

# Healthy habits

## Steps toward a healthier weight

Name: _____	
Patient ID: _____	Date: _____
Height: _____ Weight: _____	<b>Healthy levels:</b> <b>Body mass index: 18.5 - 24.9</b> <b>Waist: 35 inches or less for women, 40 inches or less for men</b>
<b>Weight assessment results</b>	
Body mass index (BMI): _____	
Waist measurement: _____	

### Body mass index

BMI is an indicator of total body fat, but it may overestimate body fat in athletes and others who have a muscular build. BMI and waist measurement are checked regularly to understand your risk for health problems. Being overweight can lead to heart disease, stroke, diabetes, high cholesterol, high blood pressure, gallstones, osteoarthritis, cancer and sleep problems. There may also be a link between excess weight and erectile dysfunction or depression.

### Your risk for disease related to your weight is:

(Provider check one; risk category definitions below)

- Low Risk
- Increased Risk
- High Risk
- Very High Risk

## Weight risk chart for adult men and women

Shows risk based on BMI and waist measurement.<sup>1</sup>

BMI Category	Waist circumference 40 inches or less for men, 35 inches or less for women	Waist circumference More than 40 inches for men, more than 35 inches for women
Normal BMI (18.5 - 24.9)	-----	Increased risk <sup>2</sup>
Overweight BMI (25 - 29.9)	Increased risk	High risk
Obesity I BMI (30 - 34.9)	High risk	Very high risk
Obesity II BMI (35 - 39.9)	Very high risk	Very high risk
Obesity III BMI (≥40)	Extremely high risk	Extremely high risk

<sup>1</sup> Disease risk for type 2 diabetes, hypertension and cardiovascular disease.

<sup>2</sup> Increased waist circumference can also be a marker for increased risk, even in persons of normal weight.

Source: National Heart, Lung, Blood Institute, Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. Available at [www.nhlbi.nih.gov/guidelines/obesity/ob\\_home.htm](http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm).

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## What can I do for a more healthy lifestyle?

**Lose weight.** If you are overweight, start by losing 10 pounds. A small weight loss will reduce your risk for health problems. Weight loss of 1 to 2 pounds a week is a healthy pace.

**Become more physically active.** For general health, aim for at least 30 minutes of moderate activity on most days. To lose weight, you may need to double the amount of moderate activity or increase the intensity. You don't have to exercise all at once – 10 minutes at a time adds up.

**Make your calories count.** Start by eating at least five servings of fruits and vegetables per day. For weight loss, reduce the amount you eat by 500 - 1,000 calories a day.

## My action plan

Start by setting a specific and attainable goal. Based on how ready you are to change your health habits, **check one or two of the following goals in the chart below.** Give yourself a nonfood reward like a like a new book or CD when you accomplish your goal. Small changes make a big difference toward reaching your health goals.

**Use the chart below to set goals and discuss them with your doctor.**

If you're not yet ready to make changes in your health habits	If you're thinking about making changes in your health habits	If you're already making changes in your health habits
<ul style="list-style-type: none"> <li><input type="checkbox"/> Learn more about the health risks of being overweight and sedentary or of eating an unhealthy diet.</li> <li><input type="checkbox"/> Imagine your life 3 to 5 years from now. Are your current behaviors consistent with your hopes for the future?</li> <li><input type="checkbox"/> Read about or talk to others who have successfully made changes that led to better health.</li> <li><input type="checkbox"/> Contact your health care provider when you are more ready to make changes in your health habits.</li> </ul> <p>Other: _____</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make a list of how your life will be better if you make healthy changes. Then list what you will have to give up. Do the reasons to change outweigh the reasons not to?</li> <li><input type="checkbox"/> Talk with a family member or friend about becoming more physically active together. Share your goals with each other.</li> <li><input type="checkbox"/> Become more aware of your current behaviors. Keep a food diary for two weeks and see patterns in your eating and physical activity.</li> <li><input type="checkbox"/> Take small steps, like walking 10 minutes one day for a week or eating one more serving of vegetables a week.</li> </ul> <p>Other: _____</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask a friend or family member to support you or to suggest others who will support your efforts.</li> <li><input type="checkbox"/> Join a support group, program or local exercise facility.</li> <li><input type="checkbox"/> Track your progress and reward yourself along the way.</li> <li><input type="checkbox"/> Make a list of all of your reasons for changing. Read it often.</li> </ul> <p>Other: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Chart source: Henrud, Donald D. (2001), Mayo Clinic on Healthy Weight. Mayo Clinic Health Information: Rochester, Minn.

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