


## Self-Management Plan

<ul style="list-style-type: none"> <li>• Eat breakfast.</li> <li>• Eat from a variety of food groups, including fruits, vegetables, grains, low fat dairy products, lean protein and nuts. Avoid fried or breaded foods.</li> <li>• Plan your meals and snacks ahead of time.</li> <li>• Drink water instead of soda, alcohol, or coffee.</li> <li>• Stay physically active. Exercise is key in burning calories and improving your health.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep your body mass index (BMI) within the normal range for your height.</li> <li>• If you are overweight, consider steps to make healthier choices.</li> <li>• Eat the right amount of calories that will help you maintain a healthy weight.</li> <li>• Stay away from “portion distortion.” Avoid “supersizing” food and beverages.</li> </ul>
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<b>Green Flags – All Clear</b> 	<b>What this means:</b>
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<p><b>If you:</b></p> <ul style="list-style-type: none"> <li>• Eat a balanced diet</li> <li>• Consume calories that help you maintain a healthy weight</li> </ul>	<ul style="list-style-type: none"> <li>• Keep up the good work!</li> </ul>
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**Keep up the great work!**

<b>Yellow Flags – Caution</b> 	<b>What this means:</b>
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<p><b>If you have <u>any</u> of the following:</b></p> <ul style="list-style-type: none"> <li>• Are overweight</li> <li>• Routinely eat fried or breaded foods</li> <li>• Drink whole milk</li> <li>• Eat foods high in fat</li> <li>• Drink sugary drinks</li> <li>• Eat foods that are salty, like potato chips and processed foods</li> <li>• Do not regularly eat vegetables or whole grains</li> </ul>	<ul style="list-style-type: none"> <li>• You are at higher risk for health problems related to your weight, including risk for heart disease, stroke and diabetes</li> <li>• Talk with your health care provider about a health nutrition plan</li> </ul> <div style="background-color: #d3d3d3; padding: 10px; margin-top: 10px;"> <p>Call your doctor, nurse, or home health nurse if symptoms do not improve.</p> <p>Name: _____</p> <p>Number: _____</p> <p>Instructions: _____</p> </div>
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**If you notice a Yellow Flag, work closely with your health care team.**

<b>Red Flags—Stop and Think</b> 	<b>What this means:</b>
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<p><b>If you have:</b></p>	<div style="border: 1px solid black; padding: 10px; min-height: 150px;"> <p>Physician: _____</p> <p>Number: _____</p> <p>Instructions: _____</p> <p>In an emergency situation: Call 911</p> </div>
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**If you notice a Red Flag, call your physician immediately.**

# Weight Management & Your Health

## Self-Management Plan

### Weight and Health Facts

- Obesity means having excess body fat and obesity is a chronic condition. Healthy eating and weight control are important throughout your life. Getting support helps you manage your chronic condition.
- Adults who are obese are less likely to have diets that are rich in fruits and vegetables or to be physically active at the recommend levels.
- Weight management is important, as if you are overweight or obese; this puts you at a greater risk for many diseases, including diabetes, heart disease, high blood pressure, trouble breathing, including sleep apnea, high cholesterol, stroke, joint problems, and some types of cancer.
- The health risks are greater if you tend to carry your weight around your abdomen, as opposed to your hips and thighs.

### What can you do?

- Small steps can make a difference. Consider one thing you can do to help maintain a healthy weight. Perhaps set a health goal around healthy meals.
- It's important to read labels. Reading food labels helps you know how many calories, and servings are in a box, can, or package. The label also shows you nutrients like fat, fiber, sodium, and sugar in one serving of food.
- Many food labels say “low fat” or “reduced fat”, or “light”. Know that these claims do not always mean the food is low in calories. Also, fat-free does not mean calorie-free.
- Portion control is important. Most of us eat more calories than our body needs.
- Choose a diet that is moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.
- Talk with your health care provider about a healthy eating plan and an exercise plan, if you have not been doing regular exercise.

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