Wellness Challenge
Spring 2010

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Pediatric Critical Care
Pop Quiz!
Question #1

What weighs more:

A. A pound of fat
B. A pound of muscle
C. They weigh the same
Answer

A pound is a pound – so the correct answer is C

However...
A pound of muscle takes up much less space than a pound of fat.

A 150-pound woman with 19% body fat will look thinner than a 150-pound woman with 35% body fat.
Question #2

True or False:

In order to reap the benefits of exercise, you have to work out for at least 30 minutes at a time.
Answer

FALSE
According to the Centers for Disease Control (CDC)...

It is recommended that adults get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity a week.

Muscle-strengthening activities should be done on two or more days of the week (as part of the 150 minutes).
There is no set rule on how to get your 150 minutes, and according to the CDC’s website:
"10 minutes at a time is fine

We know 150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. As long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.

Give it a try

Try going for a 10-minute brisk walk, 3 times a day, 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity."
Of course, the more you put into exercise – whether time or effort - the more you will get out of it!

If you exercise at a vigorous intensity, you will only need 75 minutes of exercise a week to reap the benefits of exercise.

😊
Moderate vs. Vigorous Intensity

Moderate Activity:

– Increases heart rate
– Makes you break a sweat
– You can still talk, but not sing the words to your favorite song
– Activities include:
  • Brisk walking
  • Water aerobics
  • Riding a bike on level ground
  • Playing doubles tennis
  • Pushing a lawn mower
Vigorous Activity:

– You’re breathing hard and fast
– Heart rate has gone up a lot
– Unable to say more than a few words before having to take a breath
– Vigorous Activity can be thought of as being worth twice as much as moderate-intensity activity

– Examples:
  • Jogging or running
  • Swimming laps
  • Riding a bike fast or on hills
  • Playing singles tennis
  • Playing basketball
Question #3

The appropriate serving size of a piece of chicken is equivalent to:

A. A DVD
B. A pack of playing cards
C. A softball
D. A Volkswagen Beetle
Answer

B – A deck of (regulation size) playing cards
Watch out for Portion Distortion
Other ways to visualize a portion:

– Two hands, cupped = one cup
– One hand, cupped = half cup
– Baseball/tennis ball = one cup
– Two thumbs together = tablespoon
– Palm of hand = 3 oz (similar to deck of cards)
– Closed fist = 8 oz of liquid
Question #4

True or False:

A healthy Body Mass Index (BMI) would fall in the 18.5 – 24.9 range.
Answer

TRUE
# Are You at a Healthy Weight? What Is Your Body Mass Index?

## Weight in Pounds

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**Note:** This chart is for adults (aged 20 years and older).

**Source:** U.S. Surgeon General
BMI is calculated based on height and weight – can be inaccurate for those with increased muscle mass.
Question #5

What is the recommended number of servings of fruits and vegetables that we should eat each day?

A. 1-4
B. 3-7
C. 5-9
D. 10-17
Answer

C – 5-9 Servings
Which of the below choices from McDonald’s is the most healthy?

A. Premium Crispy Chicken Club Sandwich
B. Chicken Selects Premium Breast Strips (5 pieces)
C. Deluxe Breakfast without syrup and margarine
D. Big Mac
Answer

Believe it or not...

Big Mac (D)
Calories = 540
Fat = 29 g
Sodium = 1040 mg
Calories = 630
Fat = 28 g
Sodium = 1360 mg
Calories = 660
Fat = 40 g
Sodium = 1680 mg
Calories = 1090
Fat = 56 g
Sodium = 2150 mg
Question #7

How much sugar does the average American consume each day?
Answer

22.2 Teaspoons
22.2 Teaspoons a day = About 11 GALLONS of sugar a year!
Our Challenge

Increase Fitness Level

Aim to Eat 5 Servings of Fruits and Veggies a Day
Give Me 10!

...And Eat 5 to Stay Alive
Overview

• Program will run from March 1st – June 1st
  – Perfect time to get ready for summer!
• Focus is on fitting exercise into your day and eating more fruits and veggies
• Goal is to improve health
Overview (cont’d)

• Weekly emailed Health Tips and monthly seminars are planned
• Walking routes and groups will be planned
• Weekly drawings and a final prize to the winner and winning team
Give Me 10!

• 10 minute blocks of activity throughout the day
  – Aim for at least 3 blocks a day/5 days a week
• Results are tracked weekly
• One entry into the weekly drawing for every 10 minute block completed
...And Eat 5 to Stay Alive

• Aim for the minimum 5 recommended servings of fruits and vegetables (combined)
• Entry into weekly drawing for each day target is met
How it Will Work (we think)

• Begins March 1st
• Week is Saturday – Friday
• Logs are due each Friday; drawing on Monday
• Team Captains encourage their teams
Why???
Obesity Trends* Among U.S. Adults
BRFSS, 1985

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1986

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1987

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1988

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1989

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Obesity Trends* Among U.S. Adults
BRFSS, 1990

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1991

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 1992

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1993

(*BMI \geq 30, or \sim 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1994

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1995

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1996

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1997

(*BMI $\geq 30$, or $\sim 30$ lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1998

(*BMI ≥30, or ~ 30 lbs. overweight for 5’4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 1999

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2000

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2001

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2002

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2003
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults

BRFSS, 2004

(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2005
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2006
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2007
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
BRFSS, 2008
(*BMI ≥30, or ~ 30 lbs. overweight for 5’ 4” person)
Obesity Trends* Among U.S. Adults
(*BMI ≥30, or about 30 lbs. overweight for 5’4” person)
How Do You Eat an Elephant?

One Bite At a Time!!!
Ideas?

• What do you feel is missing in this program?
• What would you like to see?
• Are you likely to participate?
Questions?