


Why Step Up Scale Down?

- In 2016, no state had a prevalence of obesity less than 20%.
- 3 states and the District of Columbia had a prevalence of obesity between 20% and <25%.
- 22 states and Guam had a prevalence of obesity between 25% and <30%.
- 20 states, Puerto Rico, and Virgin Islands had a prevalence of obesity between 30% and <35%.
- 5 states (Alabama, Arkansas, Louisiana, Mississippi, and West Virginia) had a prevalence of obesity of 35% or greater.

Prevalence estimates reflect BRFSS methodological changes started in 2011. These estimates should not be compared to prevalence estimates before 2011.
<http://www.cdc.gov/obesity/data/prevalence-maps.html>



Prevalence of Obesity

- South (32%), Midwest (31.4%), Northeast (26.9%), West (26%).
- Adults without high school degree or equivalent (35.5%), high school graduates (32.3%), adults with some college (31%), college graduates (22.2%)
 - 18-24 year olds had the lowest self-reported obesity (17.3%)
 - 45-54 year olds had the highest level of self-reported obesity (35.1%)
 - Texas now has the 8th highest obesity rate in the nation.
 - The adult obesity rate in Texas is 33.7 percent.
- The adult obesity rate in 2004 was 25.3 percent; in 1990 the rate was 10.7 percent.

Source: National Center for Health Statistics, Centers for Disease Control and Prevention, 2016



Course Development

- Utilized National Weight Control Registry
 - ✓ Established in 1994 at University of Colorado
 - ✓ Largest prospective investigation of successful weight loss maintenance
 - ✓ Tracking 10,000 + individuals that lost weight and kept it off for long periods of time
- Cooper Institute Weight Management Leadership program model



What do successful "Losers" have in common?

National Weight Control Registry


- 55% of successful losers lost weight with the help of some type program
- 98% stated they modified their food intake
- 94% increased their physical activity
- 78% eat breakfast every day



What do successful "Losers" have in common?

National Weight Control Registry

- 75% weigh themselves at least once per week
- 62% watch less than 10 hours t.v. per week
- 90% exercise about 1 hour per day



What are the objectives?

12 Week Program Series

1. Assist generally healthy adults to move toward a healthier weight
2. Control total calorie intake to manage body weight, increase physical activity and reduce time in sedentary behaviors
3. Learn to make healthful and realistic choices that can last a lifetime



Weekly Lesson Topics

1. Scale Down by Setting Goals
2. Step Up to a Healthy Plate
3. Scale Down by Label Reading
4. Step Up to Breakfast and Menu Planning
5. Scale Down with Moves to Lose
6. Step Up Your Hydration



Weekly Lesson Topics - Continued

7. Scale Down by Finding Your Motivational Mojo
8. Step Up to Healthy Snacking
9. Scale Down with a Colorful Plate
10. Step Up to Successful Socializing
11. Scale Down by Knowing Your Numbers
12. Step Up and Celebrate

**Step Up & Scale Down
Beginner Workout Plan**

*** Beginners need to exercise at least three times a week, preferably with a day of rest in between each workout day.

WEEK 1 - Workout 1, 2, and 3: 5 minute brisk walk as a warm up, then alternate 60 seconds of jogging and 90 seconds of walking for 20 minutes, follow with a 5 minute cool-down walk.

WEEK 2 - Workout 1, 2, and 3: 5 minute brisk walk, then 90 seconds of jogging and 2 minutes of walking for 20 minutes; follow that with a 5 minute cool-down walk.

WEEK 3 - Workout 1, 2, and 3: 5 minute brisk walk, then 90 seconds of jogging and 2 minutes of walking for 20 minutes; follow that with a 5 minute cool-down walk.

WEEK 4 - Workout 1, 2, and 3: Brisk 5 minute walk, jog 90 seconds, walk 90 seconds, jog 1 minute, walk 3 minutes, jog 90 seconds, walk 90 seconds, jog 1 minute, walk 3 minutes, then 5 minute cool-down walk.

WEEK 5 - Workout 1, 2, and 3: 5 minute brisk walk, jog 2 minutes, walk 90 seconds, jog 5 minutes, walk 2 minutes, jog 5 minutes, walk 90 seconds, jog 5 minutes, walk 3 minutes, then 5 minute cool-down walk.

WEEK 6 - Workout 1, 2, and 3: 5 minute brisk walk, jog 2 minutes, walk 90 seconds, jog 5 minutes, walk 2 minutes, jog 3 minutes, walk 90 seconds, jog 5 minutes, walk 3 minutes; then 5 minute cool-down walk.

WEEK 7
 Workout 1: Brisk 5 minute walk, jog 5 minutes, walk 3 minutes, jog 5 minutes, walk 3 minutes, jog 5 minutes, 5 minute cool-down walk.
 Workout 2 and 3: Brisk 5 minute walk, jog 8 minutes, walk 5 minutes, jog 8 minutes; 5 minute cool-down walk.

WEEK 8 - Workout 1, 2, and 3: Brisk 5 minute warm up walk, jog 20 minutes; then 5 minute cool-down walk.

WEEK 9 - Workout 1, 2, and 3: 5 minute brisk walk, jog 23 minutes; then 5 minute cool-down walk.

WEEK 10 - Workout 1, 2, and 3: Brisk 5 minute walk, jog 27 minutes; then 5 minute cool-down walk.

WEEK 11 - Workout 1, 2, and 3: Brisk 5 minute walk, jog 30 minutes; then 5 minute cool-down walk.

WEEK 12
 Workout 1: Brisk 5 minute walk, jog 3 miles; then, 5 minute cool-down walk.
 Workout 2: Brisk 5 minute walk, jog 2 miles; then, 5 minute cool-down walk.
 Workout 3: Walk for 20 minutes.

**RACE DAY—RUN 3.1 MILES!
HAVE FUN!**

**Step Up & Scale Down
5-K Training Plan for Intermediate Runners**

***Intermediate runners have been running some and should aim for at least 3 days of running, preferably with a day of rest in between.

WEEK 1: Workout 1 & 2: run 10-15 minutes
Workout 3: run 1 mile

WEEK 2: Workout 1 & 2: run 15 minutes
Workout 3: run 1 mile

WEEK 3: Workout 1 & 2: run 15 to 20 minutes
Workout 3: run 1.5 miles

WEEK 4: Workout 1 & 2: run 15 to 20 minutes
Workout 3: run 1.5 miles

WEEK 5: Workout 1 & 2: run 20 to 25 minutes
Workout 3: run 2 miles

WEEK 6: Workout 1 & 2: run 20 to 25 minutes
Workout 3: run 2 miles

WEEK 7: Workout 1 & 2: run 25 to 30 minutes
Workout 3: run 2.5 miles


WEEK 8: Workout 1 & 2: run 25 to 30 minutes
Workout 3: run 2.5 miles

WEEK 9: Workout 1 & 2: run 30 minutes
Workout 3: run 3 miles

WEEK 10: Workout 1 & 2: run 30 minutes
Workout 3: run 3 miles

WEEK 11: Workout 1 & 2: run 30 minutes
Workout 3: run 2 miles


WEEK 12: Workout 1 & 2: run 30 minutes
Workout 3: 5K Race: 3.1 miles



Curriculum Includes:

- Agent Information and guidelines
- Marketing materials including sample flyers, brochures, and press releases
- Handouts and trackers
- Certification of Completion

Great opportunity for Master Wellness Volunteer involvement




Facilitator Information and Guidelines

- References

Additional Support Materials

- Folders/Notebooks
- Handouts
- Scales
 - 440 pound capacity, read in increments of 0.2 lb
 - Options include Tanita Brand and Healthometer Digital
 - Check calibration according to manufacturer's user manual
 - A general method is to set scale on flat surface and weigh a test object with a known weight such as a 5 or 10 pound dumbbell




Dinner Tonight

- Dinner Tonight video could be shown during weigh in
- Promotes discussion
- Provides opportunity to market Dinner Tonight
- Video may be obtained through RPL's


Incentives

- Could be offered as a result of completing weekly challenge
- Could be offered as grand prize at the end of series



Advisory Coalition

- Key to successful programs
- Members help plan and implement, recruit participants and secure resources
- Could include healthcare professionals such as registered dietitians, registered nurses, physical therapists
- Others could be human resource managers or wellness coordinators from businesses, successful weight loss participants, and media representatives
- Local community leaders and Master Wellness Volunteers



Weighing Participants

- Participant will have two weight tracker booklets. One for participant and agent will keep one copy
- Participant book will be returned after weight is documented.
- Participants weight should be kept confidential
- Conduct in private area
- Record weight without comment
- Weighing is optional



Weighing Participants

- If possible, the same person should weigh the participant each week
- When discussing successes, ask if anyone would like to share rather than put an individual on the spot.
- Some people do not mind sharing while others would prefer to keep this confidential
- It would be appropriate to provide a total number of pounds lost per week to the entire group to celebrate success



Points to Remember

- Handout included in guidelines
- Reviews things a non-licensed health and fitness professional can do such as provide general information about basic nutrition
- Reviews things a non-licensed health and fitness professional cannot do such as prescribe a special diet or dietary supplements



Participant Registration

- Registration Form
- Pre- Survey
- Post- Survey
- Follow – Up Survey
- Survey results will be used to assess program impact


TEXAS A&M AGRILIFE EXTENSION

PRATHER VIEW UNIVERSITY
ADAMSON COLLEGE
Cooperative Extension Program

Roster and Weekly Sign-In

Name & Address																		

Step Up & Scale Down – Information for Agents 9 Texas A&M Agrilife Extension Service



Session Setup

Each session: 50 min – 1 hour

- 15 minute warm up – Weigh In/Dinner Tonight video
- 5 minute Ice Breaker Activity/Review Successes
- 30 minute –Lesson of the Week
 - ✓ emphasizes open ended questions to encourage discussion rather than lecture
 - ✓ no PowerPoint
- 5 minute – Weekly Challenge
- Objectives, materials needed, lesson plan in say/ask format



Lesson 1 – Scale Down by Setting Goals

- Uses BMI to establish short and long term goals
- Goals recorded on weight tracker



Week	Beginning Weight	Final List of Goals
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

70% Goal
 80% Goal
 90% Goal



SMART Goal: Nutrition


SMART Goal: Nutrition

My SMART nutrition goal: _____

Specific	Measurable	Realistic	Time Frame	Reward
Choose one task. Narrow focus. Action based. • How will you do this? • Start with "I will..."	How much, how will you measure? • Amount • Tool for evaluation	Smaller, short-term goals get you closer to the ultimate goal. Be positive. Be forgiving	Establish a timeline for completion. • I will do this for one day, week, or month starting...	Decide on a reward. It should be desirable, timely, and dependent on meeting your goal.

Re-write your goal: _____

Example: "For 4 weeks, starting February 12, I will log my food intake on MyFitness Pal for 4 days per week. Reward: Treat myself to a movie."



SMART Goal: Physical Activity

SMART Goal: Physical Activity

My SMART physical activity goal: _____

Specific	Measurable	Realistic	Time Frame	Reward
Choose one task. Narrow focus. Action based. • How will you do this? • Start with "I will..."	How much, how will you measure? • Amount • Tool for evaluation	Smaller, short-term goals get you closer to the ultimate goal. Be positive. Be forgiving	Establish a timeline for completion. • I will do this for one day, week, or month starting...	Decide on a reward. It should be desirable, timely, and dependent on meeting your goal.

Re-write your goal: _____

Example: "For 4 weeks, starting July 27", I will walk 3 times per week for 25 minutes as evidenced by my physical activity log. Reward: Buy new workout outfit."



Weekly Challenge

My Personal Plan to Step Up to the Challenge


Week 1

- Utilize the guidelines from Lesson 1 to determine your personal calorie goal. Log your food intake each day, utilizing the specific calorie pattern you have identified.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
✓ Yes, I did it!							
- Work toward incorporating physical activity into your daily routine for at least 30 minutes most days of the week. Work up to 60 minutes per day if you can!

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
✓ Yes, I did it!							

You may also want to consider one of the optional SK training plans shown on the next page. Remember that whatever you choose, substituting active pursuits for sedentary time will help you manage your weight better, and you will be rewarded with great health benefits!



Optional 5-K Training Plan

Optional 5-K Training Plan
I want to describe the kinds of jogging or walking you'll encounter in this challenge.
Select the challenge based on whether you are a beginner or intermediate runner.

Beginner's Workout Plan
Workout at least three times per week, with a day of rest in between each workout day.
Week 1 - Begin and end each workout with a 5-minute walk.


Day	Run	Walk	Repeat	Total
Day 1	1.0mi	30 min	20 min	1 hr 10 min
Day 2	1.0mi	30 min	20 min	1 hr 10 min
Day 3	1.0mi	30 min	20 min	1 hr 10 min
Day 4				
Day 5	1.0mi	30 min	20 min	1 hr 10 min
Day 6				
Day 7				

or

Intermediate Workout Plan
Run three times per week with a day of rest in between each workout day.
Week 1 - Begin and end each workout with a 5-minute walk.


Day	Run	Walk
Day 1	20-30 min	
Day 2		30 min
Day 3	20-30 min	
Day 4		30 min
Day 5	20-30 min	
Day 6		30 min
Day 7		

Have fun!



Program Options


- Weekly Challenge includes an optional 5K training plan for beginner and intermediate runners
- Walk Across Texas
- 5K ending event to include implementation guide



Evaluation Process

- Registration Form
- Pre Survey
- Post Survey
- Follow Up Survey


- Scannable forms will be submitted to specialist
- Data Summary on Texas Data



Delivery Options


Step Up & Scale Down

- Face to Face
- Online
- Combination Face to Face and Online




Results Example

- 371 people from 25 counties enrolled - 2014
- 289 completed the 12 week series
- Average weight loss was 6.5 pounds



Changes in Targeted Behavior

	<u>Pre</u>	<u>Post</u>
Watch 2 hours or less of TV/Video	54%	67%
Use fast food calorie information	25%	60%
Always plan meals and snacks	7%	82%
Fill ½ their plate with fruits and vegetables	31%	48%
Active 30 minutes or more per day	3.9 days/week pre	5.2 days/week post



Perceptions About Health

	Pre	Post
Days out of 30 physical health not good	2.7	1.4
Days out of 30 mental health not good	4.1	1.9
Days out of 30 health impacted daily living	1.9	1.1




Great Master Wellness Opportunities

- Planning
- Marketing




- Lesson implementation




Step Up Scale Down Website

<https://stepupscaldown.org/>

Video



Motivation to Habit



Motivation is what gets you started. Habit is what keeps you going.” Jim Ryn
