

Health for Every Body

beyond Scales and Mirrors

Situation: Obesity can place a person at increased risk for chronic health problems including heart disease, stroke, diabetes, and some forms of cancer. Poor eating habits and physical inactivity are also known risk factors for these conditions. More than one in five Missouri adults (22 percent) are considered to be obese, and more than half (56 percent) are overweight. Missouri ranks ninth in the nation for prevalence of obesity. In addition, almost 28% of adult Missourians report that they do not engage in regular physical activity. It has become clear that with current treatment methods (diets and short-term exercise programs) permanent weight loss is not possible for the majority of people. Although some people are able to lose weight by dieting and exercise, few are able to maintain that loss over time. Research has shown that 95% of the time lost weight is regained within five years, and many individuals gain back more than they lose. *continued below...*

Inputs	Outputs		Outcomes		
	Activities	Participation	Initial	Intermediate	Long Term
Campus and Field Faculty Partners and Collaborators Facilities Equipment & Supplies	Professional development & technical assistance for UOE faculty On-going communication with org. and individuals with an interest in promoting healthy living Development of educational resources for UOE faculty & health consumers Educational workshops for adults	# of UOE specialists educated # of partners # of workshops conducted # of participants educated # reached via newsletters # of participant reactions to educational resources	# of UOE specialists more knowledgeable and skilled in teaching the non-diet approach to healthful living # of community professionals more aware of the non-diet approach to healthful living # of health consumers with increased knowledge of strategies for healthful eating and active living # of health consumers who set behavior change goals that promote healthful eating and active living	# of health consumers maintaining behavior changes at 6 months. # of health consumers with improved self-concept # of health consumers with a positive attitude about the diversity of body shapes and sizes	# of health consumers who have improved their health behaviors and reduced their health risk factors
<p>Situation continued...Of equal concern are the high rates of body dissatisfaction and dieting among adolescents and young adults. Unhealthy weight loss, poor nutrition, excessive exercise, and purging behaviors can lead to low blood pressure, slow pulse, low body temperature, disturbances in the heart's rhythm, menstrual irregularities and sometimes to infertility. Extremely low weights can lead to failure of vital organs and, sometimes, to death. Unhealthy diet and exercise behaviors start early. Based on the 2001 Youth Risk Behavior Survey, 31.9% of students in grades 9-12 described themselves as slightly or very overweight, yet, 47.8 % report they were trying to lose weight. This suggests that some students are inappropriately trying to lose weight. While some students controlled their weight with exercise (59.6%) and calorie reduction, a significant number engaged in unsafe methods such as fasting, self-prescribed diet aids, and vomiting or laxative use (4.1%).</p> <p>It is time to shift our focus from weight loss and achieving a specific "ideal weight" to a focus on total health enhancement. Individuals need to learn how to normalize their eating and fit regular moderate physical activity into their lives, not with a goal of weight loss but with a goal of health.</p>			<p style="text-align: center;">Indicators</p>		
			# of UOE specialists more knowledgeable and skilled teaching the non-diet approach to healthful living # of community professionals who report being more aware of non-diet approach # of program participants reporting: <ul style="list-style-type: none"> • knowledge learned/relearned • skills learned/relearned • intent to adopt new practices 	# of program participants who report: <ul style="list-style-type: none"> • adopting new practices/ behaviors • maintaining goal set during workshop • setting new goals • positive attitudes and/or feeling good about themselves 	