



## Weight Loss Management Fact Sheet

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### What You Should Know!

The NJ Office of Minority and Multicultural Health offer this fact sheet as a quick reference to help with your understanding of the health concerns linked to being overweight or obese. We have also included several website links that explain how to prevent weight gain and what to do to help manage your weight. We encourage all NJ residents to schedule wellness doctor visits and to live a healthy life!

### Facts:

1. Per the September 2016 *The State of Obesity Report NJ* the current obesity rate is 25.6 percent, up from 17.0 percent in 2000. NJ ranks 41 out of 51 states.
2. Poor nutrition (not eating balanced meals that include meat, poultry, or fish and fresh vegetables, fruits and grains) and not exercising are linked to gaining weight.
3. Everything you eat and drink matters! The right mix can help you be healthy now and in the future.
4. Not exercising and consuming sugary drinks like soda can contribute to weight gain for adults **and** high school students (grades 9-12).<sup>i</sup>
5. In 2013, less than half the population of Black (43 percent) and Hispanic (42 percent) high school students exercised for 60+ minutes per day, five or more days per week. <sup>ii</sup> We also know that Black students (13 percent), Hispanic students (19 percent) and Asian students (4 percent) drank soda at least one time per day (does not include diet/sugar-free),<sup>iii</sup> and that (9 percent) Blacks, (14 percent) Hispanic and (2 percent) Asian students in NJ are obese.
6. Being overweight or being obese can cause you to develop chronic illnesses (a disease that persist for a long time such as diabetes, heart disease, cancer, or stroke). At least 36 percent of Black adults, 30 percent of Hispanic adults and 9 percent of Asian adults are obese. <sup>iv</sup>
7. The four leading causes of death for New Jersey minority populations of African-Americans/Blacks, Hispanic/Latinos and Asian-Americans are: diabetes, heart disease, cancer, and stroke.
8. The number one cause of death for Blacks and the second highest cause of death for Hispanics and Asians is **Heart Disease**, the number one cause of death for Hispanics and Asians and the second highest cause of death for Blacks is **Cancer**, the third leading cause of death for Blacks and Asians and the fourth leading cause of death for Hispanics is **Stroke**; and, the fourth leading cause of death for Blacks and Asians and the fifth leading cause of death for Hispanics is **Diabetes**.



9. **Obesity or being overweight = chronic illness = shorten life span for New Jersey's minority populations.**
10. Healthy Kids age 2-8 should have less than 25 grams or six teaspoons of added sugar daily for a healthy heart. Added sugars may be included in the food item ingredients as high fructose corn syrup, fructose, fruit juice and can show up in foods such as Chinese chicken salad, barbeque sauce, hamburger buns, salad dressings ([AHA.org](http://AHA.org))
11. Helping our children grow up at a healthy weight can be achieved if we all work together ([RWF.org](http://RWF.org)). That includes local schools ensuring healthy meals are served for lunch.
12. Following a healthy lifestyle can prevent overweight and obesity ([NHLBI.gov](http://NHLBI.gov)).

***How to Lose Weight, or Manage Your Weight*** ([everydayhealth.com](http://everydayhealth.com), [nhlbi-nih.gov](http://nhlbi-nih.gov)):

1. Eat more fruits, vegetables, nuts, and whole grains.
2. Use vegetable-based oils rather than animal-based fats.
3. Cut down your consumption of fatty and sugary foods.
4. Keep your calorie needs and your family's calorie needs in mind, and focus on the balance of energy IN and energy OUT.
5. Focus on portion size. Watch the portion sizes in fast food and other restaurants. The portions served often are enough for two or three people. Children's portion sizes should be smaller than those for adults. Cutting back on portion size will help you balance energy IN and energy OUT.
6. Exercise, even moderately, for at least 30 minutes a day. Exercise routines can be done in 10 minute intervals, three times a day.
7. Make personal and family time active. Find activities that everyone will enjoy. For example, go for a brisk walk, bike, or rollerblade, or train together for a walk or run. Consider safe place options for walking such the mall or local school gyms.
8. Per the Journal of American Medical Association report, walking for just 1.5 hours a week can help. Break that down into daily walks, and you'll only have to stroll for 13 minutes each day.
9. Reduce screen time. Limit the use of TVs, computers, DVDs, and videogames because they limit time for physical activity. Health experts recommend 2 hours or less a day of screen time that's not work- or homework-related.

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<sup>i</sup> High school students in grades 9-12, 60+minutes/day, 5+days/week

<sup>ii</sup> High school students in grades 9-12 who consumed soda 1+ times per day in the past 7 days (excluding diet/sugar-free)

<sup>iii</sup> High school student in grades 9-12

<sup>iv</sup> Adults aged 20+ years; age-adjusted rate

<sup>i-iii</sup>2013 NJ Student Health Survey, <sup>iv</sup> 2013 NJ Behavioral Risk Factor Survey



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## Helpful Web sites:

<https://www.choosemyplate.gov/MyPlate>

<http://news.heart.org/kids-and-added-sugars-how-much-is-too-much/>

<http://www.rwjf.org/en/our-focus-areas/topics/childhood-obesity.html>

<http://www.cdc.gov/obesity/adult/causes.html>

[www.everydayhealth.com/healthy-living/obesity-prevention.aspx](http://www.everydayhealth.com/healthy-living/obesity-prevention.aspx)

<https://www.nhlbi.nih.gov/health/health-topics/topics/obe/prevention>