to its ability to initiate *low grade inflammation*

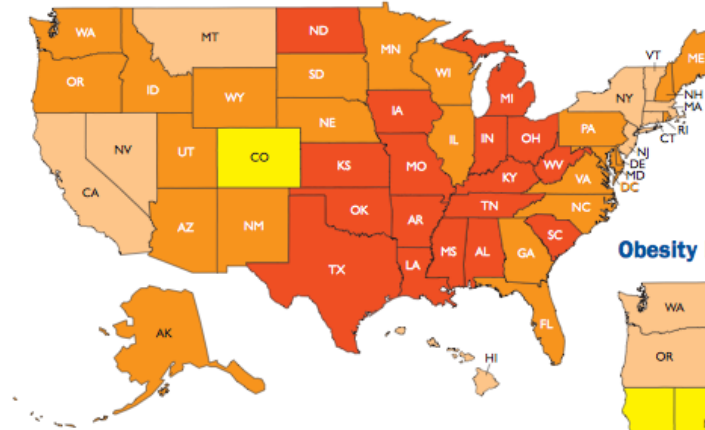
More On Inflammation

Low grade inflammation
over time stimulates
enzymes that can
degrade some cartilage

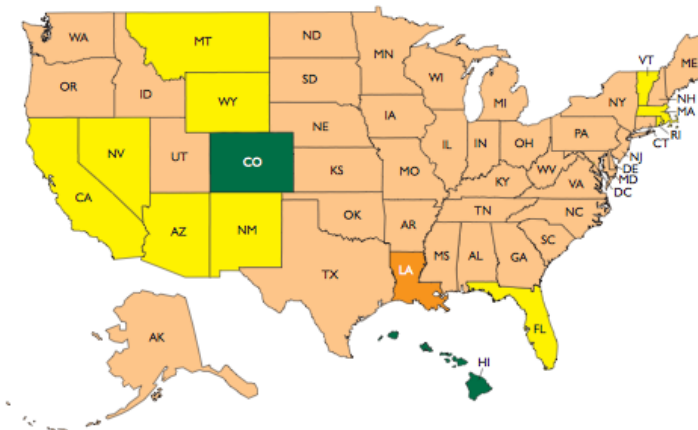


Weight and Age

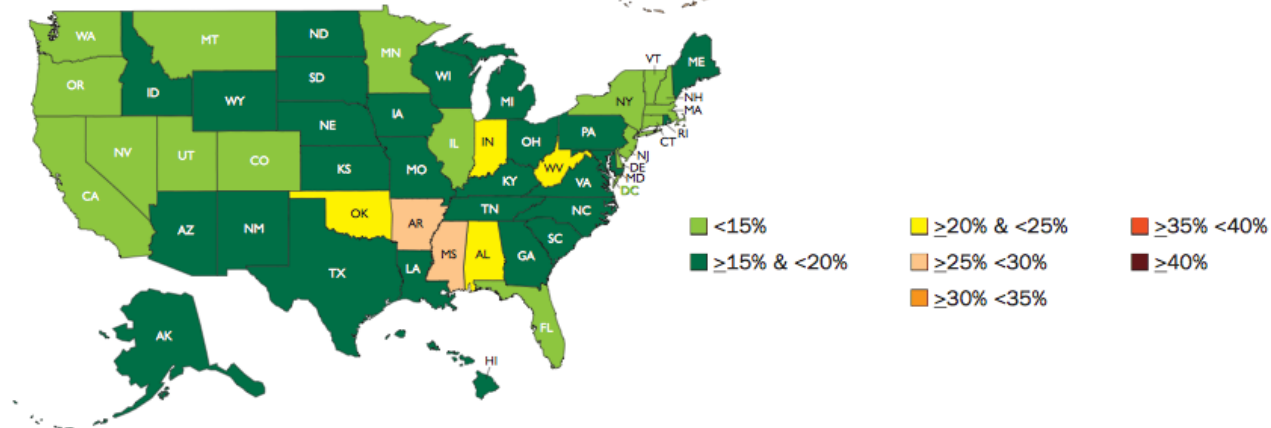
Obesity Rates for Baby Boomers (45-to 64-year-olds)



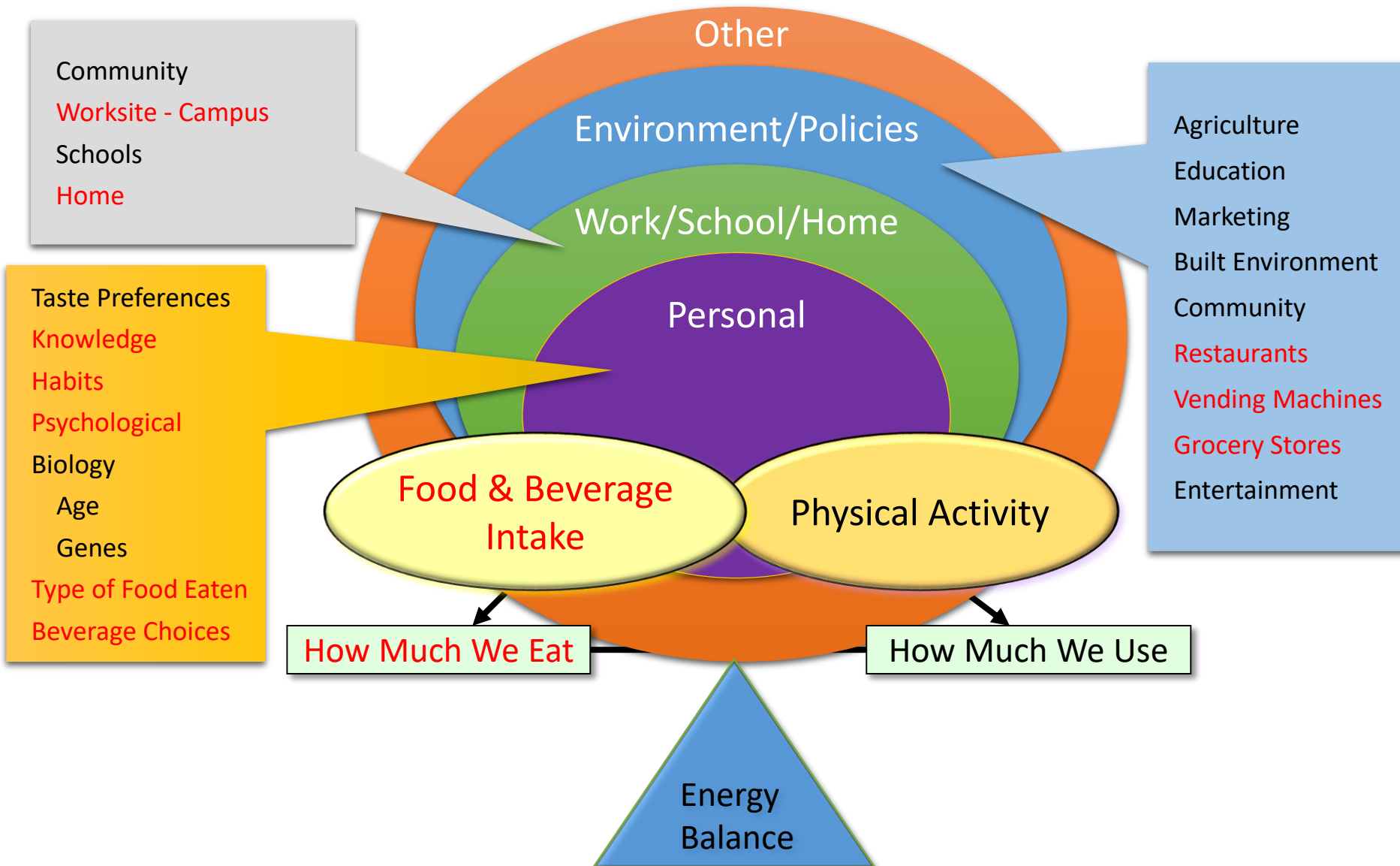
Obesity Rates for Seniors (65+ year-olds)



Obesity Rates for Young Adults (18- to 25-year-olds)



Overcoming Barriers

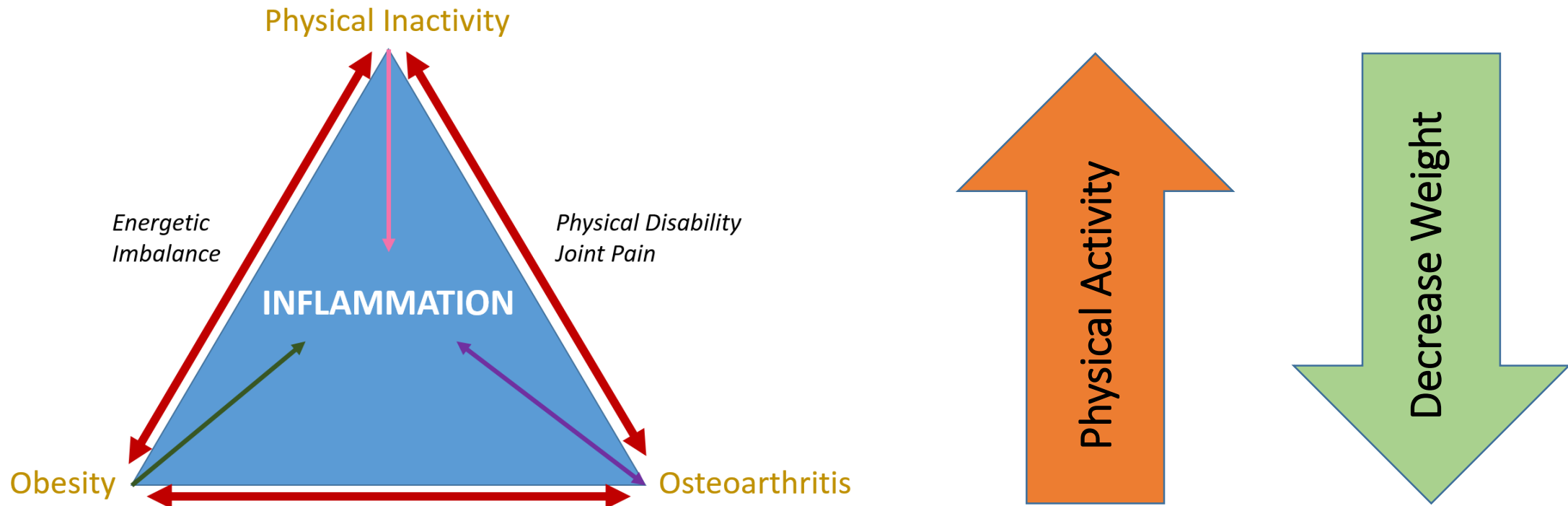


Overcoming Barriers

20 years ago	Today	Difference	20 years ago	Today	Difference
		257 MORE Calories			165 MORE Calories
333 Calories	590 Calories		85 Calories	250 Calories	
		350 MORE Calories			290 MORE Calories
500 Calories	850 Calories		210 Calories	500 Calories	
		525 MORE Calories			360 MORE Calories
500 Calories	1025 Calories		270 Calories	630 Calories	

HOW???

Intervention



MOVE MORE, EAT LESS

Tips For Moving More

1. Incorporate daily exercise that includes aerobic AND anaerobic movement to increase blood flow, strengthen joint flexibility, and maintain synovial fluid
2. Start SLOW. Remember ANY movement is better than NO movement
3. If possible, recruit an exercise buddy
4. Use Fitbit, Apple Watch, Fitness trackers to monitor and celebrate your own progress



Tips for Weight Loss



Tips for Weight Loss

BMI

- Body Mass Index

Normal Weight

- BMI > 18.5 and < 25

Overweight

- BMI ≥ 25 and < 30

Obese

- BMI ≥ 30

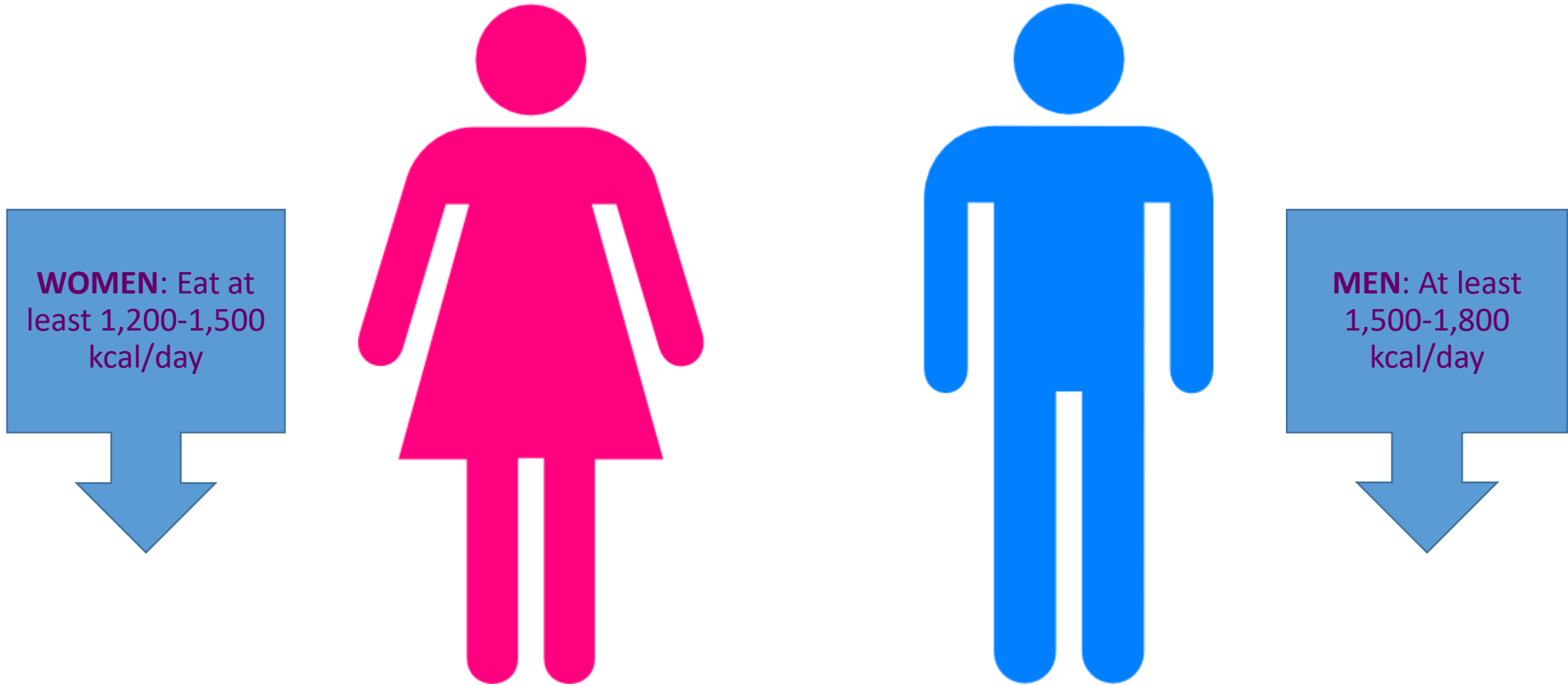
$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

BMI is a statistical measurement using a person's height and weight to assess if a person is underweight, of 'normal' weight, 'overweight' or 'obese'.

Tips for Weight Loss

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height	Weight													
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	167	191
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	173	198
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	179	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	207	243	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	250	286
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	258	294

Tips for Weight Loss



Slow and steady weight loss over time is the key.
Very low calorie diets (e.g. < 1000 calories) should be avoided.

Tracking Food for Success

United States Department of Agriculture

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- Get your personalized nutrition and physical activity plan.
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Food-A-Pedia >

Look up nutrition info for over 8,000 foods and compare foods side-by-side.




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Track the foods you eat and compare to your nutrition targets.



Physical Activity Tracker >


Enter your activities and track progress as you move.



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Find out what and how much to eat. Personalize your experience by creating your profile, and get a plan tailored for you.

Or, use the [general plan](#).




My Weight Manager >

Get weight management guidance; enter your weight and track progress over time.




My Top 5 Goals >

Choose up to 5 personal goals; sign up for tips and support from your virtual coach.



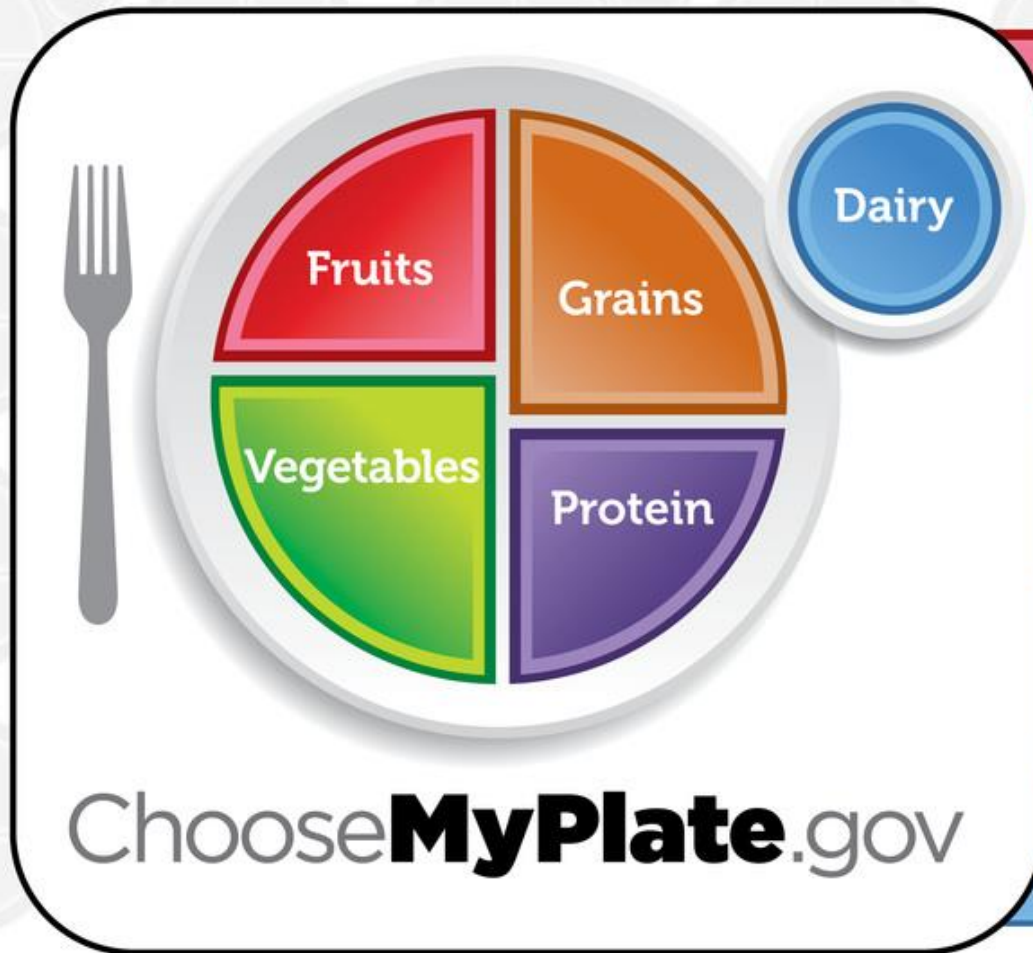
My Reports >

Use reports to see how you are meeting goals and view your trends over time.



<https://www.supertracker.usda.gov/myplan.aspx>

Tips for Weight Loss



FOCUS ON FRUITS

Fruits may be fresh, canned, frozen, or dried, or 100% juice. Make half your plate fruits and vegetables.



VARY YOUR VEGETABLES

Include dark green, red, orange, beans and peas, starchy, and other varieties.



MAKE AT LEAST HALF YOUR GRAINS WHOLE

Eat more whole grains such as whole wheat, bulgur, oatmeal, whole cornmeal, and brown rice.



GO LEAN WITH PROTEIN

Choose from a variety of meat, poultry, seafood, beans and peas, eggs, soy foods like tofu, nuts and seeds.

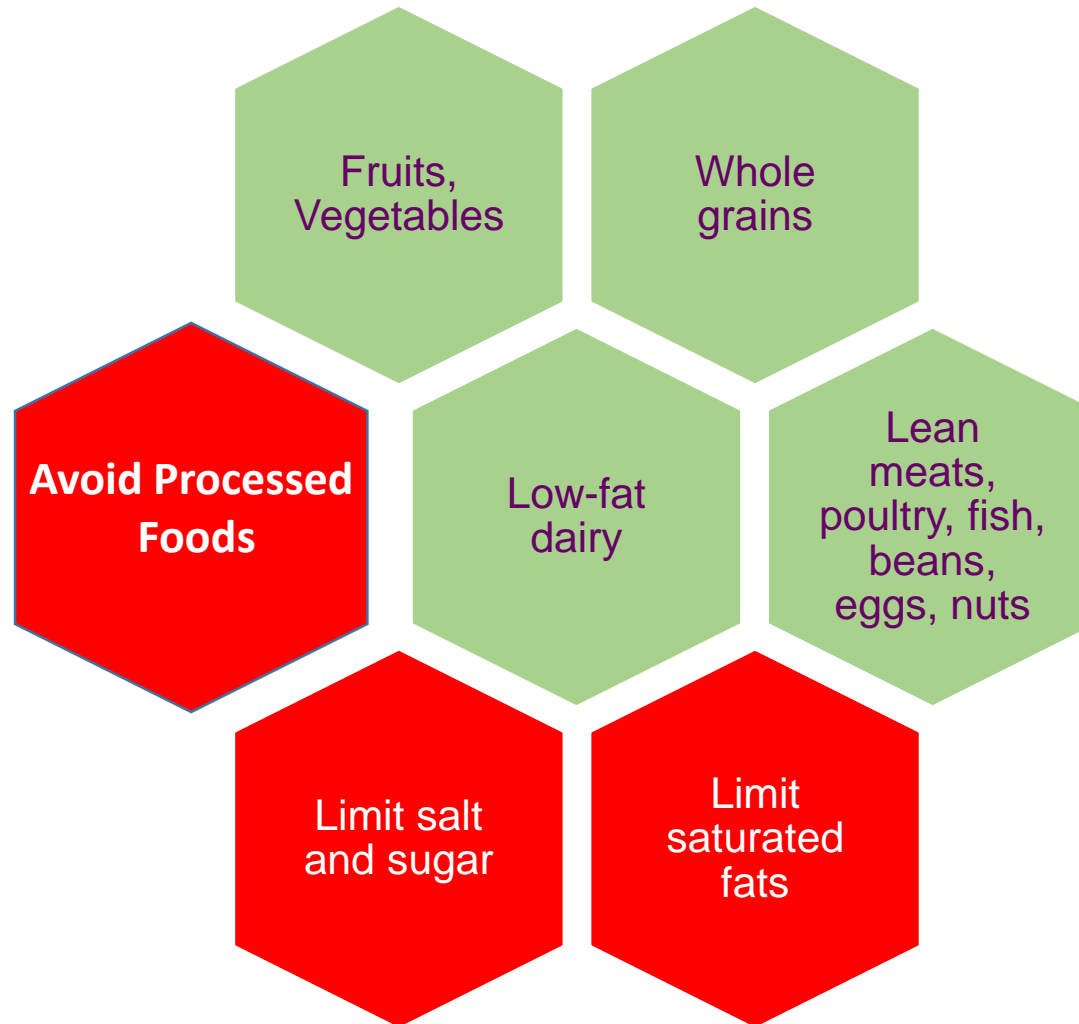


GET YOUR CALCIUM RICH FOODS

Choose fat-free or low-fat milk, yogurt and cheese.



Tips for Weight Loss



Tips for Weight Loss



For a 2000 Calorie diet
2 cups Fruit &
2 ½ cups Vegetables
DAILY

Tips for Weight Loss



Increase types of WHOLE GRAINS.

Avoid REFINED GRAINS that provide MINIMAL nutrition.

Best Sources of Carbohydrates

WHOLE GRAINS



WHEAT BERRIES



OATMEAL



QUINOA



BROWN RICE



BUCKWHEAT



CORN



BARLEY



AMARANTH



KANIWA



FREEKEH



WILD RICE



TRITICALE



SORGHUM



BULGUR



BLACK RICE



SPELT

rebelDIETITIAN.US



HIGH FIBER FRUITS



Avocado



Peach



Pear



Strawberries



Apple



Papaya/paw paw



Grapes



Prune



Pineapple



Banana



Orange

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BEANS AND LEGUMES



SPLIT PEA



ROMAN BEAN



LIGHT RED BEAN



CHICKPEA



GREEN PEA



MIXED BEAN



PINK PEA



SPLIT MUNG BEAN



MUNG BEAN



BLACK BEAN



RED BEAN



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Tips for Weight Loss

Avoid: Saturated Fats

The Risk:

PROMOTES INFLAMMATION
Plus increases risk for heart
disease (raises LDL cholesterol).

Recommendations:

Limit saturated fat to **under
10% of calories** a day.
(Choose plant sources of fat)

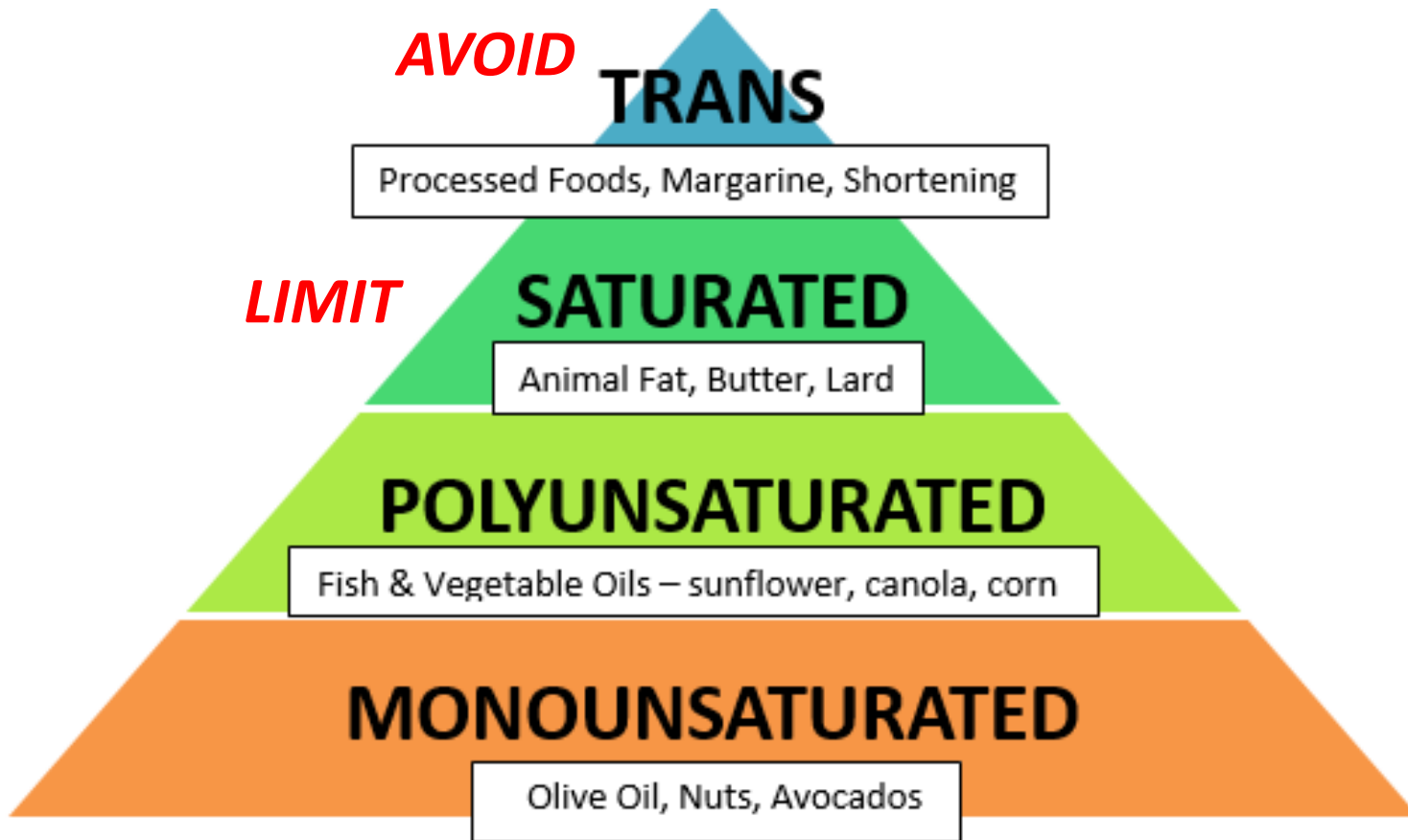


GOOD FATS
vs.

BAD FATS



Best Sources of Fats



Good fats come mainly from vegetables, nuts, seeds, avocados, and fish. Healthy fats are liquid at room temperature, not solid.

Healthy High-Fat Foods



Sugar Sweetened Beverages

Avoid Empty Calories From Sugar Sweetened Beverages



WHO recommends less than 10% of calories daily from free sugars and best practice to limit to 25 grams per day (6 teaspoons)

Alcohol

Alcohol has 7
calories per
gram

Often contain
more calories
than SSB

**MODERATION
IS KEY**



Beer	Calories
Budweiser Select 55	55
Miller 64	64
Michelob Ultra Amber	99
Coors Light, Corona Light, Michelob Ultra, Miller Light	100
Bud Light, Miller High Life Light	110
Bud Light Lime, Sam Adams Light	120
Abita, Guinness Draught, Leinenkugels	130
Heineken, Miller High Life, Pabst Blue Ribbon, Omission Lager, Yuengling Traditional Lager	140
Bugweiser, Corona Extra, Stella Artois, Yuengling Black & Tan	150
Allagash, Hoegaarden, New Belgium Fat Tire Amber	160
Blue Moon Belgian White, Brooklyn Brewery Lager, Red's Apple Ale, Samuel Adams Summer Ale, Victory Prima Pils	170
Hard Cider (12oz)	
Michelob Ultra Light	120
Stella Artois Cidre	180
Angry Orchard Crisp Apple	1990

Wine (6oz)	Calories
Skinnygirl	120
Red (Merlot, Pinot Noir, Syrah, Zinfandel)	150
White (Chardonnay, Pinot Grigio, Riesling)	150
Skinnygirl Sangria	160
Sweet dessert	170
White, late harvest	210
Malt Beverages & Hard Soda (11-12oz)	
Mike's Lite Hard Lemonade	150
Henry's Hard Orange Soda	190
Bud Light Lime Straw-ber-rita, Smirnoff Ice Original	200
Best Damn Cherry Cola	210
Bartles & Jaymes Fuzzy Navel, Bud Light Lime Lime-A-Rita, Henry's Hard Ginger Ale, Mike's Hard Lemonade	220
Mike's Hard Mango Punch	230
Best Damn Root Beer	240

Supplements for Joint Health

Glucosamine Chondroitin

- Evidence supports moderate relief to osteoarthritic pain in some with the inclusion of glucosamine chondroitin
- Dosage recommendation = 1500mg daily

Curcumin

- Found in Tumeric
- Limited research available specific to Osteoarthritis
- Has anti-inflammatory properties
- Best practice – avoid supplementation with curcumin, instead use in cooking (e.g. curries)



Fish Oil

- Contain Omega 3 Fatty Acids
- More research needs to be done specific to Osteoarthritis
- Has anti-inflammatory benefits (300-1200mg)
- Best practice – EAT fish

In Summary

1. **MOVE MORE, EAT LESS**
2. Consume a more PLANT BASED DIET
3. Avoid High Intake of SATURATED and TRANS FATS
4. Avoid High Sugar Sweetened Beverages
5. Limit Alcohol Intake
6. Food As Your Medicine



QUESTIONS?