## Job Corps Chronic Care Management Plan



# BODY WEIGHT: A FACT SHEET FOR STUDENTS

How much should I weigh?

There is not an “ideal” weight for any one person. However, there are ranges for healthy body weight usually determined by body mass index (BMI) – a ratio of weight to height.

Guidelines for BMI are as follows:

Underweight less than 18.5

Healthy weight 18.5-24.9

Overweight 25-29.9

Obese ≥30

It also matters where you carry fat. People with larger waists are more likely to end up with certain diseases, like diabetes, than people with small waists. The goal for waist circumference is:

Men <40 inches

Women <35 inches

Why is overweight and obesity a problem?

If you are overweight or obese, you have an increased risk of developing high blood pressure, diabetes, high cholesterol, heart disease, stroke, gall bladder disease, arthritis, sleep apnea, and certain cancers. In addition, women who are obese may have difficulty getting pregnant or may have a complicated pregnancy. For some, overweight and obesity may make it more challenging to perform work-related duties.

Some overweight people face discrimination in hiring practices, lower wages, and social stigma. This takes into account lower wages, days off work due to obesity-related illness, and medical costs.

**Why is underweight a problem?**

Sudden unintentional weight loss can signify a health issue if it is not associated with a clear change in diet or exercise patterns. Other people just have trouble keeping on weight and may need to eat more frequently or eat higher calorie foods. For others, being underweight can represent a psychological issue such as an eating disorder, depression, or anxiety. If you experience a sudden drop in weight or find yourself thinking about food a lot and are underweight, speak to the health and wellness staff.

**How can I help myself if I am overweight or obese?**

While in Job Corps, our goal is to help you manage your weight so you can progress toward employability. Health and wellness staff will measure your BMI and waist circumference and can help you make changes if you are ready to do so. You can also consider the following:

Be Active

* increase physical activity to balance calorie intake
* aim for 30 minutes moderate intensity exercise 5 days per week
* limit sedentary activities such as time in front of T.V. or computer
* check out activities on center – try new sports, find a buddy to help you keep motivated

Eat nutritiously

* Eat regular small meals – don’t skip meals
* Drink water regularly
* Choose fiber rich foods – whole grains, fruits, and vegetables
* Eat a variety of protein rich foods – seafood, beans, peas, nuts, lean meats, chicken, and eggs
* Limit foods that are high calorie with little nutritional value – soda, pastries, fried foods, sweets, and alcohol

For more information visit: ChooseMyPlate.gov

