



 of Tennessee

Developmental Services  
of Dickson Co.

**Weight Management**

# Heather Bumbalough, RDN, LDN, NBC-HWC



# Disclaimer

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The material contained within this presentation is intended to help you make good health choices. **It should not be interpreted as medical advice.** If you have specific medical questions, you should consult your health care provider.

# In today's session, we will discuss...

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- + Obesity statistics
- + Risk factors for and health risks associated with excess weight
- + Weight loss recommendations
- + Health benefits of weight management
- + Lifestyle modifications for long-term weight management
- + Member Wellness Center resources for support

# Statistics

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More than **2 out of 3** adults in the US are considered overweight or obese.



Roughly **42.4%** of US adults are considered obese according to BMI.



About **13.7 million** children and adolescents fall into the obesity BMI category.

Source: Centers for Disease Control (CDC)





# What about Tennessee?

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The Midwest (33.9%) and **South (33.9%)** have the highest prevalence of obesity.



Prevalence of self-reported obesity in Tennessee: **36.5%**



Tennessee is one of 12 states where **35% or more** of adults have obesity.

Source: Centers for Disease Control (CDC)

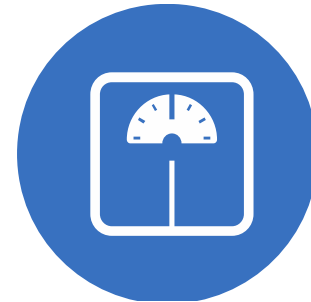
# Overweight vs. Obesity

- **Overweight:** an excess amount of body weight, which includes muscle, bone, fat and water
- **Obesity:** refers to an excessive amount of body fat





# Body Mass Index (BMI)

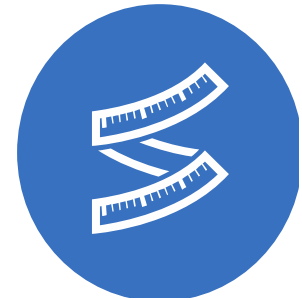


- Used to assess body weight
- Calculated from a person's height and weight

BMI (kg/m <sup>2</sup> )	Classifications
<18.5	Underweight
18.5-24.9	Normal weight
25-29.9	Overweight
30-34.9	Obesity – Class I
35-39.9	Obesity – Class II
≥40	Obesity – Class III

# Waist Circumference

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- Waist circumference is directly associated with abdominal fat
- A larger waist measurement means higher health risks
  - High blood pressure
  - High cholesterol
  - Heart disease
  - Type 2 diabetes
- Individuals who are more likely to develop obesity-related health problems:
  - **Men** with waist circumference **> 40 inches**
  - **Women** with waist circumference **> 35 inches**

# Risk Factors and Causes of Obesity

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**Obesity is a complex condition that develops from a combination of a variety of factors:**

- Genetics
- Environment
- Culture
- Behavior
- Disease and drugs



# Health Risks of Obesity

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## People who have obesity are at increased risk for...

- Type 2 diabetes
- Heart disease and stroke
- High blood pressure
- Dyslipidemia
- Cancer (colon, rectum, uterus, etc.)
- Gallbladder disease
- Reproductive issues
- Osteoarthritis
- Sleep apnea and breathing problems
- Low quality of life
- Mental illness (clinical depression, anxiety, and other mental disorders)



# Weight Management Recommendations

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- Weight loss recommended for people with:
  - BMI greater than or equal to 30 (obese)
  - BMI of 25 to 29.9 (overweight) and have 2 or more risk factors
- Healthy rate of weight loss is up to 2 lbs. per week
- Weight loss of 5-10% of current body weight is likely to produce health benefits
- Weight loss maintenance through lifestyle modifications (nutrition, physical activity, etc.)

# Weight Management Resources

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- **Lifestyle Health Coaching**
- **Self-Guided Programs**
  - Achieving Your Healthy Weight
  - Maintaining Your Healthy Weight
- **Weight Tracker**
- **Device Integration**
  - Scales
    - Withings
    - iHealth
    - Fitbit
    - Garmin
- **Challenges**
  - Maintain a Healthy Weight
  - Workday Walkabout



# Lifestyle Modifications

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# Eating Habits

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## “Diets” don’t work

- Known to be unsustainable long-term
- Diet = typical eating habits, including food and beverages
- Diet ≠ quick weight loss hack
- Focus should be on creating an eating plan that fits you and your unique needs

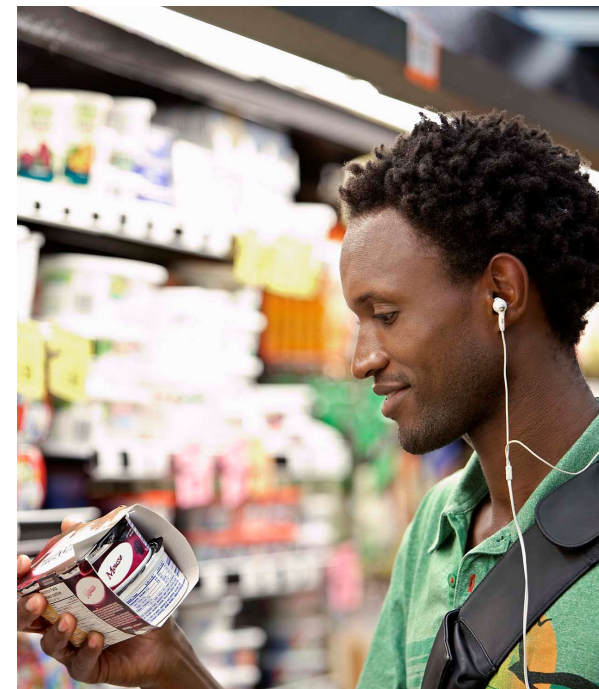


# Eating Habits

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## Should be individualized and account for...

- Food preferences
- Culture
- Food accessibility
- Budget
- Lifestyle
- Activity level
- Health conditions
- Wellness goals

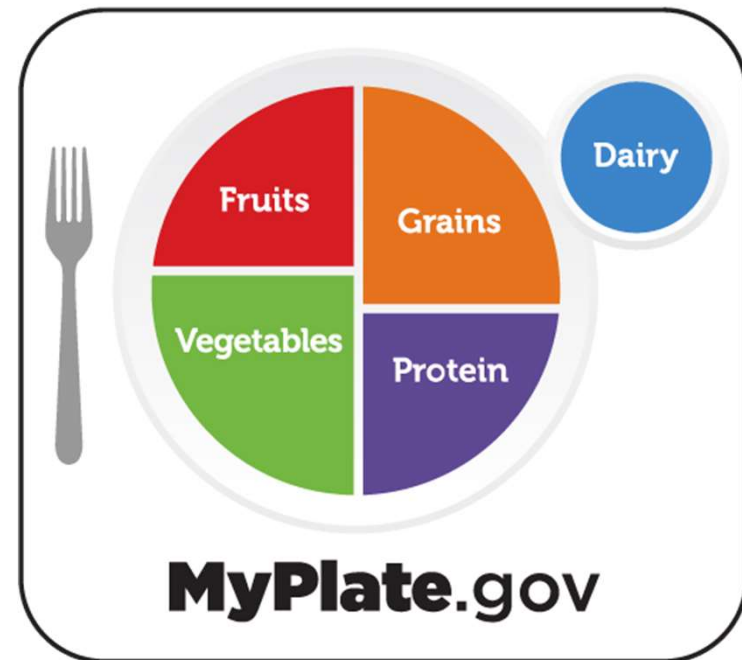


# MyPlate Plan

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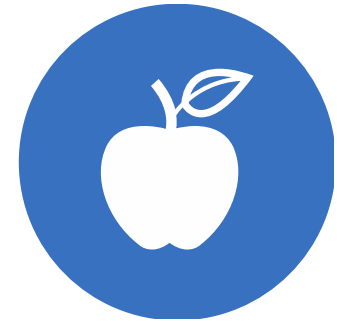
## How to build a healthy plate

- $\frac{1}{2}$  plate of fruits/vegetables
- $\frac{1}{4}$  plate of grains
- $\frac{1}{4}$  plate of lean protein
- 1 cup low-fat/non-fat dairy



# Lifestyle Modifications

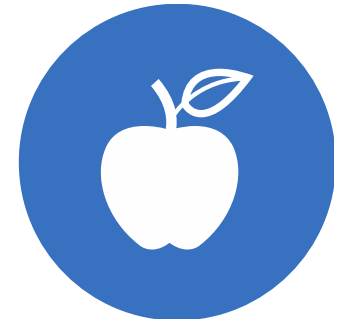
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- Reduce daily calories (for weight loss)
- Use the MyPlate plan
- Increase fruit and vegetable intake
- Choose whole grains
- Eat 25-30 grams of fiber per day
- Eat 4-5 meals throughout the day
- Limit sweets
- Choose beverages wisely

# Lifestyle Modifications

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- Practice portion control
- Plan a weekly menu and grocery list
- Use healthy cooking techniques
- Learn healthier choices for eating out
- Keep a food diary or track on an app
- Find alternatives to emotional eating
- Eat mindfully or practice intuitive eating
- Ask someone close for support



# Healthy Eating Resources

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- **Lifestyle Health Coaching**
- **Self-Guided Program**
  - Nutrition For Better Health
- **Nutrition Tracker**
- **Device Integration**
  - Fitbit
  - MyFitnessPal
- **Challenges**
  - Snack Savvy
  - Eat Better Together



# Physical Activity Guidelines



Adults need a mix of physical activity to stay healthy.

## Moderate-intensity aerobic activity\*

Anything that gets your heart beating faster counts.



AND

## Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



\* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

[https://health.gov/sites/default/files/2019-09/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf)

# Benefits of Regular Physical Activity

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- Lower risk of premature death
- Lower risk of high blood pressure
- Lower risk of type 2 diabetes
- Reduced abdominal obesity
- Improved sleep quality
- Improved lipid profile
- Increased bone density
- Weight management



# Lifestyle Modifications

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- Increase exercise amount
- Do 60-90 minutes of cardio 5 days/week
- Do at least 2 days/week of strength training
- Use a fitness or step tracker
- Find an exercise partner
- Explore forms of movement you enjoy

# Physical Activity Resources

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- **Lifestyle Health Coaching**
- **Self-Guided Program**
  - Enhancing Your Physical Activity
- **Fitness Tracker**
- **Device Integration**
  - Sync your fitness device
- **Challenges**
  - Up Your Sweat
  - Let's Go Core
  - Give Me 10





# SMART Goals

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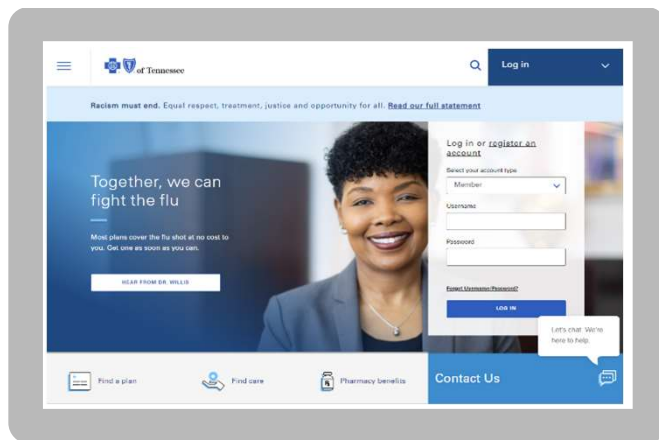
- **S** - Specific
- **M** - Measurable
- **A** - Attainable
- **R** - Relevant
- **T** - Time-Bound





# Tools You Can Use

Through the Member Wellness Center on BlueAccess<sup>SM</sup>, we offer a variety of tools to help you on your wellness journey.



- Activities
  - Challenges
  - Self-Guided Programs
  - Trackers
- Lifestyle Health Coaching
  - Telephonic (1-800-818-8581, option 3)
  - Secure Messaging
- Blue 365 Member Discounts
  - Fitness Your Way
- WellTuned Blog
  - [bcbstwelltuned.com](http://bcbstwelltuned.com)

# How to Access

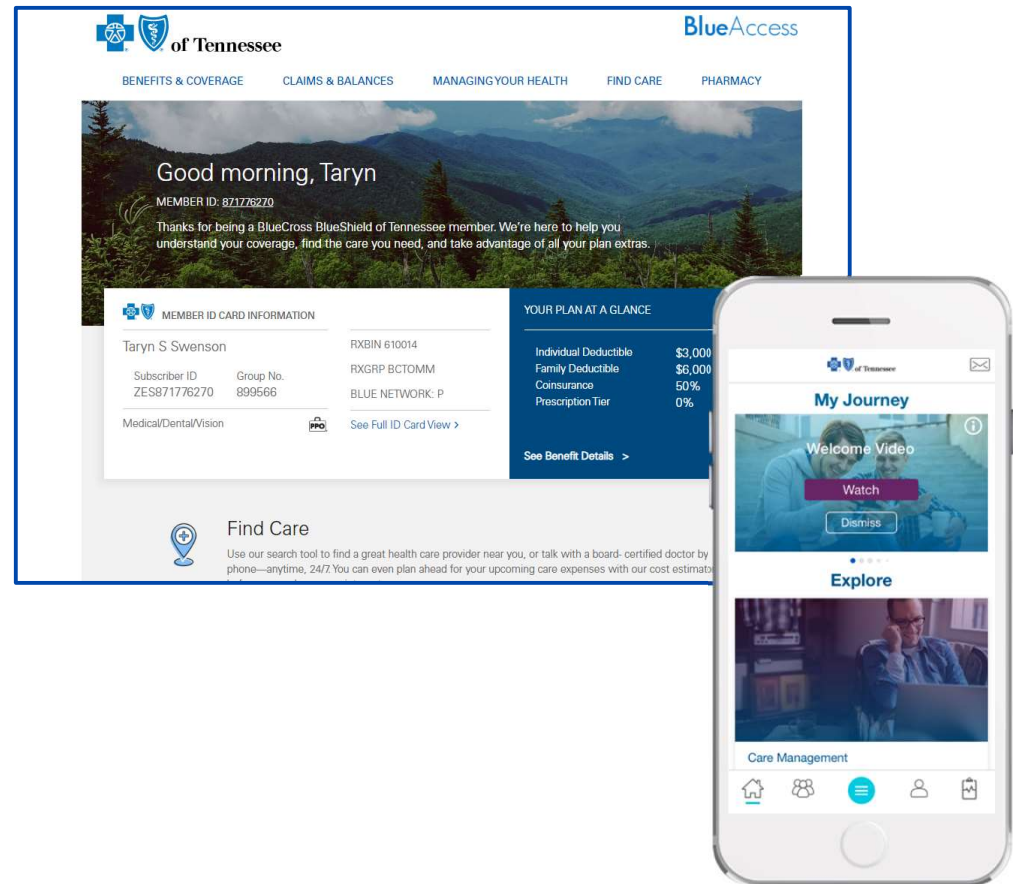
The Member Wellness Center is available on two platforms:

## 1. BCBST Website (BlueAccess)

- Register for an account using your BCBST member ID

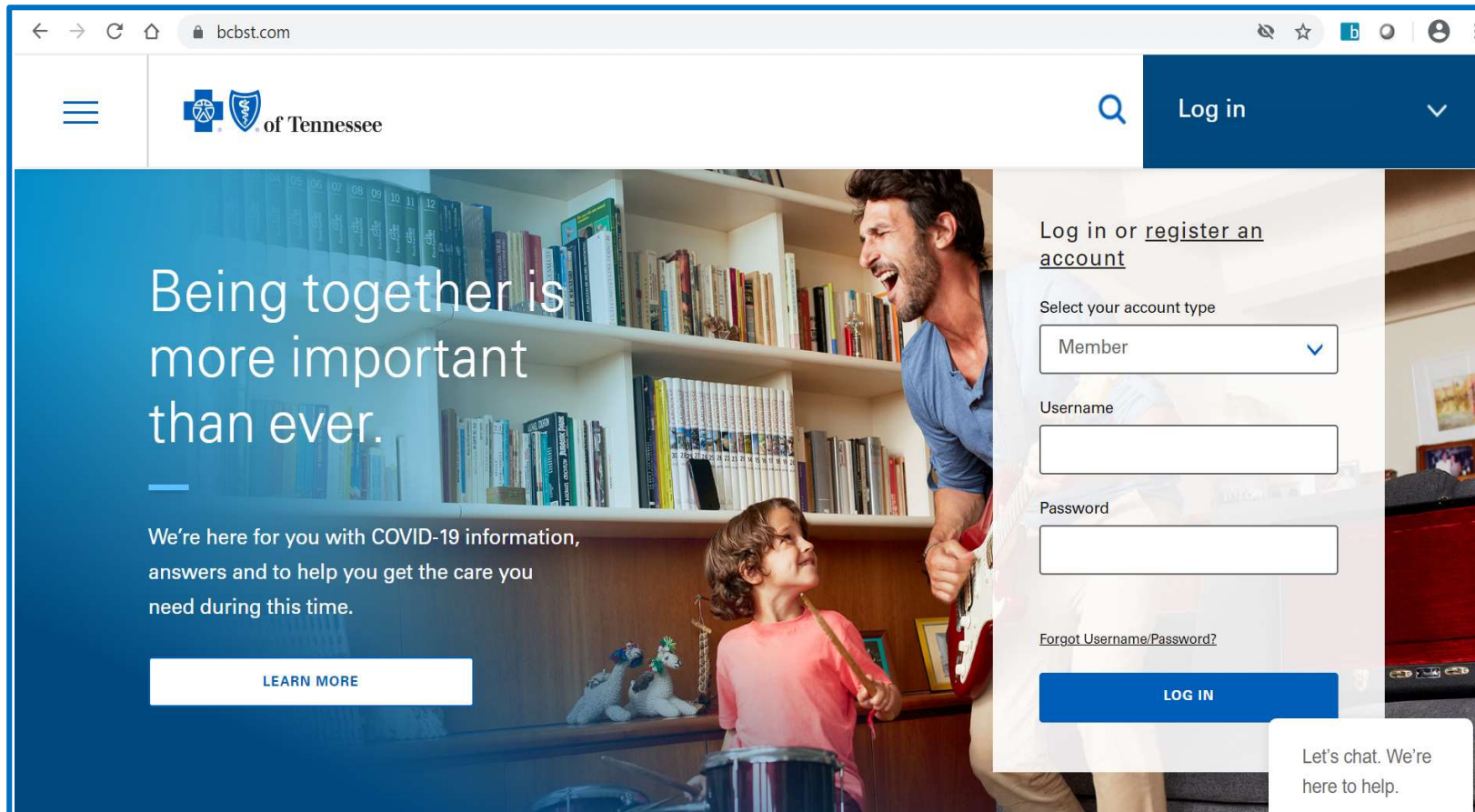
## 2. AlwaysOn® Mobile App

- Download app and create an account
- Not required to create a BlueAccess account to utilize



# BCBST Website

## Step 1: Register an account or login to BlueAccess.



The screenshot shows the BCBST website interface. At the top, there is a navigation bar with a hamburger menu icon, the BCBST logo (a cross with a shield), and the text "of Tennessee". To the right of the logo is a search icon and a "Log in" button with a dropdown arrow. Below the navigation bar is a large hero image of a man and a young girl playing music in a room with bookshelves. Overlaid on the right side of the hero image is a white login/register form. The form contains the following elements: a heading "Log in or [register an account](#)", a dropdown menu for "Select your account type" with "Member" selected, a text input field for "Username", a text input field for "Password", a link for "Forgot Username/Password?", and a blue "LOG IN" button. At the bottom right of the form is a small white chat bubble that says "Let's chat. We're here to help." Below the hero image, there is a white button labeled "LEARN MORE".

bcbst.com

of Tennessee

Log in

Being together is more important than ever.

We're here for you with COVID-19 information, answers and to help you get the care you need during this time.

LEARN MORE

Log in or [register an account](#)

Select your account type

Member

Username

Password

[Forgot Username/Password?](#)

LOG IN

Let's chat. We're here to help.

# BCBST Website

## Step 2: Find the Member Wellness Center under “Managing Your Health.”

Welcome, Taryn (871776270-0) | [Account](#) | [Document Center](#) | [Help](#) | [BCBST.com](#) | [Log Out](#)

**BlueCross of Tennessee** **BlueAccess**

[BENEFITS & COVERAGE](#) | [CLAIMS & BALANCES](#) | **[MANAGING YOUR HEALTH](#)** | [FIND CARE](#) | [PHARMACY](#)

Good afternoon, Taryn  
MEMBER ID: 871776270  
Thanks for being a BlueCross BlueShield of Tennessee member. To help you understand your coverage, find the care you need, and get the most out of your plan, we've created a Member Wellness Center.

**MEMBER ID CARD INFORMATION**

Taryn S Swenson		RXBIN 610014
Subscriber ID	Group No.	RXGRP BCTO
ZES871776270	899566	BLUE NETWORK
Medical/Dental/Vision		See Full ID Card

- Care Management
- Member Wellness Center** (MW2)
- BlueHealth Rewards
- Member Discounts & Fitness Your Way
- PhysicianNow
- Biometric Screening
- NurseChat
- Health Library
- Diabetes Prevention Program

COINSURANCE

able	\$3,000
	\$6,000
	50%
	0%

[Chat with us](#)

## Slide 30

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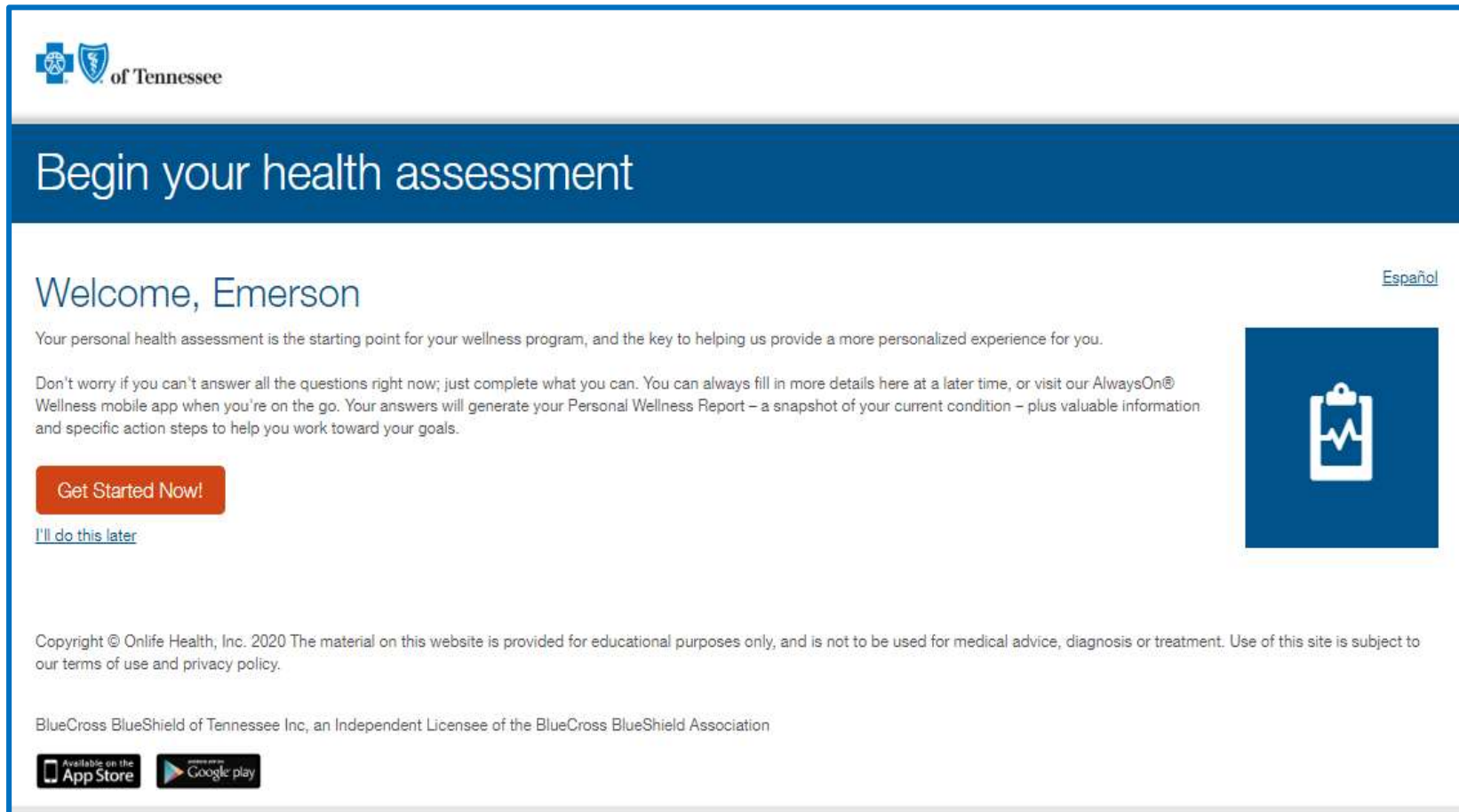
**MW2**

Penny is supposed to be sending an updated slide. Instead of "BlueHealth Rewards" it now says "Rewards". I will get this updated as soon as she sends it over.


Margaret Watson, 2/25/2021

# Personal Health Assessment

## Step 3: Complete the Personal Health Assessment.



The screenshot shows the user interface for the Personal Health Assessment. At the top left is the BlueCross BlueShield of Tennessee logo. Below it is a dark blue header with the text "Begin your health assessment". The main content area is white and features a personalized greeting: "Welcome, Emerson". To the right of the greeting is a link for "Español". Below the greeting is a paragraph explaining that the assessment is the starting point for a wellness program and that users can complete it at their own pace. A prominent orange button labeled "Get Started Now!" is positioned above a link that says "I'll do this later". On the right side of the page, there is a dark blue square icon containing a white clipboard with a heart rate line. At the bottom of the page, there is a copyright notice for Onlife Health, Inc. (2020) and a disclaimer stating that the material is for educational purposes only. Below the disclaimer are logos for the App Store and Google Play.

 of Tennessee

## Begin your health assessment


Welcome, Emerson [Español](#)

Your personal health assessment is the starting point for your wellness program, and the key to helping us provide a more personalized experience for you.

Don't worry if you can't answer all the questions right now; just complete what you can. You can always fill in more details here at a later time, or visit our AlwaysOn® Wellness mobile app when you're on the go. Your answers will generate your Personal Wellness Report – a snapshot of your current condition – plus valuable information and specific action steps to help you work toward your goals.



[Get Started Now!](#)

[I'll do this later](#)



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BlueCross BlueShield of Tennessee Inc, an Independent Licensee of the BlueCross BlueShield Association



# Member Wellness Center

## Step 4: Explore the resources and tools on the Dashboard.

The dashboard features a top navigation bar with a red circle around the hamburger menu icon, the University of Tennessee logo, and a user profile section with the text "Good Afternoon, Ervin!". Below this are two main sections: "HEALTH ASSESSMENT" showing 100% completion and "CONNECTED DEVICES AND APPS" showing one device, Samsung Health. A horizontal menu below these sections includes "My Journey", "Health Assessment" (Completed on 10/01/2020), "Diabetes Prevention", "Behavioral Health", and "BlueHealth Rewards". The main content area contains three large resource cards: "Diabetes Prevention", "Behavioral Health", and "BlueHealth Rewards", each with "Learn More" and "Dismiss" buttons.



# Challenges

## Duration

- 1 week to 2 months

## Topics

- **Weight Management**
  - Support from friends and family, weighing consistently
- **Nutrition**
  - Eating mindfully, meal prep, drinking water, healthy snacking
- **Physical Activity**
  - Walking, biking, interval training, core strength, push-ups, yoga
- **Stress Management**
  - Breathing exercises, meditation, managing finances
- **Sleep**
  - Bedtime rituals, consistent bedtimes, sleeping at least 7 hours



# Challenges

## Give Me 10

**Add 10 more minutes to each workout over the next month.**

This month, add 10 more minutes to your workouts. If you work out five days a week, that's 50 more minutes of healthy exercise! Walk for 10 minutes after your work out. Take a refreshing 10-minute swim to cool down. No matter what the exercise, every minute counts! Your body and mind will thank you. Just do it!

GOAL: For the next month, add an extra 10 minutes to your daily workout.

[Fitness: Adding More Activity to Your Life](#)

Duration: **30 Days**

Category: **Physical activity**



## Eat Better Together

**Eating together provides many benefits for the entire family.**

Eating together as a family benefits everyone gathered at the table. Children who are part of frequent family meals are more likely to eat healthier foods and less likely to be overweight. They also tend to have higher self-esteem and do better in school. There are benefits for parents too, including having more time to connect with their kids! Unfortunately, our busy, fast-paced lives present many obstacles to family mealtimes.

GOAL: For the next six weeks, share at least one family meal at home each day.

[Healthy Eating for Children](#)

Duration: **45 Days**

Category: **Nutrition**



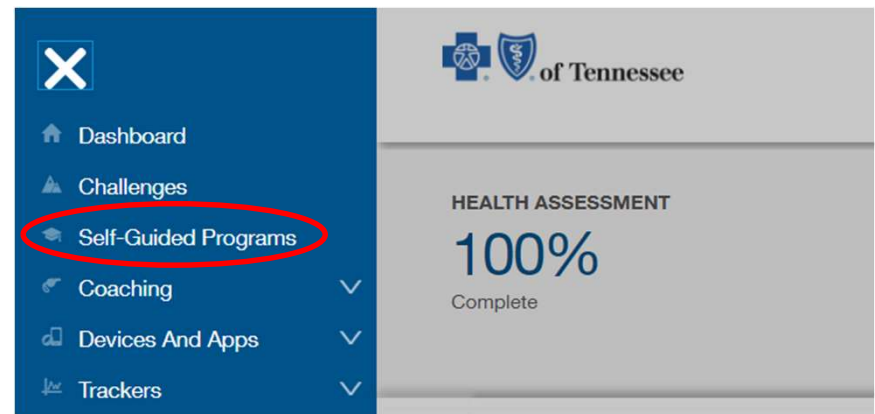
# Self-Guided Programs

## Duration

- **Interactive Programs:** 6 weeks
- **Educational Programs:** at your own pace

## Topics

- Achieving Your Healthy Weight
- Maintaining Your Healthy Weight
- Enhancing Your Physical Activity
- Nutrition For Better Health
- Managing Your Stress
- Improving Your Sleep
- Preventing Diabetes



# Self-Guided Programs



## Achieving Your Healthy Weight

Learn healthy habits to help you achieve your weight goals and address behavioral and environmental factors that contribute to unhealthy weight gain.

[Get Started!](#)

[See Detailed Overview](#)

## Achieving Your Healthy Weight

This program will help you to connect your health to your weight. You will learn about factors that contribute to unhealthy weight gain, how sleep is connected to weight, healthy eating habits, adding physical activity into your routine and how making small changes will lead to weight loss.

[Get Started!](#)

[Your Weight & Your Health](#)

[Overcoming Barriers and Setting Realistic Goals](#)

[Healthy Eating](#)

[Balancing Your Calories](#)

[Making Healthier Choices](#)

[Looking Forward](#)



## Maintaining Your Healthy Weight

Maintaining a healthy weight is important for your overall health. This program provides helpful information to keep you and your weight on track.

[Get Started!](#)

[See Detailed Overview](#)

## Maintaining Your Healthy Weight

So you've reached your goal weight, great! Now what? Maintaining a healthy weight is important for your overall health. In this program, you'll learn helpful information to keep you and your weight on track.

[Get Started!](#)

[Your Weight and Your Health](#)

[Overcoming Barriers](#)

[Healthy Eating](#)

[Physical Activity and Weight Maintenance](#)

[Stress and Emotional Eating](#)

[Sleep Hygiene and Your Weight](#)

# Trackers

## Topics

- Weight
- Physical Activity
- Nutrition
- Water
- Stress
- Sleep
- Cholesterol
- Blood Pressure
- Oral Health
- Quit Tobacco



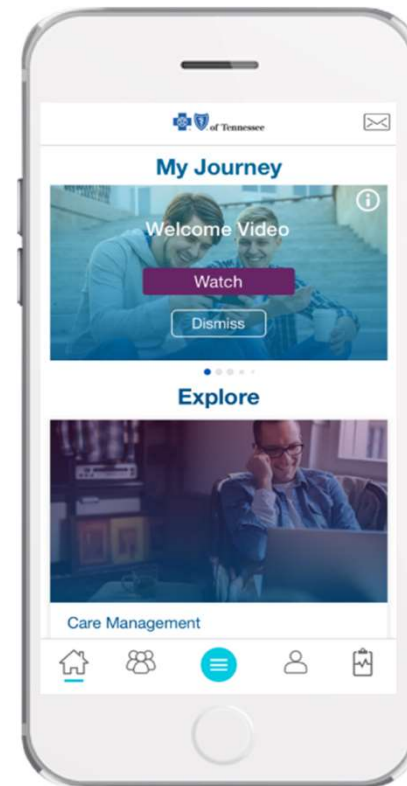
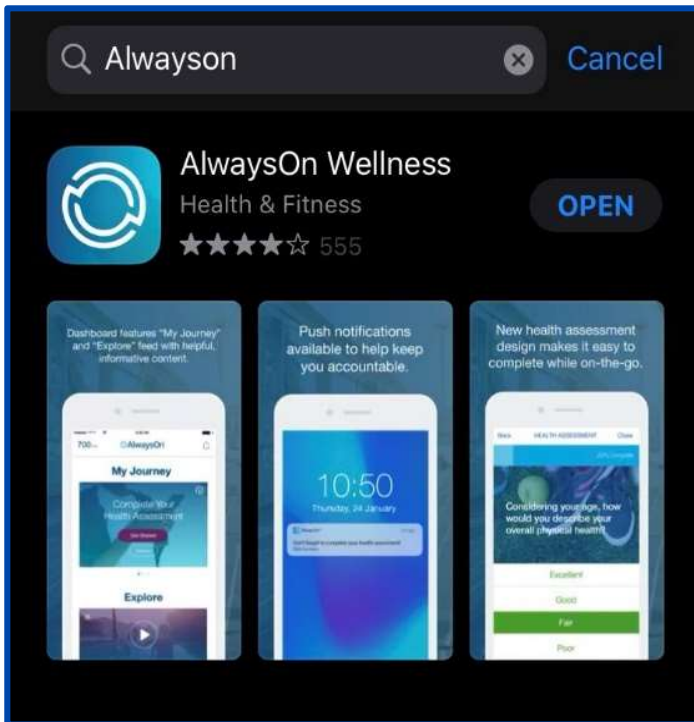
A screenshot of the "I weighed..." tracking form. The form has a white background and a thin border. At the top, it says "I weighed...". Below this, there is a label "Weight \*" followed by a text input field containing "lbs". Underneath the input field, the word "On" is displayed. Below "On" is a date selector showing "02/17/2021" with a dropdown arrow. At the bottom of the form is an orange "Track" button.

# Connect Devices and Apps

The screenshot shows a mobile health application interface. At the top left, a red circle highlights the hamburger menu icon. The top right shows a greeting "Good Afternoon, Ervin!", a user profile icon, a search icon, and a notification icon with "26". Below the header, there are two main sections: "HEALTH ASSESSMENT" showing "100% Complete" with links for "View Assessment" and "View Report", and "CONNECTED DEVICES AND APPS" showing "1 Samsung Health" with links for "Add/Remove" and "View Activity", both of which are circled in red. A navigation bar below contains "My Journey", "Connect Your Nutrition App", "Progress Check-In" (with a checkmark), and "Listen to a Podcast". The main content area features three large cards: "Connect Your Fitness Device" (circled in red), "Connect Your Nutrition App" (circled in red), and "Progress Check-In". Each card has a "Connect" or "Check-In" button and a "Dismiss" link. The bottom of the screen features the University of Tennessee logo.

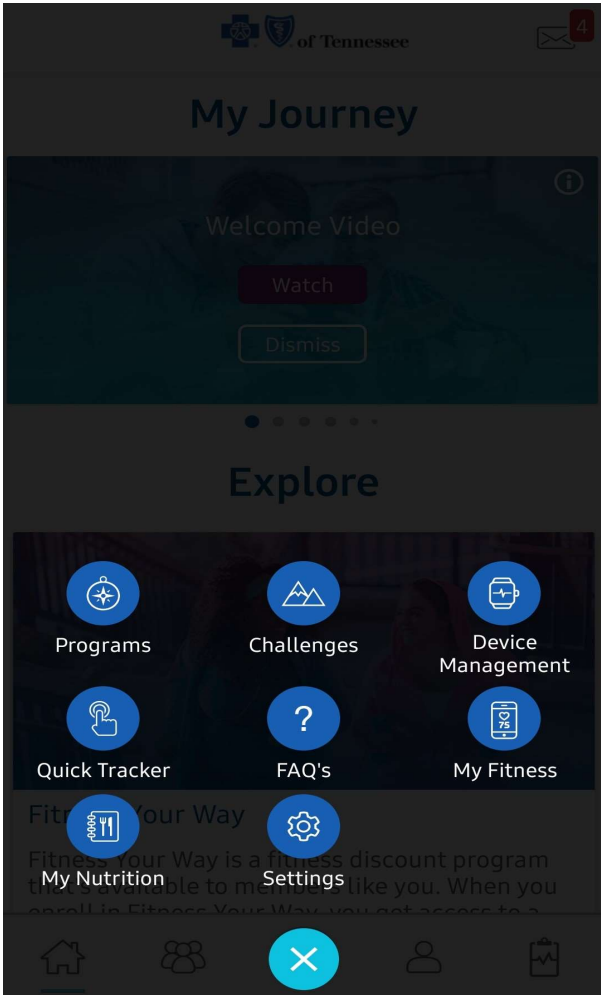
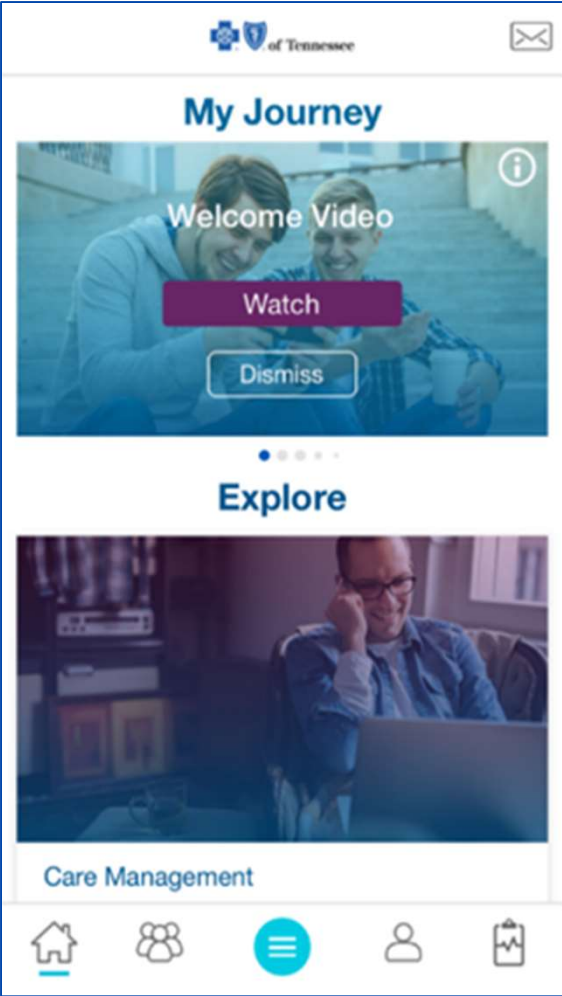
# AlwaysOn® Wellness App

For questions or issues concerning the AlwaysOn® Wellness app, please call 1-800-818-8581, and choose option 5 for Member Services.





# AlwaysOn® Wellness App



# Lifestyle Health Coaching

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- **Weight Management**
- **Stress Management**
- **Tobacco Cessation**
- **Blood Pressure**
- **Cholesterol**
- **Nutrition**
- **Fitness**

# Lifestyle Health Coaching

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## Telephonic





- 1-800-818-8581, option 3 for Lifestyle Health Coaching
- Monday-Friday from 7am-10pm CST, Saturday from 9am-4pm CST

## Secure Messaging

- Member Wellness Center
- AlwaysOn® Wellness App



# Lifestyle Health Coaching

Good Afternoon, Kathy!COLLAPSE ^

**HEALTH ASSESSMENT**  
0%  
Complete

[Start >](#)

**CONNECTED DEVICES AND APPS**  
0

[Add/Remove](#)

[View Nutrition >](#)  
[View Activity >](#)

## Your Messages

**SHOW MESSAGES:** Active

Have general, non-health related questions about your program?

Message your support team for account issues, technical issues, or program questions, by clicking the Message Support Team button. If you have questions regarding your health, message your coach below.

[Message Support Team](#)

**Speak with Your Coach**  
Call: 1-800-818-8581  
[Request a Callback](#)

## Message Your Coach

Type a message to your coach here...

Characters Remaining: 1500

[Send](#)

# Device Integration

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POWERED BY  
**STRAVA**



wi+things

# Device Integration

## Member Services:

- 1-800-818-8581 (option 5)

<b>HEALTH ASSESSMENT</b> <b>100%</b> Complete <a href="#">View Assessment &gt;</a> <a href="#">View Report &gt;</a>	<b>CONNECTED DEVICES AND APPS</b> <b>1</b> Samsung Health <a href="#">Add/Remove &gt;</a> <a href="#">View Activity &gt;</a>
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## Browse and Connect Apps

FITNESS | NUTRITION | **HELP**

### Start Tracking Your Activity Today

Exercise and Nutrition are two of the most powerful things you can do to improve your health. Tracking allows you to set goals and monitor your progress. Accomplishing your health and wellness goals has never been easier.

Choose from the devices and apps below to start tracking today!

[View a list of our compatible devices and apps.](#) (Opens up in new window)



WATCH THE VIDEO TO LEARN MORE ABOUT NUTRITION TRACKING

# Trusted Websites

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- [www.cdc.gov/healthyweight](http://www.cdc.gov/healthyweight)
  - Centers for Disease Control and Prevention (CDC)
- [www.nih.gov](http://www.nih.gov)
  - National Institutes of Health (NIH)
- [www.eatright.org](http://www.eatright.org)
  - Academy of Nutrition and Dietetics
- [www.myplate.gov](http://www.myplate.gov)
  - USDA, MyPlate
- [www.cdc.gov/physicalactivity/basics/adults/index.htm](http://www.cdc.gov/physicalactivity/basics/adults/index.htm)
  - CDC physical activity guidelines
- [www.blue365deals.com](http://www.blue365deals.com)
  - Health and wellness discounts for Blue members



# Wellness Activity Checklist: Q1

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**Directions:** To be entered into the raffle for a \$25 gift card

1. Participate in at least 2 of the activities listed below
  2. Complete this checklist
  3. Send checklist via email to Jane Mansfield by 4/15/21
- Once the raffle is drawn the 5 winners will be notified.

**Attend Q1 Wellness Webinar**

**Register for BlueAccess via BCBST.com\***

- If you've already registered, log in and explore the portal

**Complete a Personal Health Assessment\***

**Read at least 1 WellTuned Blog article**

- [Losing Weight Successfully with Tracking apps](#)
- [What Your Weight Can Tell You About Your Health](#)
- [How Much Weight To Lose to Improve Your Health](#)

**BONUS: Participate in Telephonic Lifestyle Health Coaching\***

- Earn 1 additional raffle entry per session completed (sessions will be confirmed by BCBST)

If you did not receive this checklist via email, you can request a copy from Amber Donegan:  
[adonegan@dcdc.org](mailto:adonegan@dcdc.org)

\*only available to BCBST Medical subscribers and spouses

**Any questions?**

# Thank You



BlueCross BlueShield of Tennessee, an Independent Licensee of BlueCross BlueShield Association