

Prevention of Cardiovascular Diseases

Heart Disease &
Stroke Prevention

Division of Chronic Disease
Prevention and Control
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FAST FACTS

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment
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*You Can Take Steps To **MANAGE YOUR WEIGHT***



- Eat a variety of foods.
- Eat 5 or more servings of fruits and vegetables every day.
- Increase the fiber in your diet by eating fruits, vegetables, beans, and whole grain breads and cereals.
- Cut back on fat in your food choices. Keep the fat content of your diet to 30% or less of your total daily calories.
- Eat slowly. It takes about 20 minutes for your stomach to signal to your brain that you're full.
- Drink 8-10 eight-ounce glasses of water every day.
- Control your portion sizes. Fat free products still have calories, so you have to be careful how many total calories you eat each day.
- Learn to read food labels.
- Meet with a registered dietitian or nutritionist to help you with a food plan.
- Increase your physical activity to a total of 30 minutes per day, for most days of the week.
- Make a physically active lifestyle and healthy eating an everyday habit.



YOU CAN TAKE STEPS TO MANAGE YOUR WEIGHT

My weight today was _____. My height today was _____. My goal weight is _____.

My body mass index (BMI) today was _____. My goal BMI is _____.

My waist measurement today was _____. My goal waist measurement is _____.

I promise to work on the following changes every day before my next appointment.

1. _____

2. _____

3. _____

Patient's Signature

Health Care Provider's Signature

Date

Date

My next appointment is: _____
Date Time

Overweight and Obesity Guidelines*

| | Body Mass Index (BMI chart Using Height and Weight) | | Waist Circumference | |
|-----------------|--|---------------|---|-------------------------------------|
| | BMI (kg/m ²) | Obesity Class | Men < 102 cm (< 40 in) Women < 88 cm (< 35 in) | >102 cm (>40 in) >88 cm (>35 in) |
| Underweight | <18.5 | | — | — |
| Normal | 18.5-24.9 | | — | — |
| Overweight | 25.0-29.9 | | Increased | High |
| Obesity | 30.0-34.9 | I | High | Very High |
| | 35.0-39.9 | II | Very High | Very High |
| Extreme Obesity | 40 or higher | III | Extremely High | Extremely |

*Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, National Heart Lung and Blood Institute, National Institutes of Health, 2004