



Achieving and Maintaining a Healthy Weight

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Benefits of a healthy weight

- Pressure sore prevention
- Improved mobility and independence
- Decreased risk for heart disease and diabetes
- Optimal health and energy

So how much should you weigh?



Height & Weight Table For Women

Height Feet Inches	Small Frame	Medium Frame	Large Frame
4' 10"	102-111	109-121	118-131
4' 11"	103-113	111-123	120-134
5' 0"	104-115	113-126	122-137
5' 1"	106-118	115-129	125-140
5' 2"	108-121	118-132	128-143
5' 3"	111-124	121-135	131-147
5' 4"	114-127	124-138	134-151
5' 5"	117-130	127-141	137-155
5' 6"	120-133	130-144	140-159
5' 7"	123-136	133-147	143-163
5' 8"	126-139	136-150	146-167
5' 9"	129-142	139-153	149-170
5' 10"	132-145	142-156	152-173
5' 11"	135-148	145-159	155-176
6' 0"	138-151	148-162	158-179
Weights at ages 25-59 based on lowest mortality. Weight in pounds according to frame (in indoor clothing weighing 3 lbs.; shoes with 1" heels)			

Paraplegia
subtract 5-10%

Quadriplegia
subtract 10-15%

Source of basic data Build Study, 1979. Society of Actuaries and Association of Life Insurance Medical Directors of America, 1980. Copyright© 1996, 1999 Metropolitan Life Insurance Company. Courtesy of the Metropolitan Life Insurance Company.

Academy of Nutrition and Dietetics. Evidence Analysis Library. Spinal Cord Injury (SCI) Evidence-Based Nutrition Practice Guideline.

Height & Weight Table For Men


Height Feet Inches	Small Frame	Medium Frame	Large Frame
5' 2"	128-134	131-141	138-150
5' 3"	130-136	133-143	140-153
5' 4"	132-138	135-145	142-156
5' 5"	134-140	137-148	144-160
5' 6"	136-142	139-151	146-164
5' 7"	138-145	142-154	149-168
5' 8"	140-148	145-157	152-172
5' 9"	142-151	148-160	155-176
5' 10"	144-154	151-163	158-180
5' 11"	146-157	154-166	161-184
6' 0"	149-160	157-170	164-188
6' 1"	152-164	160-174	168-192
6' 2"	155-168	164-178	172-197
6' 3"	158-172	167-182	176-202
6' 4"	162-176	171-187	181-207
Weights at ages 25-59 based on lowest mortality. Weight in pounds according to frame (in indoor clothing weighing 5 lbs.; shoes with 1" heels)			

Paraplegia
subtract 5-10%

Quadriplegia
subtract 10-15%

Source of basic data Build Study, 1979. Society of Actuaries and Association of Life Insurance Medical Directors of America, 1980. Copyright© 1996, 1999 Metropolitan Life Insurance Company Courtesy of the Metropolitan Life Insurance Company.

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Determining frame size: To determine the body frame size, measure the wrist with a tape measure and use the following chart to determine whether the person is small, medium, or large boned.

Women:

Height under 5'2"

Small = wrist size less than 5.5"

Medium = wrist size 5.5" to 5.75"

Large = wrist size over 5.75"

Height 5'2" to 5' 5"

Small = wrist size less than 6"

Medium = wrist size 6" to 6.25"

Large = wrist size over 6.25"

Height over 5' 5"

Small = wrist size less than 6.25"

Medium = wrist size 6.25" to 6.5"

Large = wrist size over 6.5"

Men:

Height over 5' 5"

Small = wrist size 5.5" to 6.5"

Medium = wrist size 6.5" to 7.5"

Large = wrist size over 7.5"



What are your calorie needs to maintain a healthy weight?

- ▶ Paraplegics need 27.9 calories per kg of body weight
- ▶ Quadriplegics need 22.7 calories/kg
- ▶ Use ideal body weight if overweight or underweight

* 1 kg = 2.2 lbs. (so divide lbs. by 2.2 to get kg)

Example

Quadriplegic male with a medium frame who is 5'9" and weighs 140 lbs. He falls in his ideal body weight range (136 – 147 lbs.).

$$140 \text{ lbs.} \div 2.2 \text{ lbs/kg} = 63.6 \text{ kg}$$

$$63.6 \text{ kg} \times 22.7 \text{ calories/kg} = \mathbf{1430 \text{ calories/day}}$$



Weight is determined by energy balance

Weight Maintenance

Calories consumed = Calories expended

Weight Gain

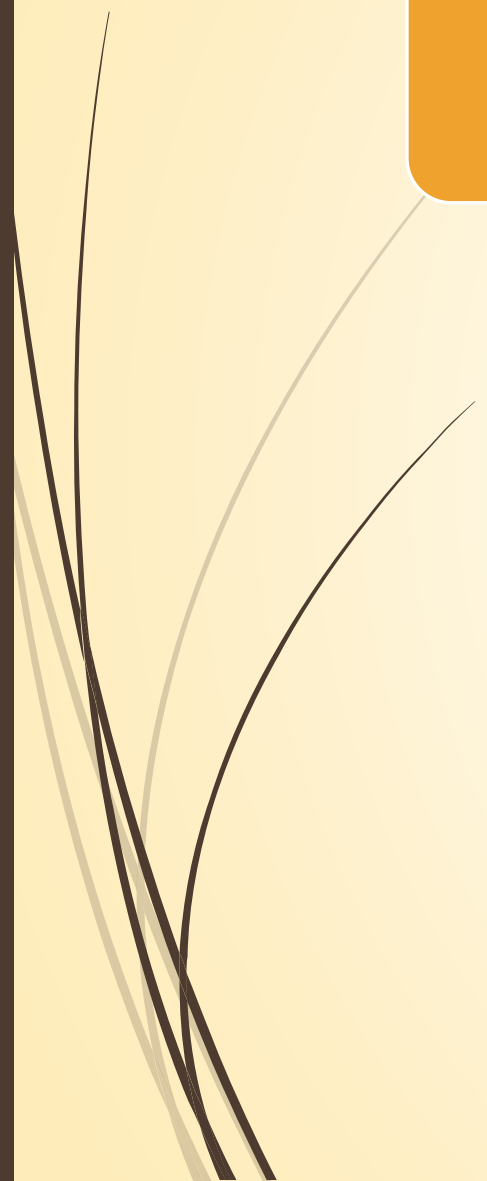
Calories consumed > Calories expended

Weight Loss

Calories consumed < Calories expended



3500 calories = 1 lb.



An extra 200 calories
a day more than you
expend will result in 1
lb. weight gain in 2.5
weeks or 20 lbs. in
one year!

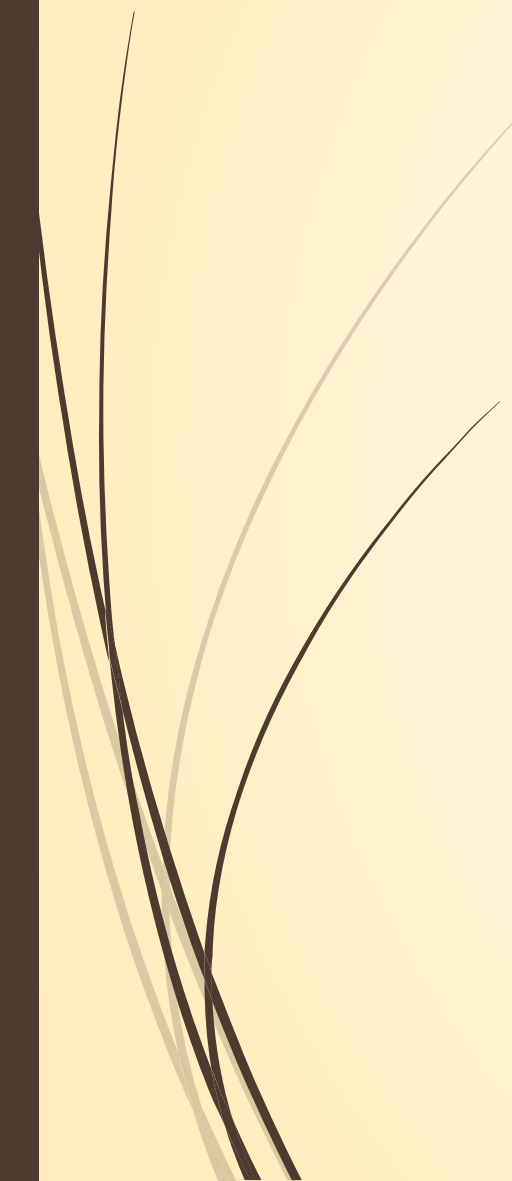
Common obstacles to weight loss

- Eating too many foods and beverages with added sugars and solid fats
- Eating big portions
- Skipping meals
- Eating a lot of meals away from home
- Grazing all day on high-calorie snacks
- Frequently drinking high-calorie drinks
- Consuming too much alcohol
- Eating for emotional reasons
- Eating in front of a screen such as mobile device or television



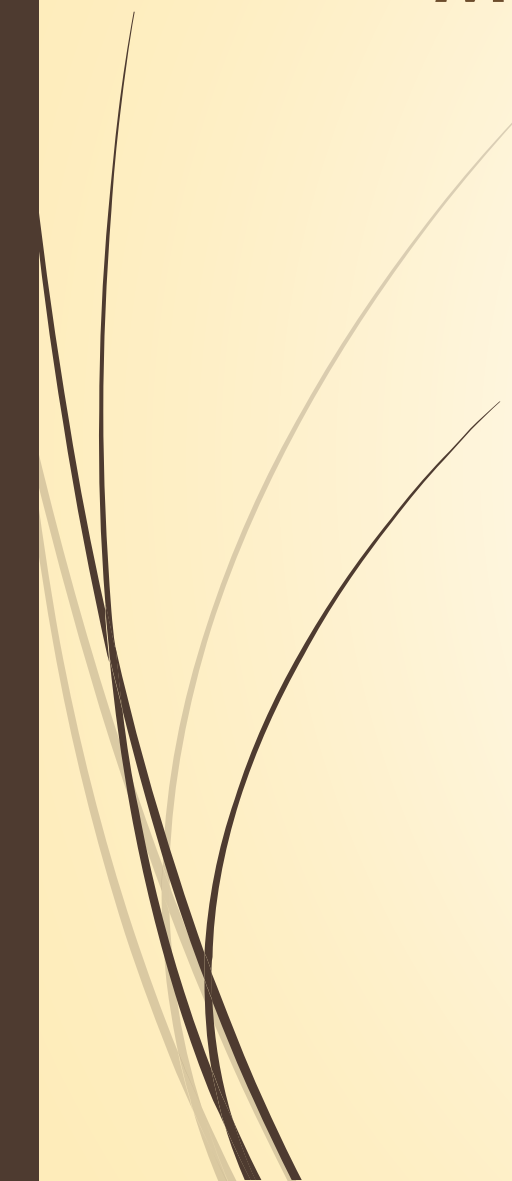


Tips and Guidelines for Losing and Maintaining Weight

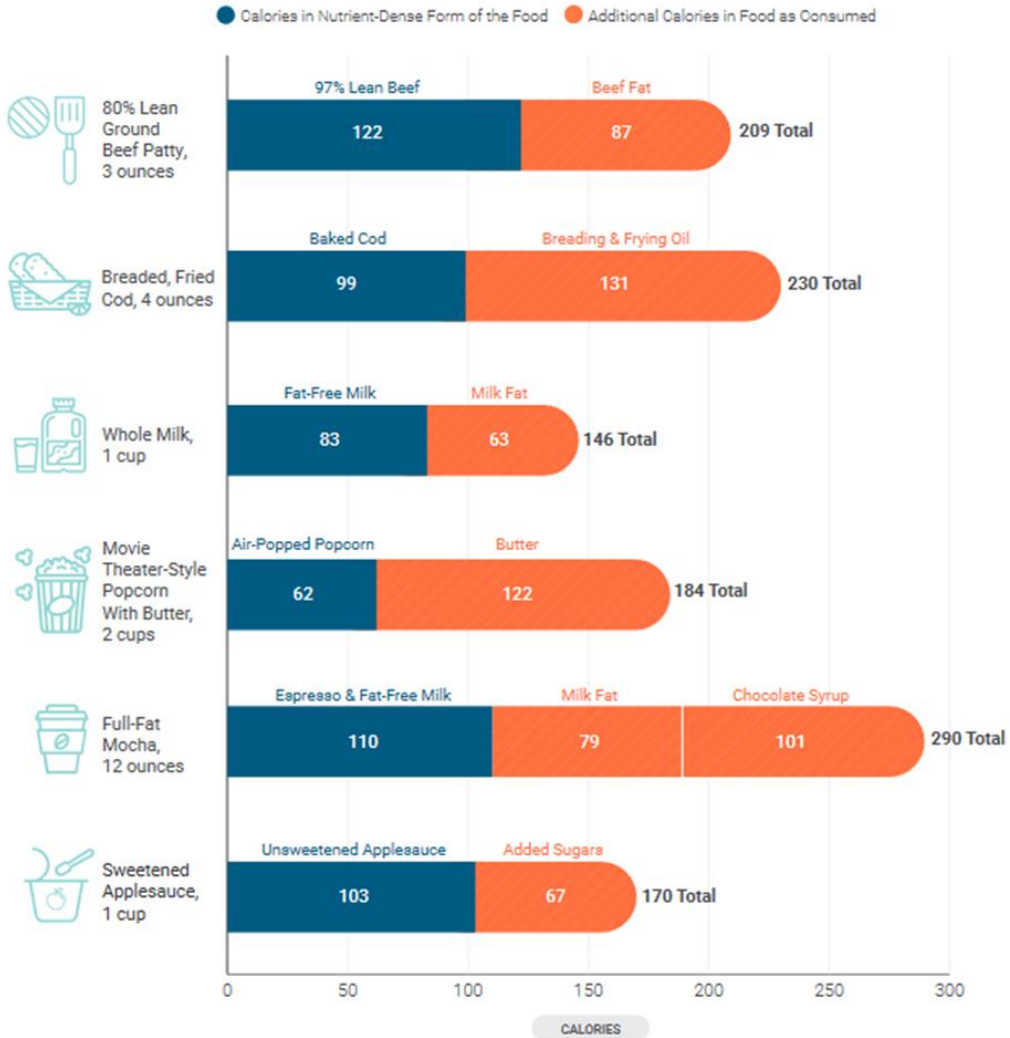
1. Portion Control
 2. Eat small meals often – at least 3 times a day – Don't skip meals.
 3. Plan ahead
 4. Slow down – don't eat too fast
 5. Use small plates and bowls
 6. Include foods that keep you full longer – protein, fiber
- 



Tips and Guidelines for Losing and Maintaining Weight

7. Chew your calories, don't drink them
 8. Know what you are eating – read labels
 9. Eat mindfully
 10. Watch out for high calorie “additions” – they can turn a low-calorie food or drink into a high one!
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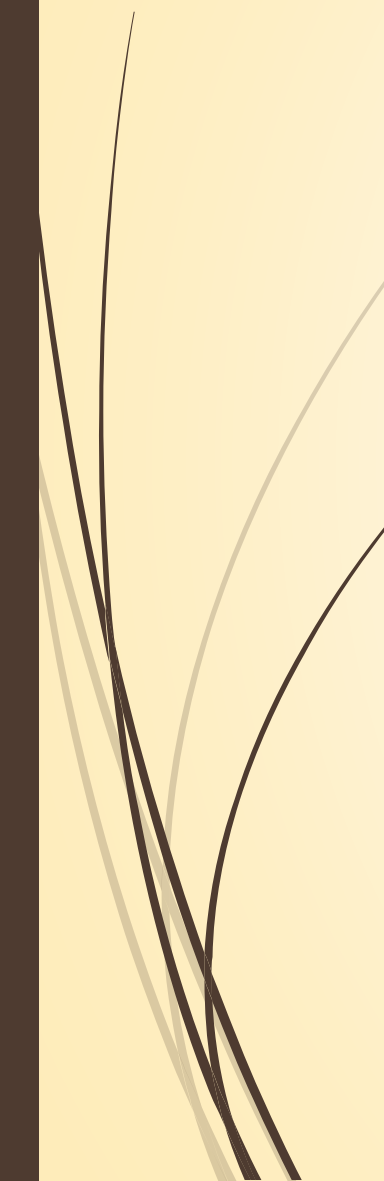
Examples of Calories in Food Choices That Are Not Nutrient Dense and Calories in Nutrient-Dense Forms of These Foods



Data Source: U.S. Department of Agriculture, Agricultural Research Service, FoodData Central, 2019. fdc.nal.usda.gov.



Tricks to EAT SLOWLY

1. Put utensils (fork/spoon) down between bites
 2. Use small utensils
 3. Cut dense foods into small pieces
 4. Chew food well
 5. Strive to be the last one at the table to finish eating
 6. Avoid eating while driving, watching TV, using the computer, etc.
 7. Remember to focus on enjoying the flavor and taste of the food you are eating
- 



Eating out

- Plan ahead – check nutrition facts online if possible
- Opt for baked or grilled options – avoid fried, beware of sautéed
- Avoid cream and butter sauces
- Ask for dressing and sauces on the side
- Don't eat it all – portions are generally too big, take home a doggie bag

Food journaling

- ▶ Use an app like My Fitness Pal to help keep track of foods eaten, calories, goals and nutrient distribution.
- ▶ Use a notebook to write down foods and portions sizes eaten.
- ▶ Use a notebook or app to track foods eaten and how you felt. Were you hungry, bored, sad or anxious? Who was there?

Why is food journaling helpful?

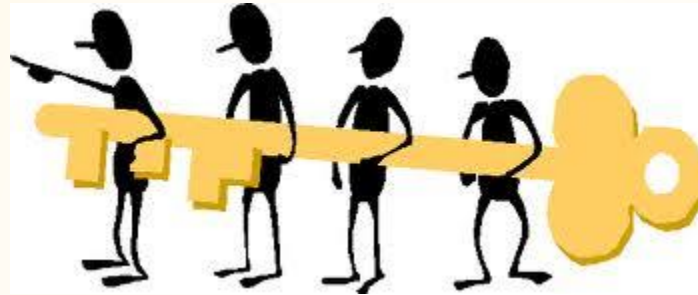




Benefits of food journaling

- Provides concrete record that can be reviewed and assessed
- Helps to hold you accountable
- Identify patterns and trends – problem solve
- Monitor progress – are you meeting your goal?

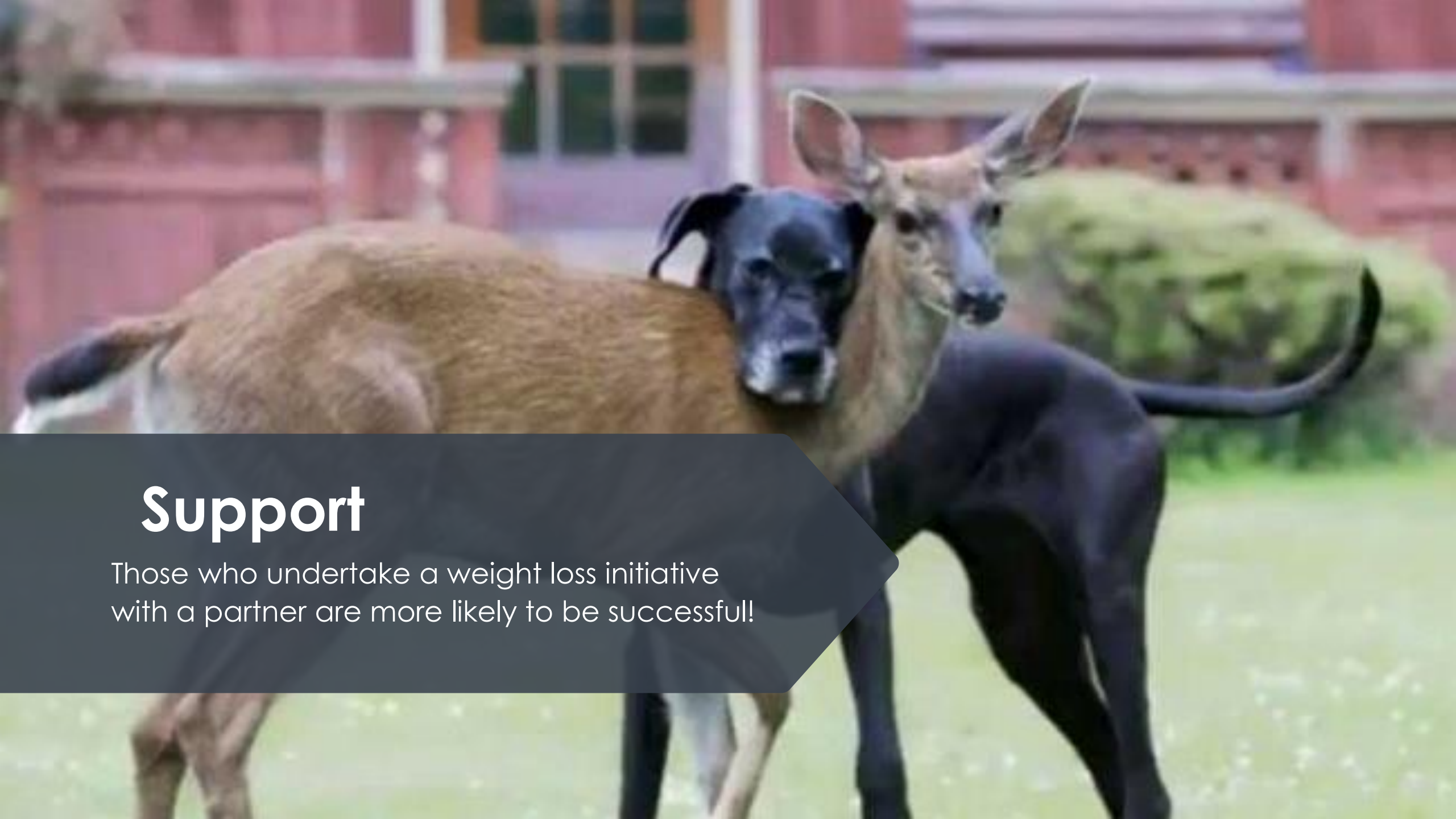
Self-monitoring: your key to success



- **Weigh yourself once a week if possible**
- **Keep a food and activity journal to see if you are reaching your goals**

**Choose a weight management plan that is realistic
for life long change**





Support

Those who undertake a weight loss initiative with a partner are more likely to be successful!

If you slip up, don't get discouraged, don't throw in the towel, put it behind you and continue on with your efforts!



Changes like these are extremely difficult and don't happen overnight

Try making one small change at a time





Tracking websites and apps

My Fitness Pal – track calories, macronutrients (fat, carbohydrate, protein) and physical activity. Allow you to manually set calories goal.

<http://myfitnesspal.com>

BiteSnap - uses artificial intelligence to log meals and track calories by simply taking a photo.

Lose It! – develops a personalized plan for you based on your answers about goals, activity, emotions and eating habits. Tracks calories, fluid and macronutrient intake.

<https://www.loseit.com/>



EatRight Weight Management Program

<http://www.uab.edu/medicine/sci/uab-scims-information/eatright-weight-management-program>

12 week weight loss program for individuals with spinal cord injury/disease

- Downloadable video and workbook for each week
- FREE!!!

Resources

- ▶ www.eatright.org Great source for accurate nutrition, fitness and health related articles and tips. Great recipes and meal ideas, too!
- ▶ www.myplate.gov/ Information on healthy eating based on 2020-2025 Dietary Guidelines for Americans. Personalized resources, healthy eating tips, recipes and videos.
- ▶ www.heart.org/en/healthy-living/healthy-eating Articles and tips on healthy eating, losing weight and cooking skills. Recipes and videos can be found here, too!
- ▶ extension.colostate.edu/topic-areas/nutrition-food-safety-health/nutrition-misinformation-how-to-identify-fraud-and-misleading-claims-9-350/ Nutrition Misinformation: How to Identify Fraud and Misleading Claims