

Weight Management and Your Health

- Eat breakfast.
- Eat from a variety of food groups, including fruits, vegetables, grains, low fat dairy products, lean protein and nuts. Avoid fried or breaded foods.
- Plan your meals and snacks ahead of time.
- Drink water instead of soda, alcohol, or coffee.
- Stay physically active. Exercise is key in burning calories and improving your health.
- Keep your body mass index (BMI) within the normal range for your height.
- If you are overweight, consider steps to make healthier choices.
- Eat the right amount of calories that will help you maintain a healthy weight.
- Stay away from “portion distortion.” Avoid “supersizing” food and beverages.

Green Flags – All Clear

What this means ...



If you:

- Eat a balanced diet.
- Consume calories that help you maintain a healthy weight.

- Good work!

Keep up the good work!

Yellow Flags – Caution

What this means ...



If you:

- Are overweight.
- Routinely eat fried or breaded foods.
- Drink whole milk.
- Eat foods high in fat.
- Drink sugary drinks.
- Eat foods that are salty, like potato chips and processed foods.
- Do not regularly eat vegetables or whole grains.

- You are at higher risk for health problems related to your weight, including risk for heart disease, stroke, and Diabetes
- Talk with your health provider about a health nutrition plan

Call your doctor, consulting nurse, or health care provider if symptoms do not improve.

Name:

Number:

Instructions:

If you notice a Yellow Flag, work closely with your health care team.

Red Flags – Stop and Think

What this means ...



You need to be evaluated by a health care professional immediately.

If possible, notify your health care provider's office.

Name:

Number:

Follow these instructions: CALL 9-1-1

If you notice a Red Flag, CALL 911. Emergency!

Weight and Health Facts

- Obesity means having excess body fat and obesity is a chronic condition. Healthy eating and weight control are important throughout your life. Getting support helps you manage your chronic condition.
- Adults who are obese are less likely to have diets that are rich in fruits and vegetables or to be physically active at the recommend levels.
- Weight management is important, as if you are overweight or obese; this puts you at a greater risk for many diseases, including diabetes, heart disease, high blood pressure, trouble breathing, including sleep apnea, high cholesterol, stroke, joint problems, and some types of cancer.
- The health risks are greater if you tend to carry your weight around your abdomen, as opposed to your hips and thighs.

What can you do?

- Small steps can make a difference. Consider one thing you can do to help maintain a healthy weight. Perhaps set a health goal around healthy meals.
- It's important to read labels. Reading food labels helps you know how many calories, and servings are in a box, can, or package. The label also shows you nutrients like fat, fiber, sodium, and sugar in one serving of food.
- Many food labels say "low fat" or "reduced fat", or "light". Know that these claims do not always mean the food is low in calories. Also, fat-free does not mean calorie-free.
- Portion control is important. Most of us eat more calories than our body needs.
- Choose a diet that is moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.
- Talk with your health care provider about a healthy eating plan and an exercise plan, if you have not been doing regular exercise.

Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail info@communitylivingconnections.org



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