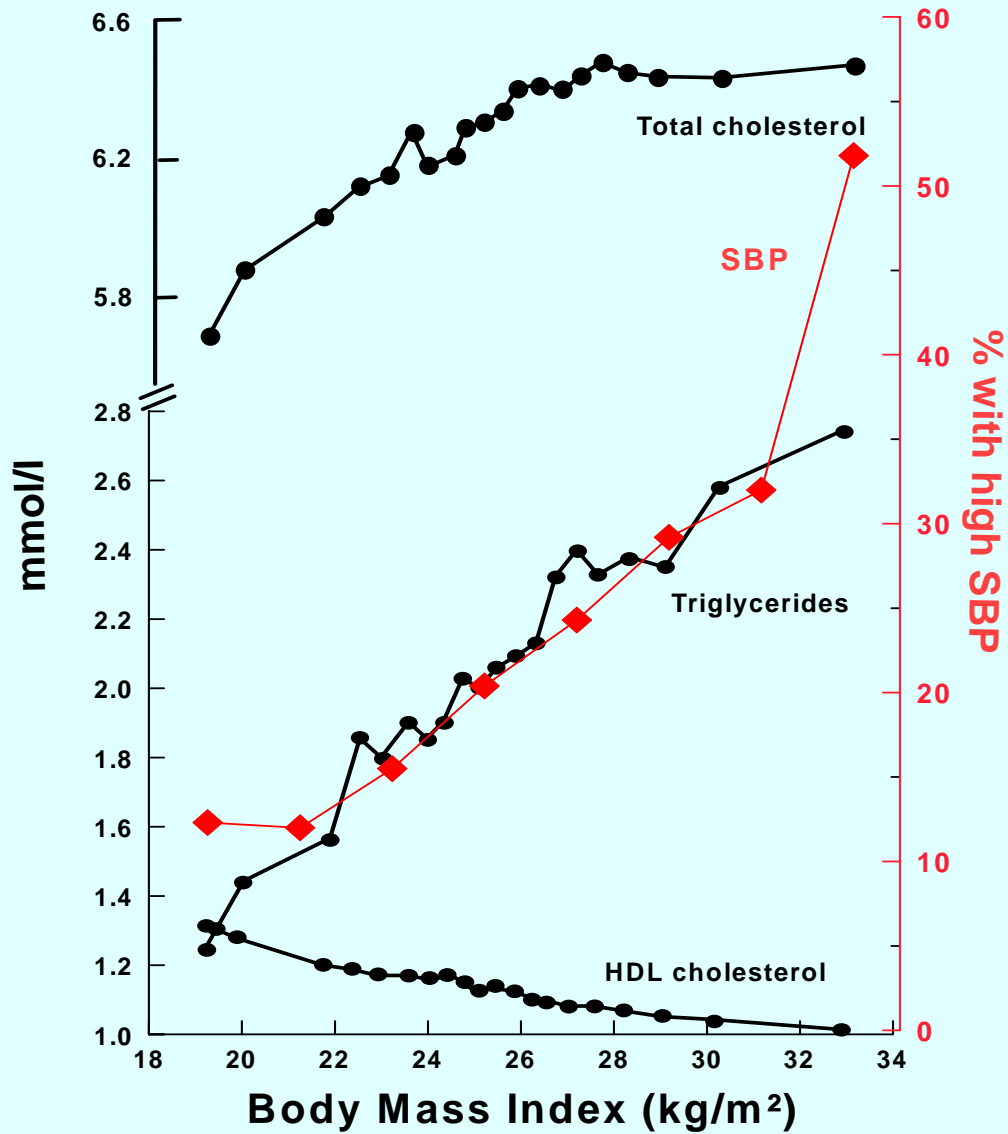# Weight-Loss and Cholesterol Reducing Program for Women

- **Dr. Boonsri Kittichotpanich Dr. P.H., RN.**
- **Sumitta swangtook M.S. RN**
- **Kittichai Borsombat Ms. Nursing Practioner**
- **Yuppadee Patanakarn BSc. Nursing(Taksin Hospital)**
- **Somporn Jaisamutr MS. (Ladkabung Hospital)**
- **Thitima Patipimpakom MS. in Nutrition**

Obesity: cardiovascular risk

Total cholesterol

SBP

Triglycerides

HDL cholesterol

mmol/l

% with high SBP

Body Mass Index (kg/m²)

m British
l Heart Survey.

Mortality ratio **57** years afterwards, classified by body mass index before **8** years of age.
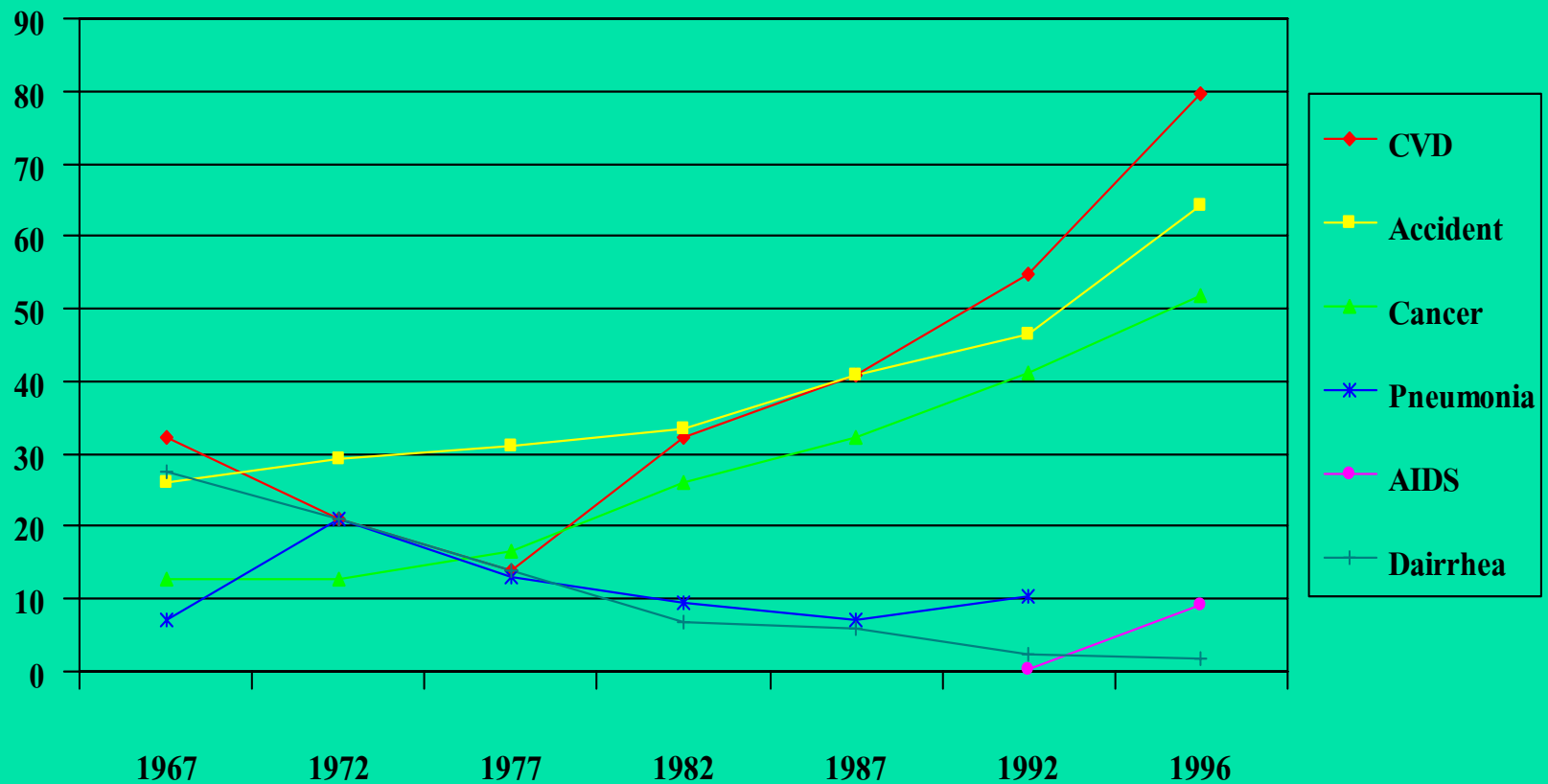
Mortality ratio

Percentile of BMI
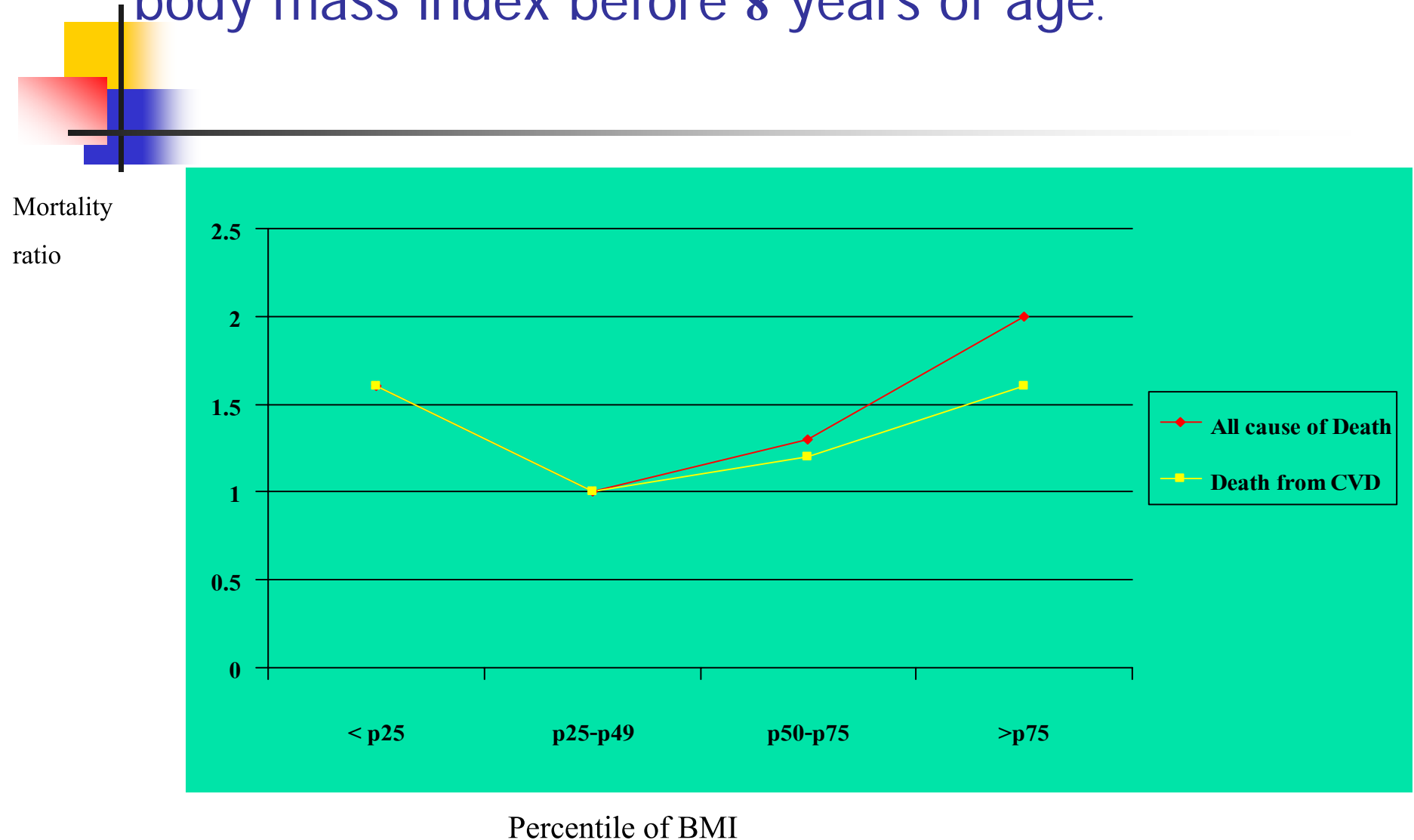
(Gunnell et al, 1998)

The Association of Plasma Cholesterol and Death Rate from CVD and All Cause of Death
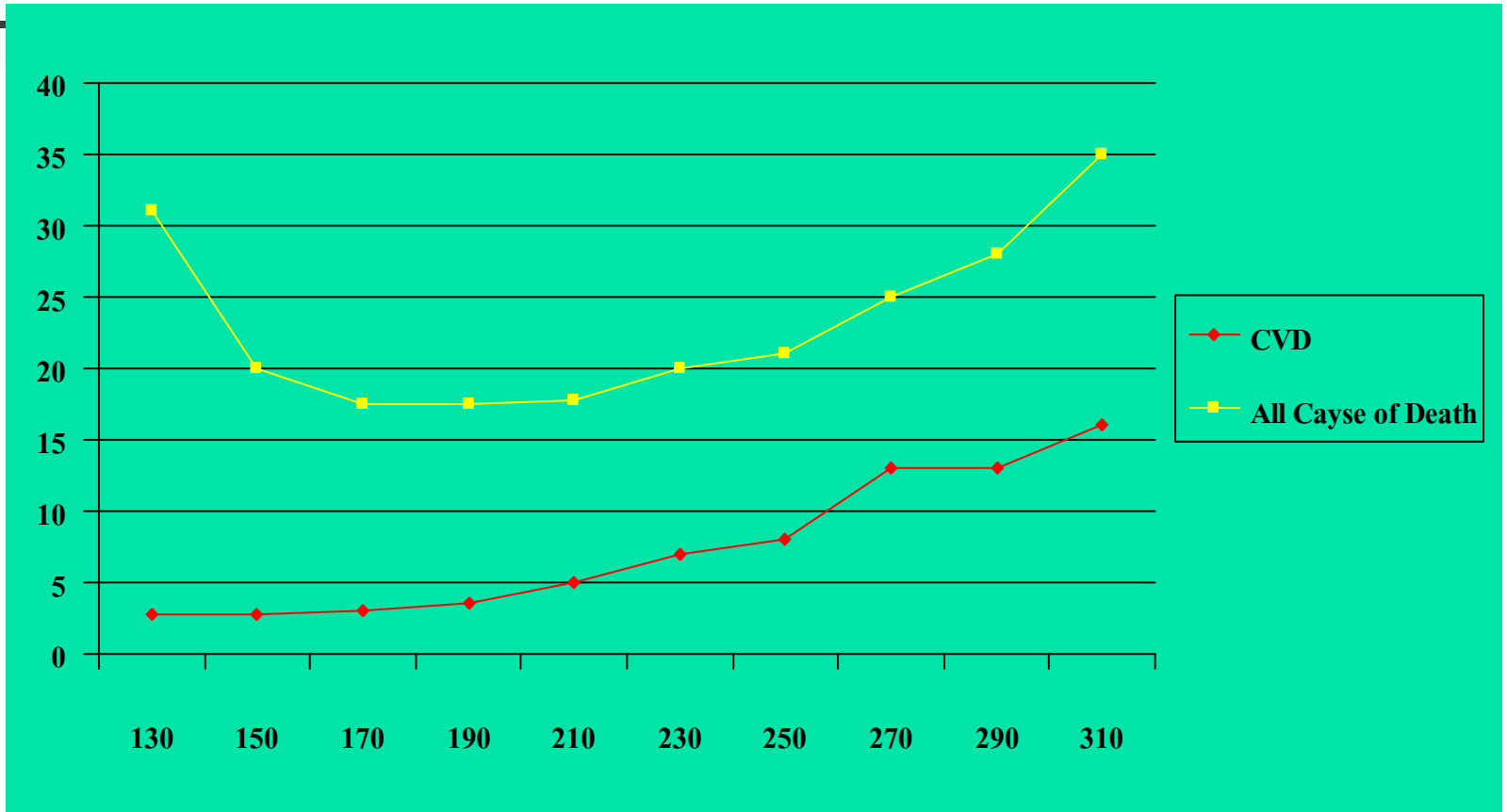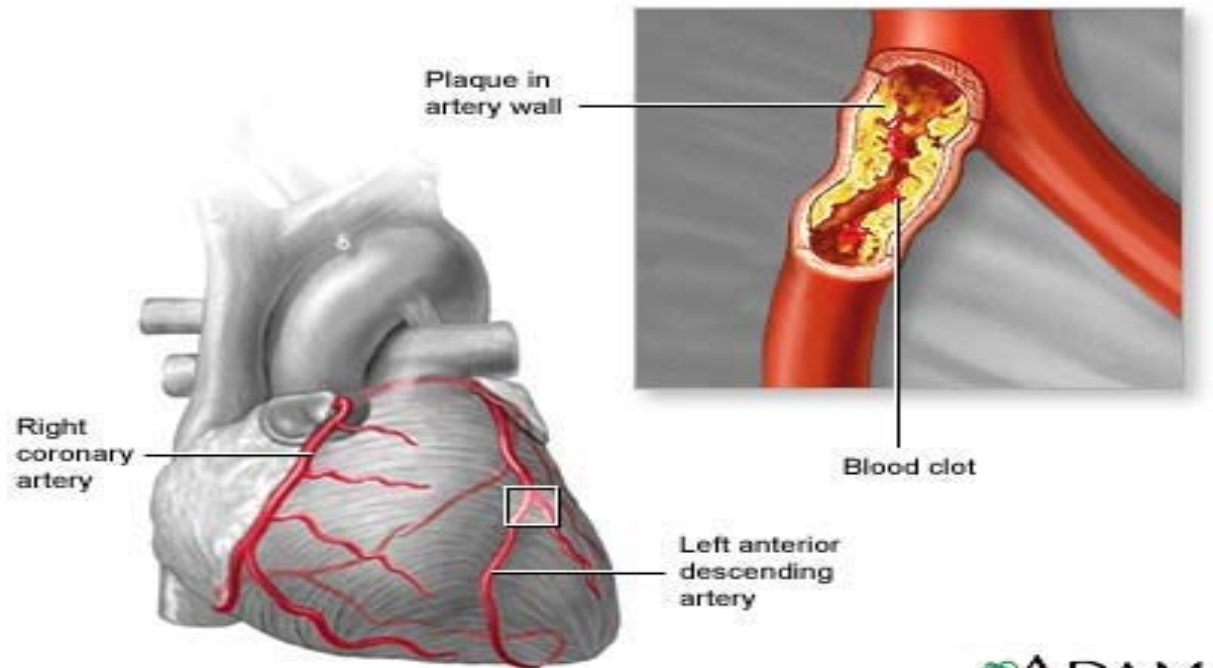

(Jacobs,1989)

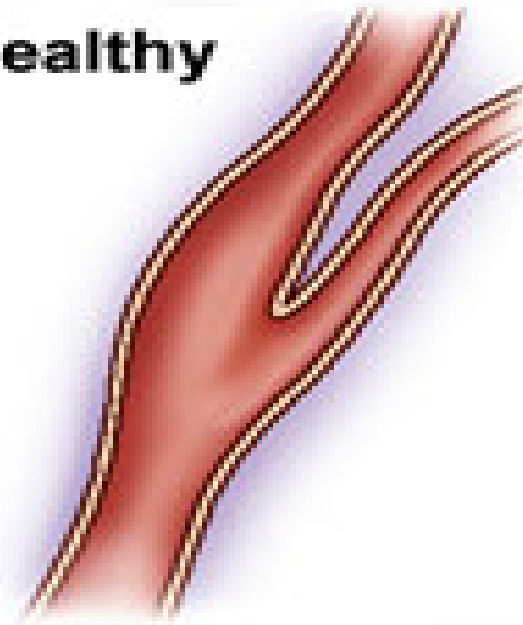# Death Rate/100,000 of THAI People from Major Cause of Death 1967-1996．(Thai Health Minister,1998)

Coronary Artery Disease

Plaque in artery wall

Blood clot

Right coronary artery

Left anterior descending artery

ADAM.

Healthy

Plaque
build up
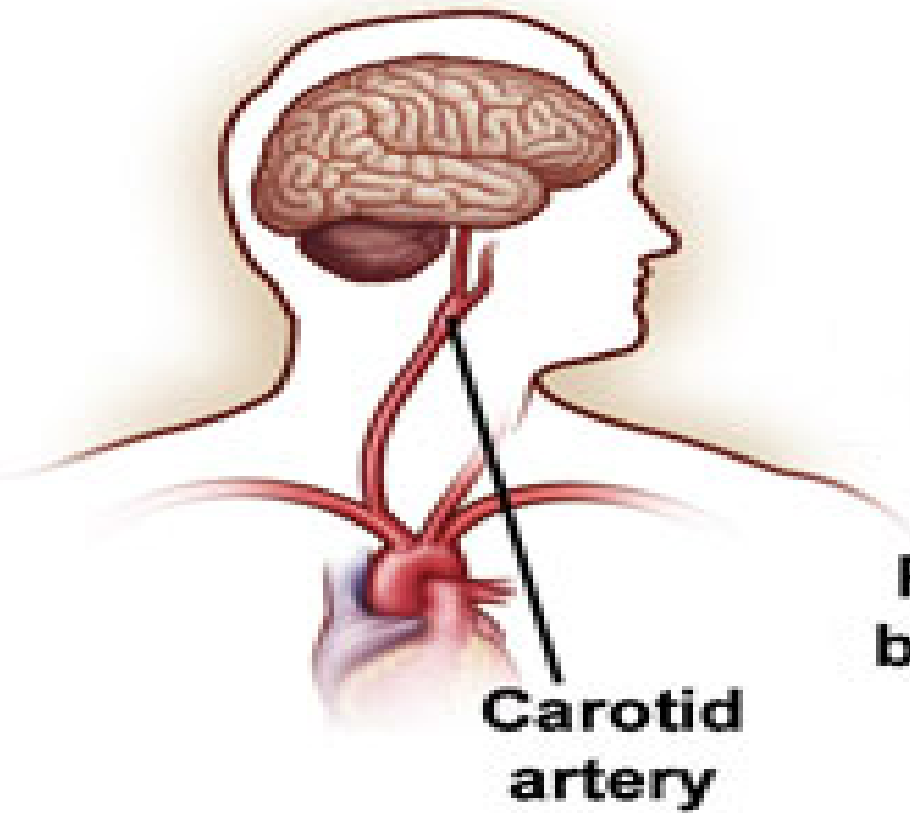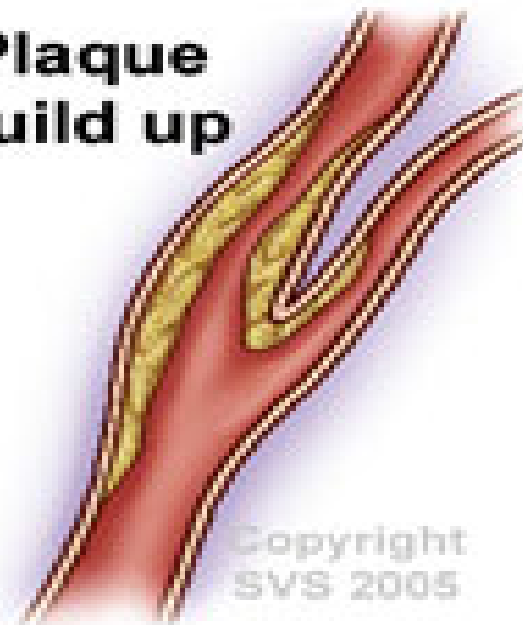
Carotid
artery

Copyright
SVS 2005

Age profile of population of Thailand in 1960, 1980, 2000 and 2020
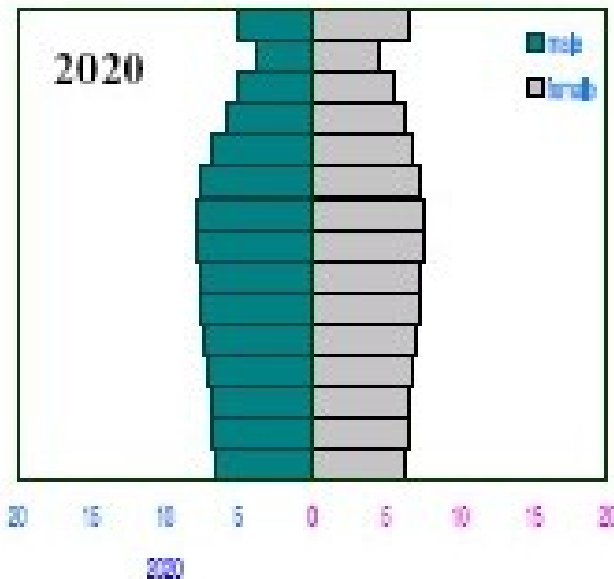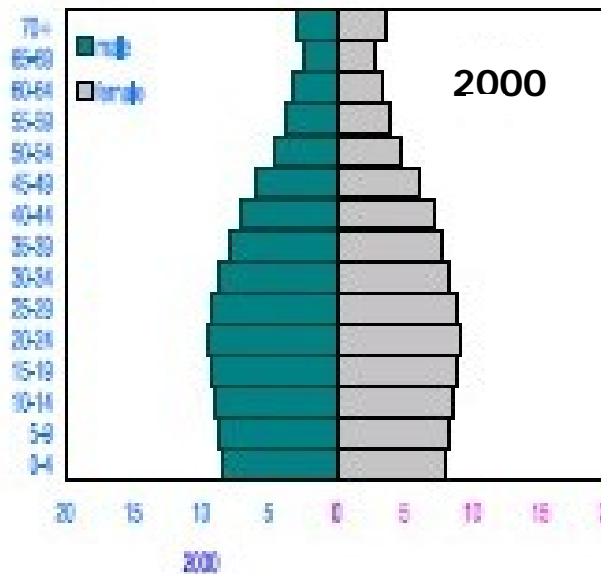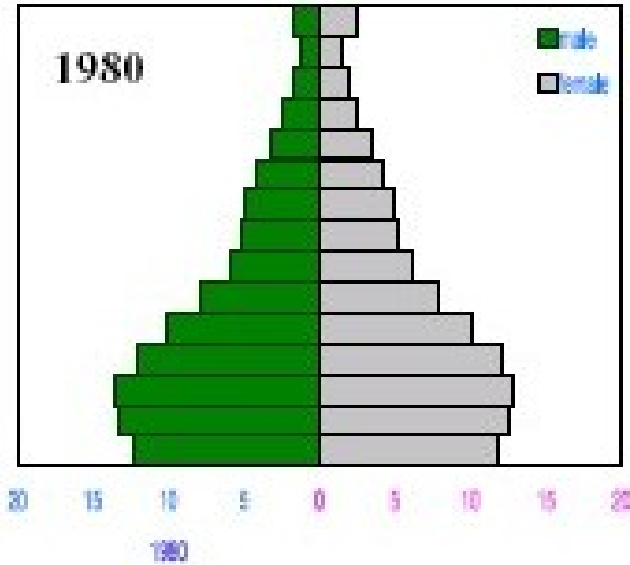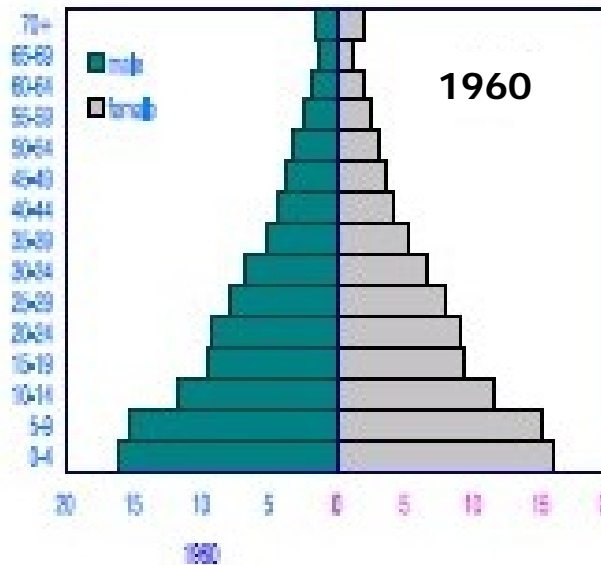
Proportion of divorce/marriage among Thai couples during 1994-2003.
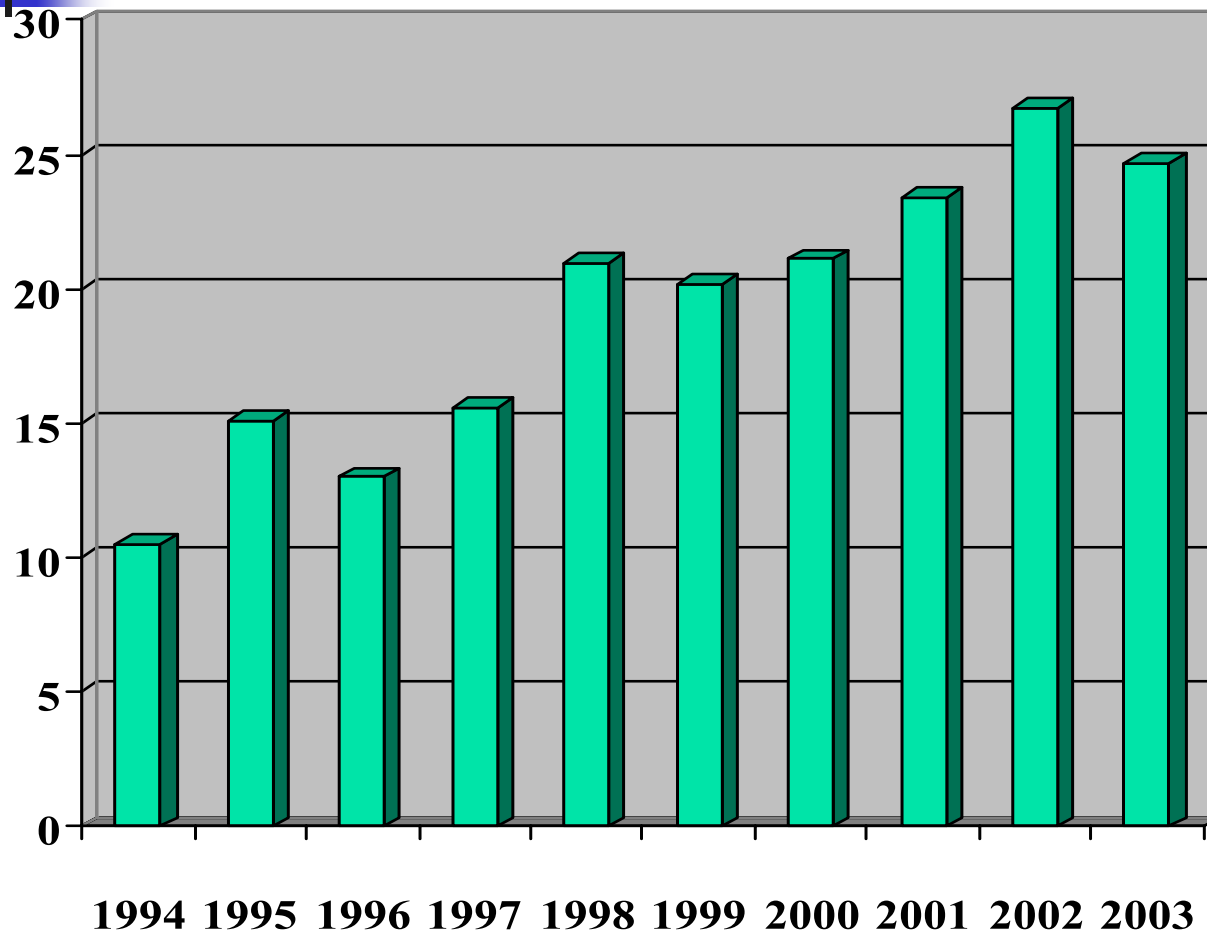
Percentage of household with woman as head of the household (Source: Population Census 1980, 1990 and 2000)

Age (years)

Legend:
- <20 (green)
- 20-29 (yellow)
- 30-39 (red)
- 40-49 (blue)
- 50-59 (black)
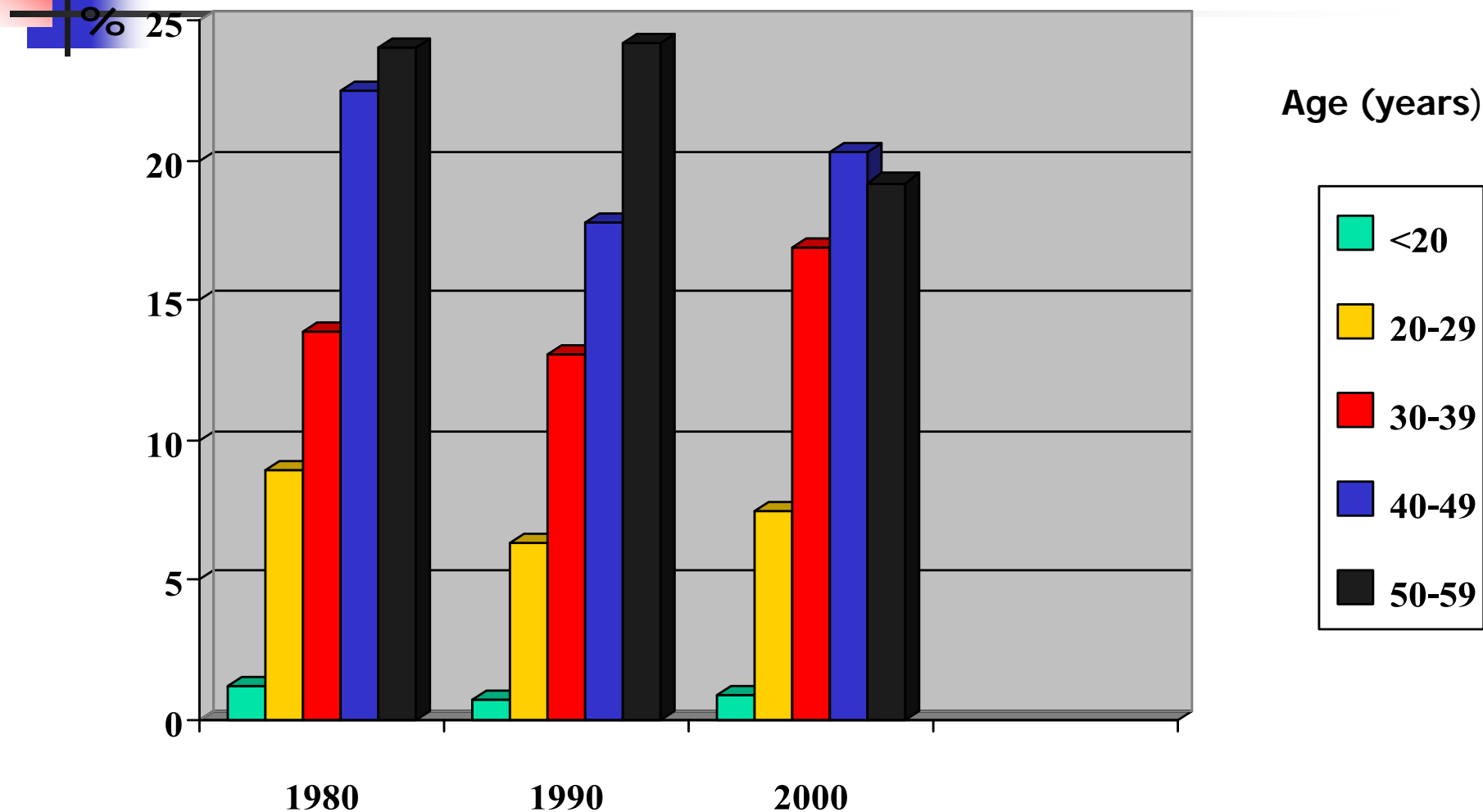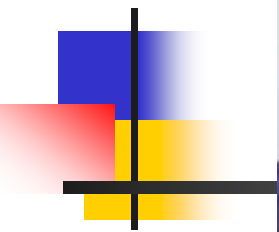
Health care providers (Women)

- From the Physical Examination in 2004
- In 3 Hospitals :The Prevalence Rate show

    overweight over 20 %

- Cholesterol > 230 mg% 0ver 30%

Objectives:

- To develop the weight loss and cholesterol reducing program for working women.

Participants

- They were nurse and health care providers from
- 3 hospitals
- who met the criterion: over weight (BMI ≥ 25 kg/m2) and/or cholesterol ≥ 200 mg/dl.

Cyclical Research Process

Assessment the Problem

Assessment the Problem

New

xeergu

Jem a caleey

xeergu

Jem a caleey

Weight Loss& Reducing Program

Action and Observe

Action and Observe
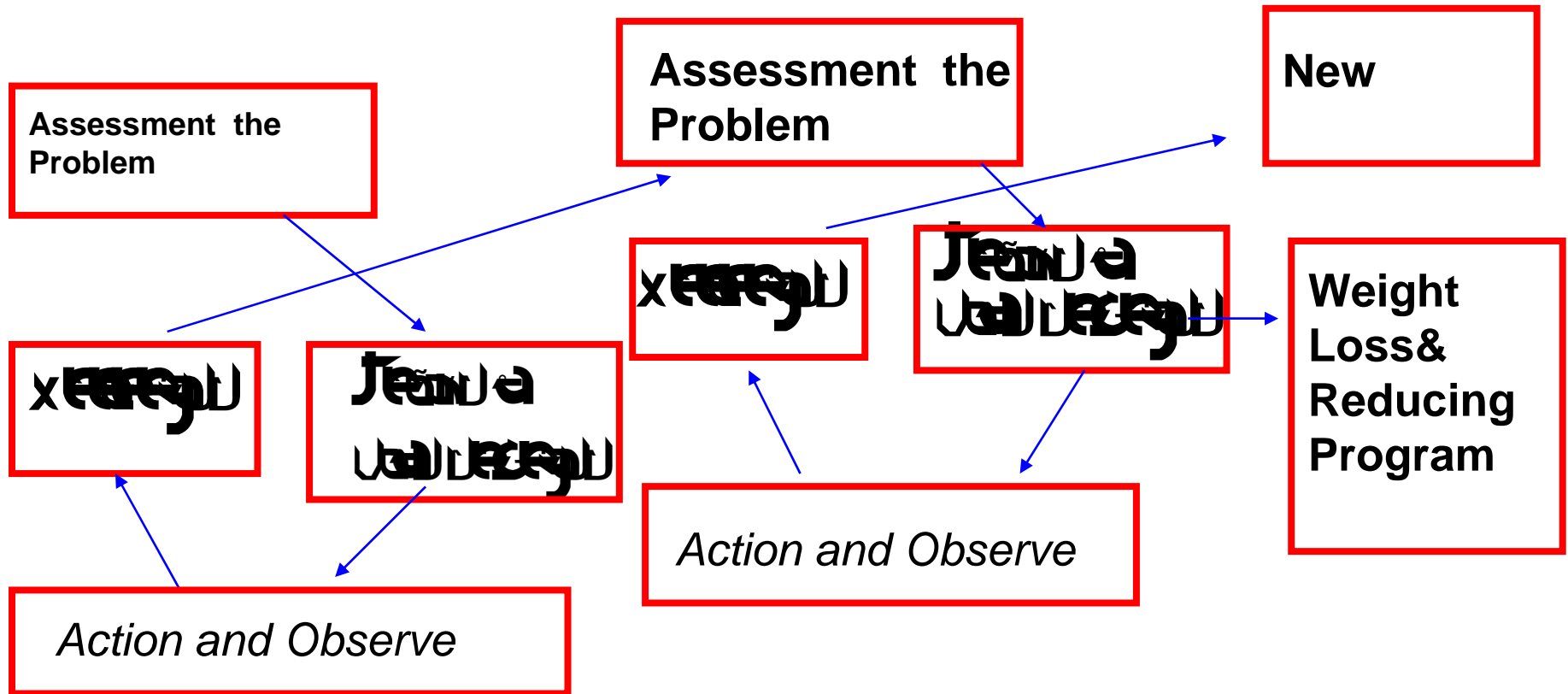
Study Time

- From February 2006- August 2007 the participatory Learning have been conducted by 12 times for group participation (1 time/week and 8-10 members in each group).

The instrument for Facilitation

- Thai food recipes,
- nutrition therapeutic information,
- portion- size estimation instruments
- and real food demonstration,
- 3-days food and exercise record form
- Food Frequency Questionnaires
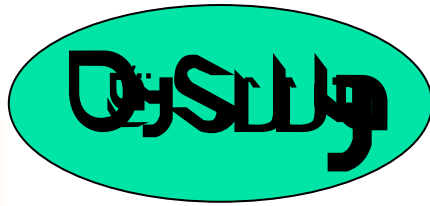
Meeting 1 time/Week

- **The first time**
- **Pretest: Nutrition,Overweight,Obesity,Cholesterol Knowledge&Practice**
- **Nutritional Assessment and Health Assessment:weight,BMI,Cholesterol,Daily Caloric Intake(24 hrs recall,FFQ)**
- **Lecture about Nutritional Knowledge, the method of** Weight-Loss and Cholesterol Reducing, Easy Daily Exercise and Relaxation
- Group discussion & participatory learning
- Lunchy enjoy and learning together about the food(what when why how to eat) Daily Food Record
- Group discussion set goal, planning together in their lifestyle
- Commitment for 3 days food and exercise record per week
  and **1 time/Week of Meeting**

2nd month — Meeting 1 time/Week

- **Check Weight**
- **Nutritional Training and lecture according to the member group planning in the last week**
- **Group discussion about their practice**
- **Explain how to select the daily sufficiency diet**
- **Training about low fat diet cooking, easy exercise&relaxation**
- Lunchy enjoy and learning together about the food (what when why how to eat), 3 Days Food Record
- Group discussion 3 Days Food Record, planning together in their lifestyle
- Commitment for 3 days food and exercise record per week

  and **1 time/Week of Meeting**

Meeting 1 time/Week

- **Check Weight**
- **Nutritional Training and lecture according to the member group planning in the last week**
- **Group discussion about their practice**
- **Explain how to select the daily sufficiency diet**
- **Training about low fat diet cooking, easy exercise&relaxation,meditation**
- **Lunchy enjoy and learning together about the food (what when why how to eat), 3 Days Food Record**
- **Group discussion 3 Days Food Record, planning together in their lifestyle**
- **Evaluation the Program Together, Reward.**

Table 1 Baseline Characteristics of Participants (167 women)

Legend:
- University (magenta)
- Vocational training (purple)
- High school diploma (green)
- Not married (orange)
- Married (blue)
- Age 40–59 (yellow)
- Age 20–39 (red)

Values shown:
- Age 20–39: 28.1%
- Age 40–59: 71.9%
- Married: 52.1%
- Not married: 47.9%
- High school diploma: 6%
- Vocational training: 14.4%
- University: 79.6%
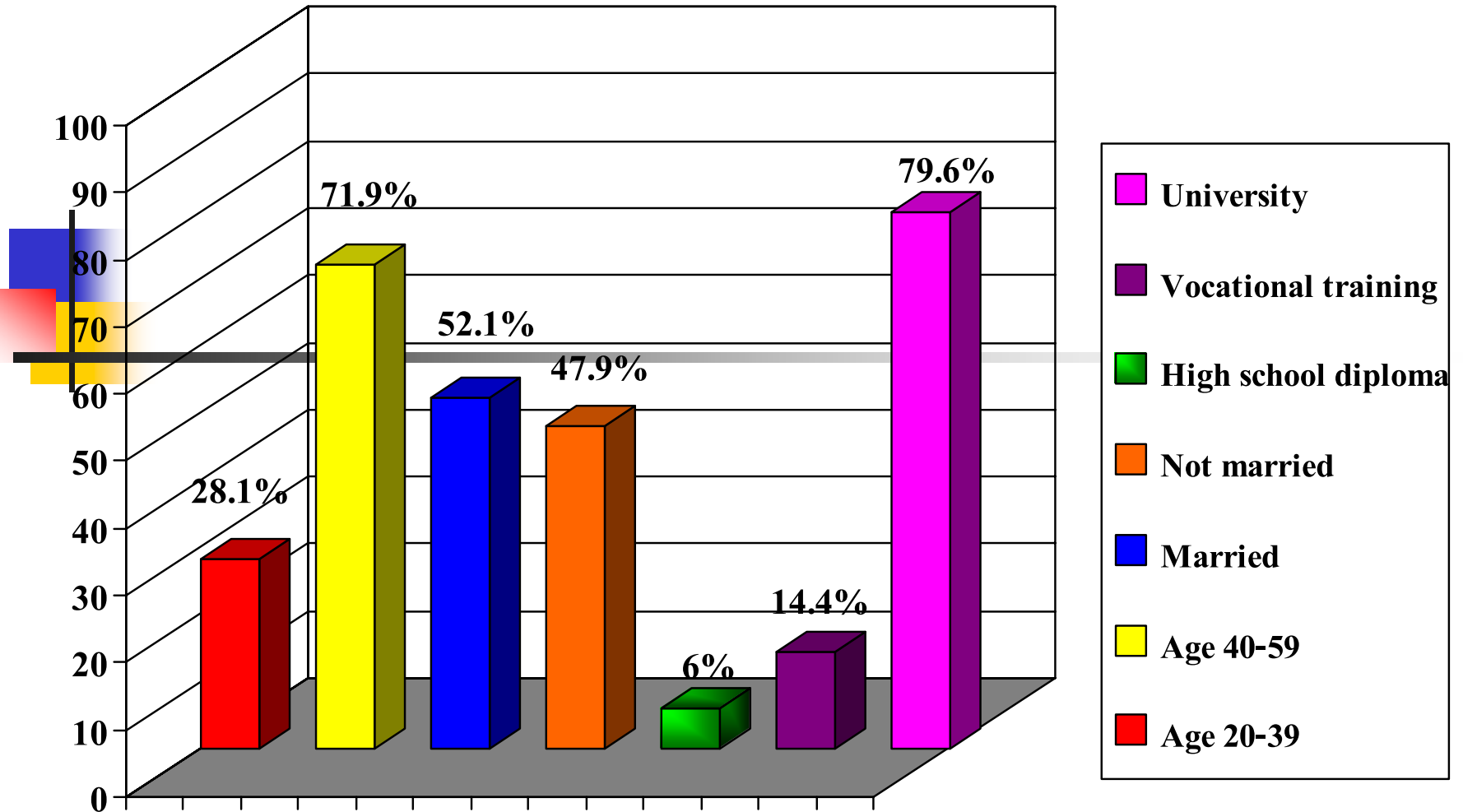
Table 2 The Comparison of Nutritional Variables before and after program
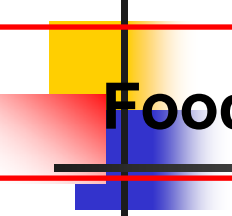
Variables	Before	After	t	p-value
Nutritional Knowledge				
Body weight				
BMI (kg/m²)				

Table 3 The Comparison of Nutritional Variables before and after program (cont')

Variables	Before	After	t	p-value
Cholesterol (mg/dl)				
HDL-C (mg/dl)				
LDL-C (mg/dl)				

Table 4   The Frequency of Each Food Group before and after program
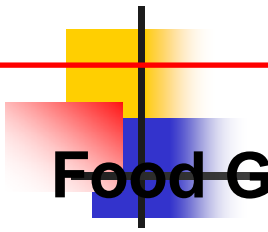
Food Group	Before	After
Milk and Milk Products		
Sweeted		
No Sugar		
Meat and meat product		
Egg		
Seafood		

Table 4 The Frequency of Each Food Group before and after program (cont')
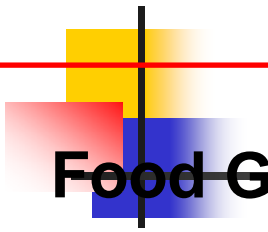
Food Group	Before	After
Bean		
Soy		
Rice and Rice product		
Vegetable		
Fruit and Juice		
Dessert		

Table 5   Number of Servings per day Daily Food Intake before and after program
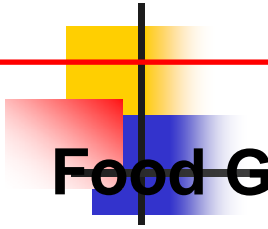
Food Group	Number of Servings per day	
	Before	After
Milk&Milk product		
Rice & Rice Product		
Meat & Meat product		
Egg		

Table 5   Number of Servings per day Daily Food Intake before and after program (cont')

Food Group	Number of Servings per day	
	Before	After
Seafood		
Bean		
Soy&Soy product		
Vegetable Leafy Green other Vegetable		

Table 5 Number of Servings per day Daily Food Intake before and after program (cont')

Food Group	Number of Servings per day	
	Before	After
Fruit		
Sugar (added)		

Daily Food Guide of Weight Loss and Cholesterol Reducing in 12 wks from this study

Total Energy = 1,200 – 1,400 KCal /Day

1. Non sweeted milk or Soy Milk — 1 Cups/day

2. Rice & Rice products — 1 – 1 ½ ladle/meal

3. Meat & Meat Product — 2 tbsps/meal

4. Egg — ½ -1 egg/day

5. Seafood — 1-2 tbsps/wk

Daily Food Guide of Weight Loss and Cholesterol Reducing in 12 wks from this study (cont')

6.Bean   1 ladle/day

7.Vegetable   2-3 ladle/meal

8.Fruit   2-3 ladle/meal

9.Avoid No Sugar added in Food

ACTIVITIES
กิจกรรม

Group Discussion

Lecture
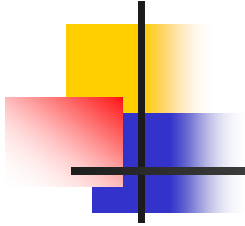
B. Kittichotpanich,2003

Thai foods Menu

Thai foods Menu

ดอกคำฝอย

ฝรั่ง ½ ลูก

ให้พลังงาน 60 กิโลแคลอรี่

ต้มยำกุ้ง 1 ถ้วย (กุ้งสด 2 ตัว)

= 70 กิโลแคลอรี

ก๋วยเตี๋ยวหลอด แตงโม...

ข้าวเหนียวส้มตำ – ไก่ทอด ส้มเขียวหวาน...

Thai Health Minister,2003

B. Kittichotpanich,2003
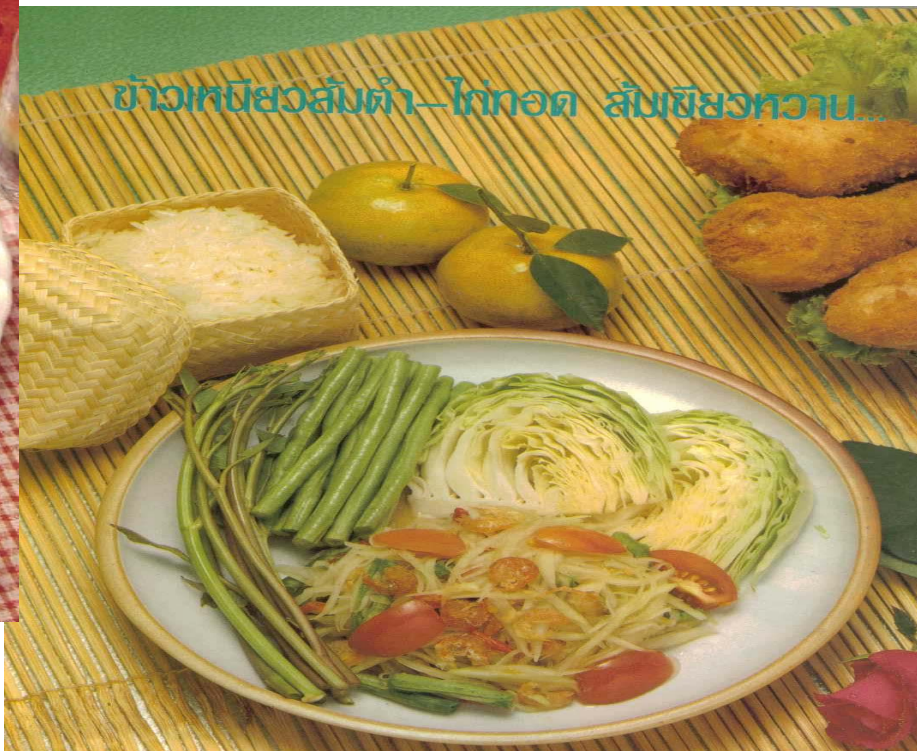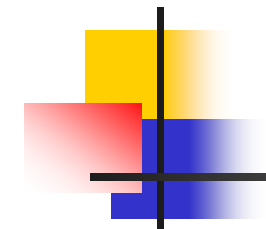
Low Fat Food Demonstration

Low Fat Food Demonstration

Easy Exercise Demonstration

Preparing For Portion-Size Estimation Learning

portion-size estimation Demonstration

Low fat food Demonstration

Low Fat Food Sercice

Safty Vegetables

The end of the program

Relax&Alert By Meditation

The simple way to

inner

peace

Boonsri Kittichotpanich Dr.P.H. R.N.

Meditation Benifit

- Purify the mind

- Keep the mind from wandering or to keep it steady at its place within the centre of the body

- No matter what religion they profess.

How meditaion **Relax&Alert**

- Help to re-balance body and mind
- Increase blood endorphin level
- Get rid of fear, anxiety, tension
- Develop their self-efficacy
  - Manage and self control
  - Enhance Self Regulation

The simple way to *inner*

Instructions for the meditation Technique : Step 1

- Relax body and mind sit or lying-down on the bed

- Your hands should rest palms- up on your lap, and the tip of your right index finger should touch your left thumb

- Try to find a position of poise for yourself.

The simple way to

inner
peace

Instructions for the meditation technique : Step 1

- Softly close your eyes as if you were falling as sleep
- Relax every part of your body
- Focus on the task in hand, creating a feeling of ease in your mind

The simple way to
inner
peace

Instructions for the meditation technique : Step 2

- Imagine the full moon in the body.
- Imagine that it become clear, bright, and pure as if it floating at the centre of your body.
- Softly repeat the sound of "may I healthy, fit and firm " over and over again

The Others benefits of meditation

- **Personnal Benefits for the meditator**
  - The mind :
    - feel at ease-clam and peaceful
    - Memory will also improve
  - Personality :
    - Self- confidence will be improved
    - The true nature of calm will become apparent
    - Anger will diminish
    - Leaving only the feeling of kindness towards others

The Others benefits of meditation

- **Personnal Benefits for the meditator**
  - **Daily life:**
    - will be increaseed in quality in the new-found absence of stress
    - The results of work or study will be much more successful
    - The meditation can enjoy health of both body and mind

Conclusion:

This weight-loss and cholesterol reducing program

helped the women
to be more alert and aware of eating pattern.
The portion- size estimation, food and exercise record,
satisfaction were
the key point of successfulness in this program.

Conclusion:

This weight-loss and cholesterol reducing program helped the women

- to be more alert and aware of eating pattern.

The key point of successfulness in this program

- Participants know the portion- size estimation, food and exercise record and the satisfaction.

After The Program

Before and After

กิตติกรรมประกาศ

- ขอขอบคุณ
- ผู้อำนวยการวิทยาลัยพยาบาลเกื้อการุณย์
- ผู้อำนวยการโรงพยาบาลตากสินและสมาชิกทุกท่าน
- ผู้อำนวยการโรงพยาบาลราชพิพัฒน์สมาชิกทุกท่าน
- ผู้อำนวยการโรงพยาบาลลาดกระบังสมาชิกทุกท่าน
- คณะทำงานในโครงการWeight- Loss ทุกท่าน