

# Better weight for A Better You (BABY)

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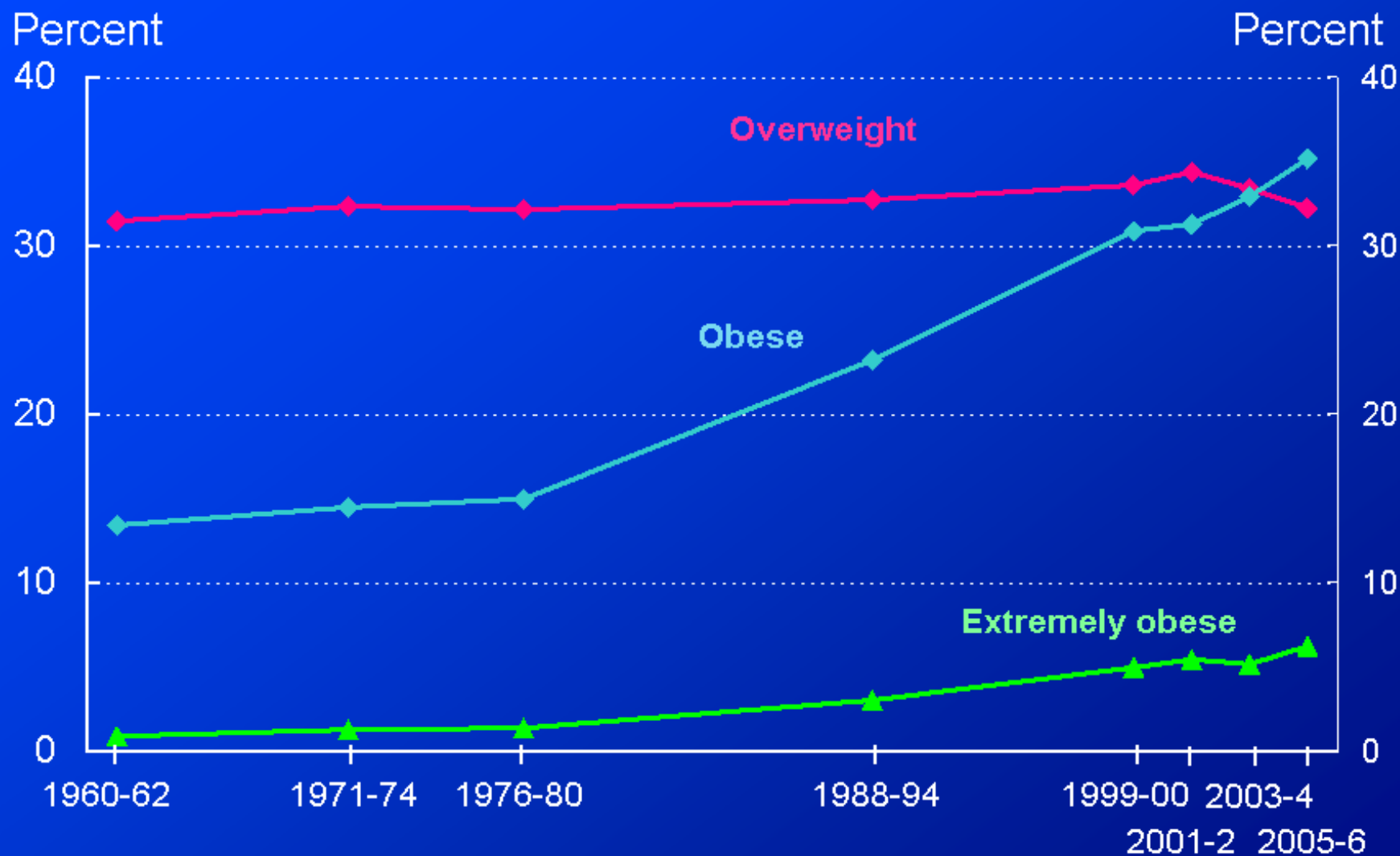


# **Obesity in the United States**

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**According to the Center for Disease Control and Prevention, obesity is the #1 health threat.**

# Figure 2. Trends in overweight, obesity and extreme obesity, ages 20-74 years



Note: Age-adjusted by the direct method to the year 2000 US Bureau of the Census using age groups 20-39, 40-59 and 60-74 years. Pregnant females excluded. Overweight defined as  $25 \leq \text{BMI} < 30$ ; obesity defines as  $\text{BMI} \geq 30$ ; Extreme obesity defines as  $\text{BMI} \geq 40$ .

# Obesity and Gender

**More than one-third of U.S. adults were obese in 2005-2006**

**Men: 33.3%**

**Women: 35.3%**

**Centers for Disease Control and Prevention (CDC).  
National Center for Health Statistics (NCHS).  
National Health and Nutrition Examination Survey  
Data (2005-2006).**

# **Obesity: A Preconception Risk Factor for Adverse Pregnancy Outcomes**

- **Neural tube defects**
- **Preterm delivery**
- **Diabetes**
- **Cesarean section**
- **Hypertension**
- **Thromboembolic disease**

# Overweight & Post-Partum Women

- **Post-partum weight retention is one of the contributors to the obesity epidemic in the United States.**
- **Gore, Brown and West (2003) showed that “excessive post-partum weight retention seems to be especially prevalent among minority women”.**

# BABY

**An Innovative Approach to  
Promoting Healthy Weight  
Among Post-Partum  
Overweight and Obese  
Black and Hispanic  
Women Enrolled in the WIC  
Program in Orange County,  
Florida**

# Program

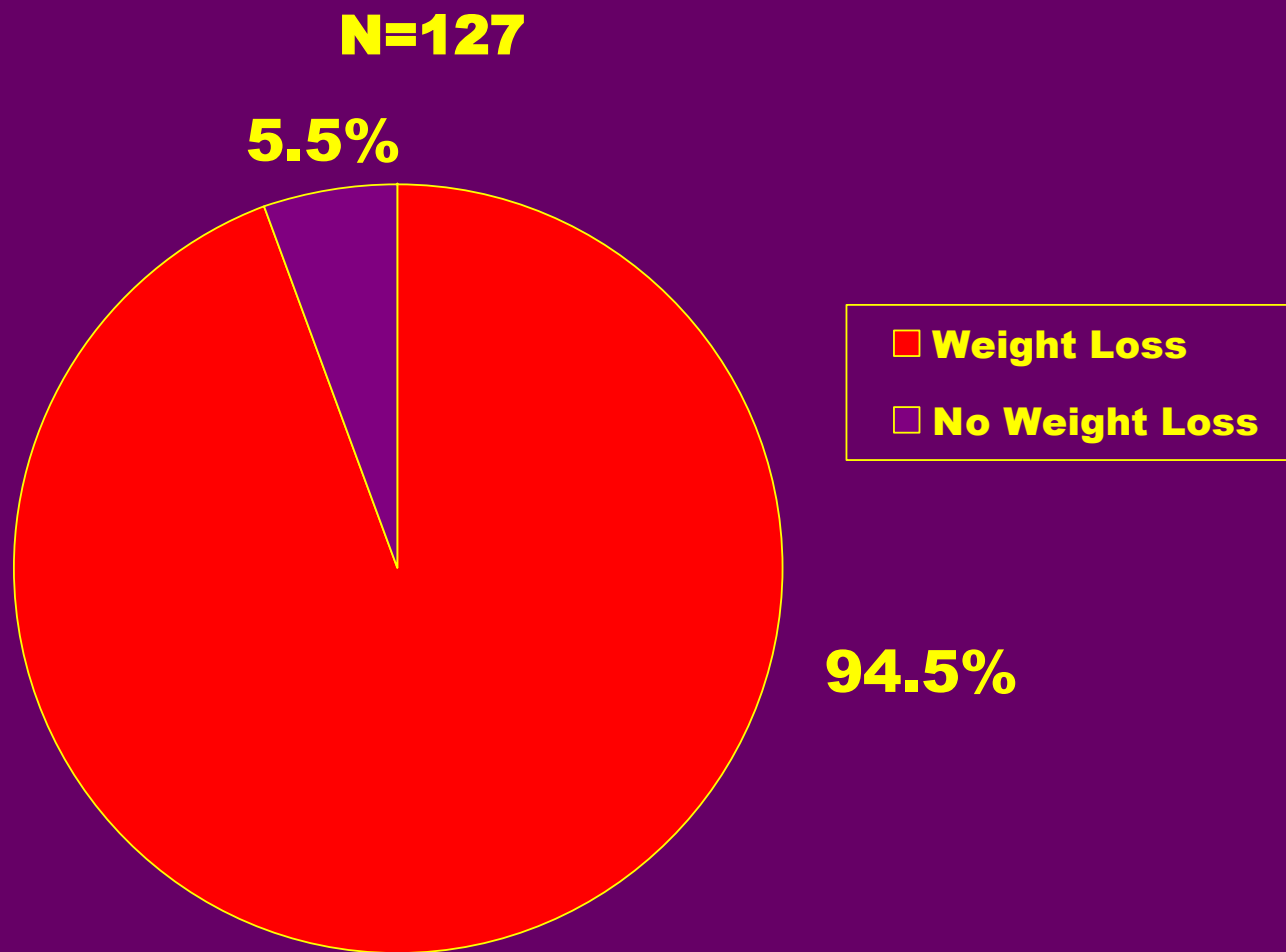
## “Better weight for A Better You (BABY)” :

- **6-month goal-based**
- **Evidence based**
- **Behavioral and cross cultural intervention**

# Program Objectives

- **Participants will:**
  - **Lose between 5% and 10% of the initial body weight**
  - **Learn to make healthier food choices**
  - **Incorporate a minimum of 150 minutes per week of moderate intensity physical activity into their daily lives**

# Percentage of BABY Participants Who Lost Weight January 2006 - December 2008



# Results

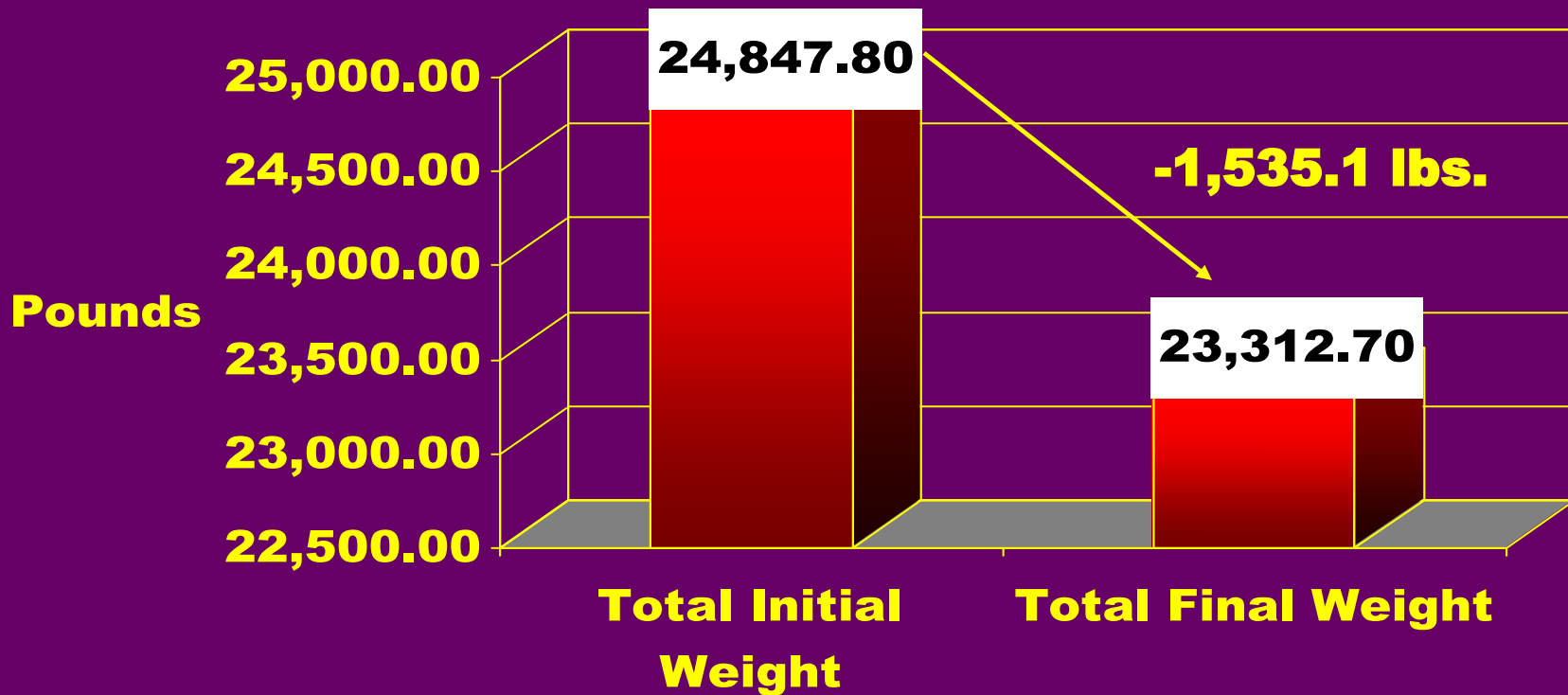
## January 2006 – December 2008

**Among the 127 participants who completed the program:**

- **Total weight loss: 1,535.1 lbs (697.77 kgs)**
- **65.4% attained program weight loss goal**
- **Average waist circumference decrease: 3.0 inches (7.62 cms)**

# Total Initial Weights and Final Combined Weights of Participants January 2006 – December 2008

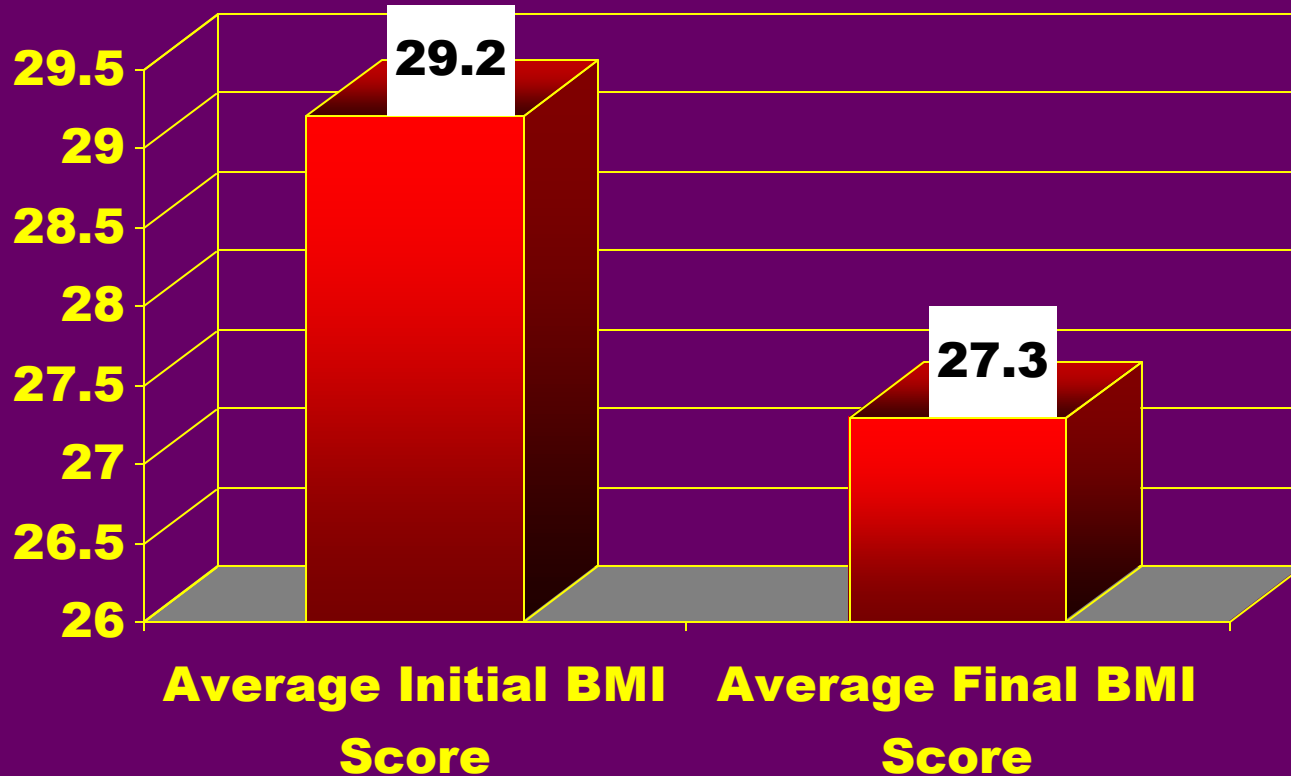
**N=127**



Note: 6.2% decrease in combined weight

# Average Initial and Final Body Mass Index Score

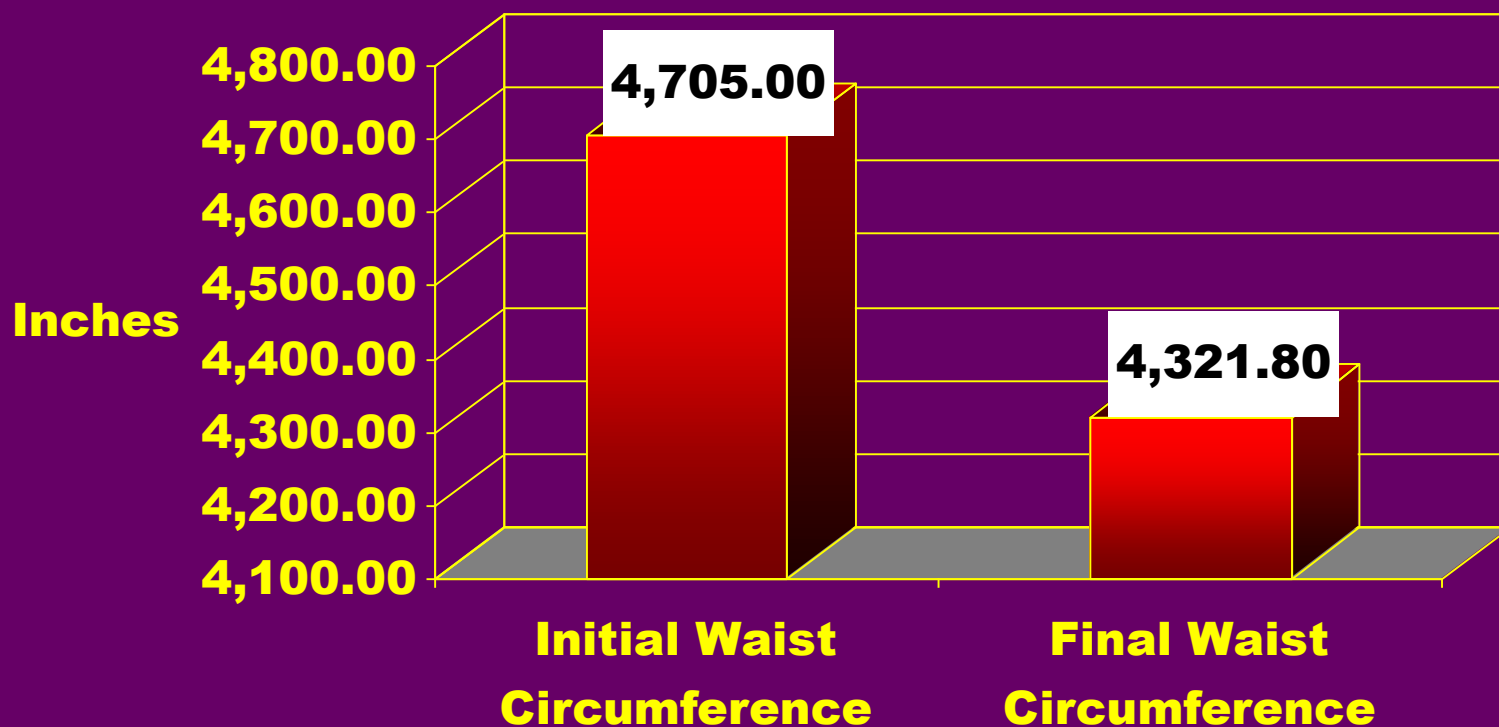
## January 2006 – December 2008



Note: 6.5% decrease in Average BMI Score

# Total Initial and Final Waist Combined Circumference January 2006 – December 2008

**N=127**



Note: 383.2 inches (973.33 cms) decrease in combined waist circumference

# Pre and Post Nutrition Surveys

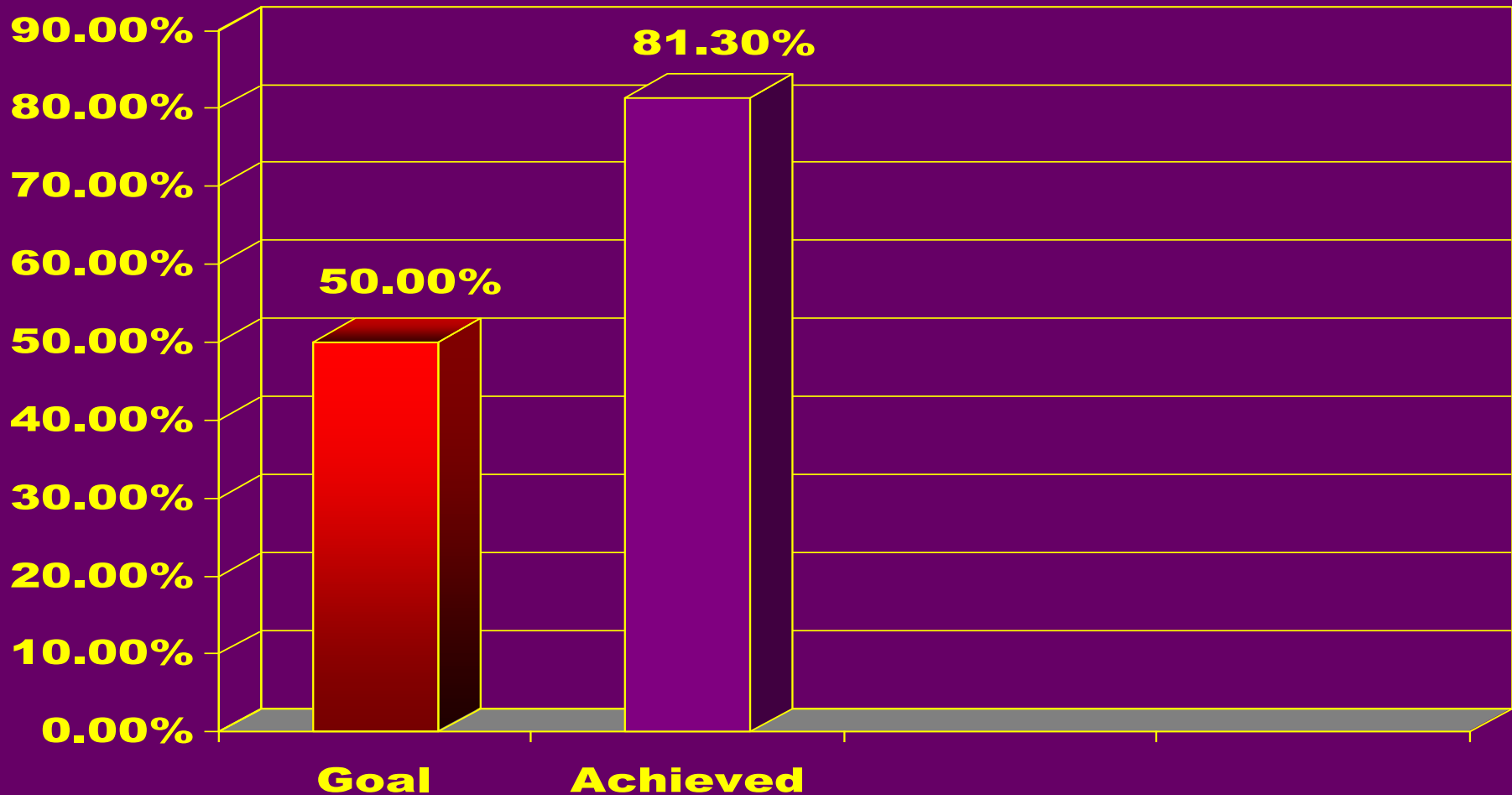
## January 2006-December 2008

**N=86**

<b>Food Selection</b>	<b>Pre Survey</b>	<b>Post Survey</b>
<b>Large Cheeseburger and fries</b>	<b>37.2%</b>	<b>10.5%</b>
<b>Hot Dog</b>	<b>18.6 %</b>	<b>9.3 %</b>
<b>Salad Dressings (Ranch Blue Cheese)</b>	<b>39.5 %</b>	<b>32.6 %</b>
<b>Grilled Chicken Salad</b>	<b>34.9 %</b>	<b>61.6 %</b>
<b>Regular Sodas</b>	<b>45.3%</b>	<b>11.6%</b>

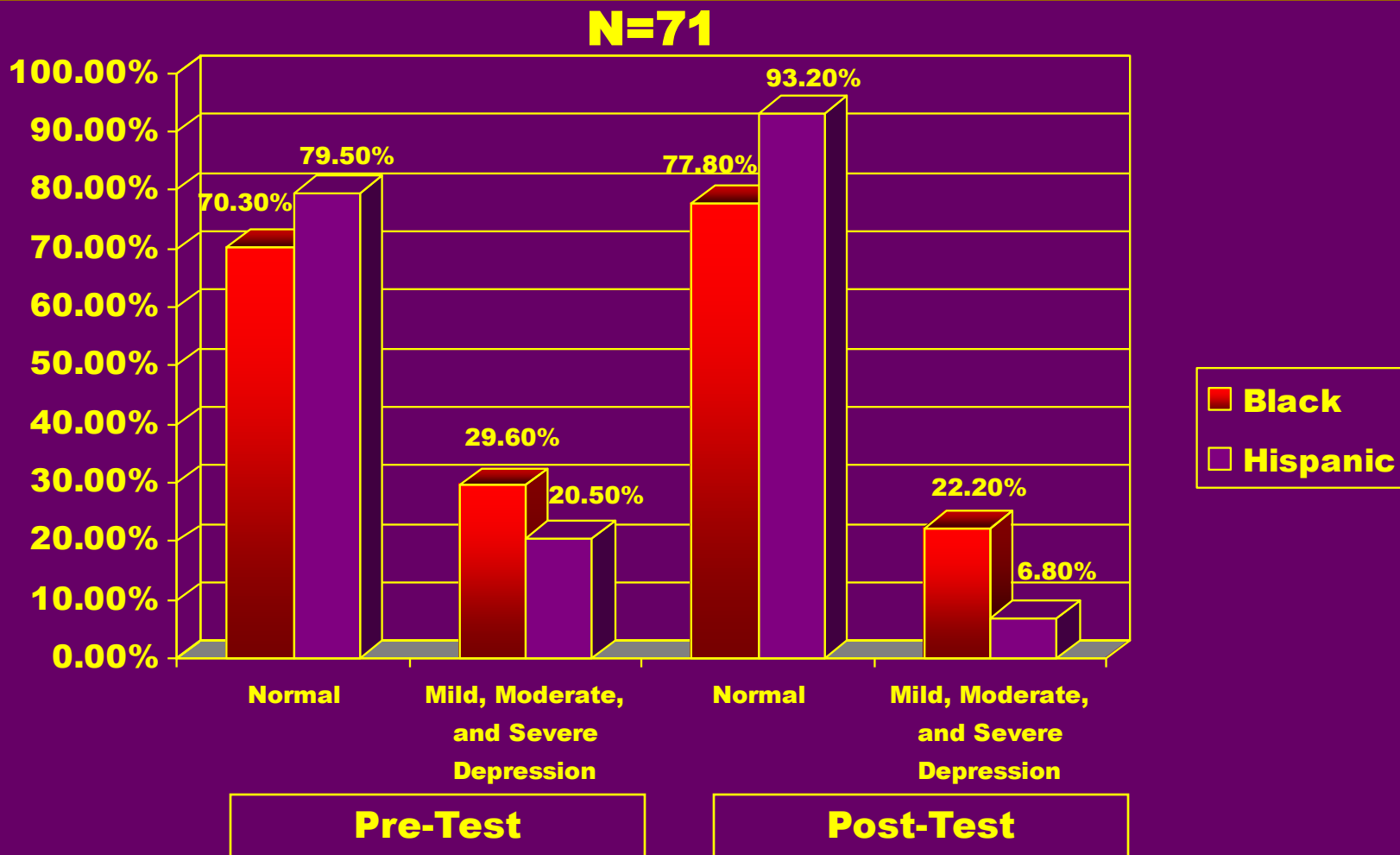
# At Least 150 Minutes of Moderate Intensity Physical Activity per Week January 2006 – December 2008

N=91



# Beck Inventory II by Race and Ethnicity

January 2006- December 2008



# **BABY in Action**

## **Taqueasia Hall**

### **January – June 2006**





# Effect on Family Members

## **Anecdotal data:**

- **Overweight/obese children and adolescents lost weight.**
- **Overweight/obese husbands lost weight.**
- **Entire families became physically active.**
- **Healthier food choices were selected for the family.**

# Social Impact Analysis

- **We were able to demonstrate that the weight loss process, self-esteem recovery and reintegration as an active member of the community occur quicker through programs that are designed with the group's ethnicity in mind.**

# Recommendation

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- **Cultural differences must be understood and addressed for programs to be successful.**

# Facts

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- **Prevention is the only hope for the community.**
- **BABY creates a healthy environment and not just educates the public.**

# Conclusion

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**BABY impacts at least 3 people per participant's family; therefore producing a chain effect of lifestyle changes in our community.**

# Awards

**“Model Practice”, granted by the National Association of County and City Health Officials (NACCHO),  
July, 2009**

**“Best of the Best” Practice, granted by the Florida Department of Health, December, 2008**

**BABY**

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**THANK YOU!**