



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 201

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

RACE DAY—RUN 3.1 MILES! HAVE FUN!

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

ntermediate runners have been running some and should aim for at least 3 days of ing, 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 minute Workout 3: run 1 mile

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

Wetk 4: Workout 3: run 1.5 milles

Week 4: Workout 1 8. 2: run 15 to 20 minutes

Workout 3: run 1.5 milles

WEEK 5: Workout 1 8. 2: run 20 to 25 minutes

Workout 3: run 2 milles

WEEK 6: Workout 1 8. 2: run 20 to 25 minutes

Workout 3: run 2 milles

Workout 3: run 2 milles

WEEK 7: Workout 1 8: run 2 miles
WEEK 7: Workout 1 8: 2: run 25 to 30 minutes
Workout 1 8: 2: run 25 to 30 minutes
WEEK 8: Workout 1 8: 2: run 25 to 30 minutes
Workout 3: run 2.5 miles
WEEK 9: Workout 1 8: 2: run 30 minutes
WEEK 9: Workout 1 8: 2: run 30 minutes
WEEK 9: Workout 1 8: 2: run 30 minutes
WEEK 9: Workout 1 8: 2: run 30 minutes

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

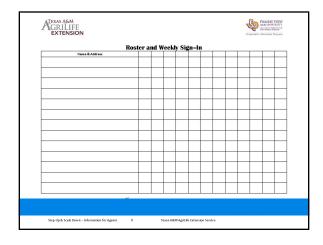
- Handout included in guidelines
- Reviews things a non-licensed health and fitness professional can do such as provide general information about basic nutrition
- Reviews things a non-licensed health and fitness professional cannot do such as prescribe a special diet or dietary supplements



Participant Registration

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

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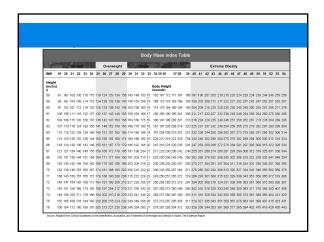




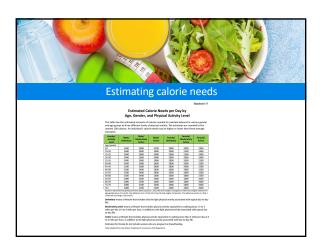
Each session: 50 min - 1 hour

- 15 minute warm up Weigh In/Dinner Tonight
- 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

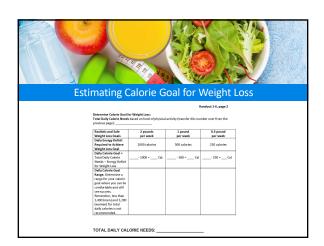
























Program Options

- 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

