

# Action Plan for Managing Obesity

**Donna Krug**  
**Barton County Family and Consumer Sciences Agent**

### Introduction

The statistics are mind boggling — obesity is an epidemic. Each year approximately \$150 billion dollars of medical costs in the U.S. are attributed to obesity. One in three adults and one in six children are obese. It is highly probable that these individuals will develop a serious illness in the future. Three factors influence whether someone becomes obese: genetics, environment, and behavior. While you cannot change your genetics, you can change your behavior and the environmental factors within your control.

The fact sheet focuses on the environmental and behavioral factors that create challenges in achieving a healthy weight.

### Lesson Objectives

Participants will:

- understand the causes of obesity in children and adults;
- acquire strategies to make healthy food and beverage choices as they relate to weight management;
- understand the correlation between exercise and weight management;
- become familiar with how emotions can affect a person's success in maintaining a healthy weight; and
- increase their knowledge about diseases that develop when people do not manage their weight.

### Intended Audiences

- Adult groups of any age, including community groups and family and community education groups
- Health-related support groups
- Youth audiences, physical education and health classes



### Preparation

- Read the *Action Plan for Managing Obesity* fact sheet (MF3155) and this leader's guide. Familiarize yourself with the terms and strategies outlined in them.
- Look up localized statistics related to obesity to add interest to your presentation.
- Provide a copy of an action plan card (on page 4) for each participant.



- Make copies of the evaluation tool on page 3 of this guide.

## Presenting the information

- Give each participant a copy of the fact sheet. Allow approximately 25 to 30 minutes to teach the lesson. Plan to spend 7 to 10 minutes on each of the two environmental challenges (overeating and moving too little) and the emotional challenges (food, activity, and emotions) affecting obesity that are covered in the fact sheet.
- One activity to promote audience participation would be to fill a grocery sack with a variety of food choices. Make sure your bag includes some whole foods as well as processed food items. Let each participant reach in and grab one of the foods and talk about whether it is a nutrient-dense or energy-dense food.
- As an activity to get participants engaged, view a 10-minute Instant Recess CD (available at most K-State Research and Extension offices) and follow along. If you don't have enough CDs to give one to every participant, offer two or three as door prizes.
- When talking about emotional eating, invite audience participation as you share the noncalorie related activities that can provide a quick pick-me-up on a tough day. (There are three listed on page 4 of the fact sheet.) Encourage participants to share ideas that help them stop or reduce emotional eating. Write these ideas on a flip chart or white board.
- Remind participants that action plans are probably the most important self-management tool available for lifestyle changes. Ask participants to pair up and discuss ideas for their next week's action plan. Make sure the participants' action plans are "action specific." For example, instead of deciding "to lose weight" (which is not an action but the result of an action), you will "replace one sugary snack with a piece of fruit at least three days a week" or "replace one 20-ounce soda with water at least four times a week." Ask volunteers to share their action plans. If their confidence level is below 7, help them see the barriers that will prevent them from succeeding and adjust the action plan accordingly.
- Ask the participants to complete the evaluation for the program. Thank them for their participation.

## Community Activities

- Set up an educational booth at a community or worksite health fair. Share the "Action Plan for Managing Obesity" fact sheet with participants. Have a variety of food models available and ask participants to determine if they are nutrient dense or energy dense. Hand out the action plan cards and explain how to track their progress toward meeting their health-related goals.
- Share the fact sheet "Action Plan for Managing Obesity" at a public meeting. Good locations include libraries, fitness facility, activity centers, church or civic groups. Make sure you provide a nutrient-dense food to snack on.
- Present the information and fact sheet at a PTO meeting at the elementary or secondary schools in your community.

## References:

- Campbell, T. Colin, *Center for Nutrition Studies Newsletter* — "Obesity Debate — Something New," January 2014.
- Cornell Nutrition Works Newsletter* — "Preventing Childhood Obesity: An Ecological Approach," February 2011 issue.
- Duyff, Roberta Larson, *Complete Food and Nutrition Guide – American Dietetic Association – 4<sup>th</sup> Edition*, 2012. John Wiley & Sons, Inc., Hoboken, New Jersey
- Foco, Zonya, RD; *Water with Lemon — Diet Free*, 2006; [www.Zonya.com](http://www.Zonya.com)
- Wansink, Brian, Ph.D., *Mindless Eating*, 2010 Bantam Books Mass Market Edition
- Instant Recess CD*, Toni Yancey, M.D. CDs available at many county or district K-State Research and Extension offices.
- Websites with great supporting materials related to healthy eating and physical activity include:**
- Physical Activity Guidelines for Americans — <http://www.health.gov/paguidelines/guidelines/default.aspx>, and <http://www.fitness.gov/be-active/physical-activity-guidelines-for-americans>
- Youth Physical Activity Guidelines Toolkit — <http://www.cdc.gov/HealthyYouth/physicalactivity/guidelines.htm>

## Action Plan for Managing Obesity Evaluation

Thank you for participating in our program! To help us improve this program, we would like to gather your responses to the questions below. Your participation is voluntary, and you do not have to respond to any questions you do not want to answer. This information will only be used for evaluation purposes, and you will not be identified in any way by the information you provide.

For each of the items below, please indicate your level of agreement with each statement.					
<b>After participating in this program, I gained knowledge about:</b>					
	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
Obesity is an epidemic in our community.					
I know three factors that can influence whether someone becomes obese.					
I know at least three health conditions that may develop in obese people.					
I know the difference between nutrient-dense and energy-dense foods.					
<b>After participating in this program, I plan to:</b>					
	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
Choose to eat more nutrient-dense foods.					
Exercise at least 30 minutes 5 times a week.					
Find ways to curb emotional eating.					
Tell someone else about what I learned.					

**One thing I learned from this program that I did not know before was ...**

**One thing I wanted to learn from this program or would like to learn in the future is ...**

**Overall, how valuable was this program to you?** (Please circle your response)

Not at all      Somewhat valuable      Valuable      Very valuable

**Please provide any additional comments you may have.**

**Gender:**      \_\_\_ Male      \_\_\_ Female      \_\_\_ Prefer not to respond

**Please indicate your county:**

**Marital Status:**      \_\_\_ Single      \_\_\_ Single, living with partner      \_\_\_ Widowed  
 \_\_\_ Married      \_\_\_ Separated or Divorced      \_\_\_ Prefer not to respond

Thank you for completing this evaluation! We greatly appreciate your feedback.

Please return this form to \_\_\_\_\_.

# My Action Plan

## *This week I want to ...*

What? \_\_\_\_\_

How much? \_\_\_\_\_

Time of day? \_\_\_\_\_

How many times? \_\_\_\_\_

How confident are you? \_\_\_\_\_  
(0 = no confidence; 10 = total confidence)

## My Progress

*Did it!*

*Comments*

- |                          |            |       |
|--------------------------|------------|-------|
| <input type="checkbox"/> | <b>Mon</b> | _____ |
| <input type="checkbox"/> | <b>Tue</b> | _____ |
| <input type="checkbox"/> | <b>Wed</b> | _____ |
| <input type="checkbox"/> | <b>Thu</b> | _____ |
| <input type="checkbox"/> | <b>Fri</b> | _____ |
| <input type="checkbox"/> | <b>Sat</b> | _____ |
| <input type="checkbox"/> | <b>Sun</b> | _____ |

## Reviewers

Tandalayo Kidd, Ph.D., R.D., LPN, associate professor, human nutrition  
Lori Wuellner, Wyandotte County family and consumer sciences agent  
Amy Lorenzen, Golden Prairie District family and consumer sciences agent .

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