

Making Changes:

Cognitive Behavior Therapy for Binge Eating Disorder

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Making Changes Week 2

About Weight...

Outline of Session

- BED and Obesity
 - Your health and body image concerns
- Health and Obesity
- The Body's Regulation of Weight

Your Concerns

Your Concerns Related to Weight:

- Health

- Family
- Work/Education
- Social Life
- Romance
- Hobbies/Interests
- Values

- Body Image

- Family
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Obesity and Health

Obesity and Health

- Classifying Weight: Body Mass Index (BMI)
 - BMI: A ratio of weight to height
 - Underweight: Below 19.9 (Asians: below 18.5)
 - Normal Weight: 20 – 24.99 (Asians: 20 – 22.9)
 - Overweight: 25 – 29.99 (Asians: 23 – 24.9)
 - Obese (I) 30 – 39.99 (Asians: 25 and over)
 - Obese (II) 40 and over
 - Some controversy over the health risks associated with overweight
 - Obesity associated with variety of health concerns

Obesity and Health

- Health Concerns Associated with Obesity
 - Cardiovascular disease
 - Type 2 Diabetes
 - Stroke
 - Sleep Apnea
 - Certain Cancers
- Worsens certain chronic diseases
 - High blood pressure
 - Osteoarthritis
 - Joint-skeletal problems

Evaluating Your Health Risks

- Calculating your BMI
 - $\text{Weight in pounds} \times 703 / (\text{height in inches})^2$
 - $\text{Weight in kilograms} / (\text{height in metres})^2$
- Are you in the obese range?
 - Obese I or II?

Evaluating Your Health Risks

- Waist Circumference (WC)
 - Women:
 - Increased Risk: Over 31.5 inches (80cm)
 - Substantially Increased Risk: Over 34.5 inches (88cm)
 - Men:
 - Increased Risk: Over 37 inches (94cm)
 - Substantially Increased Risk: Over 40 inches (102cm)

Health Risks: What to do

- Step One: Visit Your Physician
 - Things to be evaluated, discussed and treated:
 - Blood Pressure
 - Lipid profile (cholesterol, triglycerides, HDL/LDL cholesterol)
 - Fasting blood sugar
 - Sleep apnea
 - Thyroid status
 - Females: Gynecological exam and screen for PCO
 - Males: Prostate exam and screen for colon cancer
- Step Two: Lifestyle Modification
 - To be discussed...

Health Concerns: What about Weight Loss?

- Experts no longer recommend losing weight to BMI “normal” range
- Weight loss of 5%-10% associated with health benefits, reduces risk factors
- Is weight loss necessary to improve health?
 - Physical fitness may be more important than weight
 - Nutrition has impact on long-term health

The Body's Regulation of Weight

What about Weight Loss??

The Body's Regulation of Weight

- Body weight has strong biological determinants.
 - There is a big genetic component to body weight.
 - Twin Studies (identical twins reared apart)
 - Heritability of Obesity

The Role of Environment

- Genetics interact with Environment
 - Genetics influence how we respond to our lifestyle (environment).
 - Twin Studies (overfeeding)
 - ?Who becomes bulimic versus binge eater
- “Toxic” Environment
 - Ready availability of rich foods in large quantities
 - Lack of physical activity required in daily living

How Does the Body Regulate Weight?

- The body regulates weight, and defends against weight loss.
 - Multiple “redundant” systems to protect weight: key to our survival
 - Skeletal muscle metabolism,
 - body fat and hormones related to body fat,
 - the brain (particularly the hypothalamus) and a large number of neurochemicals that control appetite, and
 - the stomach that senses the presence of food and sends messages to your brain about when to stop eating.
 - Body’s defense seems to strongly kick in around 10 – 15% weight loss

But I'm Overweight/Obese!

- With sustained weight gain, the body begins to defend the higher weight, just as it would a normal weight. EVEN if the higher weight has health risks.
 - Change in “set point” (weight the body defends) occurs after 6 months in rats.
- After weight loss, body relentlessly works to return to baseline weight
 - After 1 year, 1/3 to 2/3 of weight regained; weight gradually returns to baseline within 5 years.

But I know someone who successfully lost weight...

- Weight Loss Registry
 - Criteria: Minimum of 30 lb weight loss maintained for 1 year
 - Average: Weight loss of 66 lbs maintained for 5.5 years

Successful, but...

- Lifestyle: Eating 1380 kcal/day and exercising equivalent of walking 4 miles (7.2 km)/day

So What Does This All Mean?

- There are strong biological factors involved in regulating body weight.
- If you've been at a higher weight for long enough (perhaps 6 months or more), your body will defend your weight.
- Although it is possible to lose weight, it seems that people almost universally return to their starting weight within 5 years.

What are the implications for you?

- Important to stop binge eating
 - Binge eating related to ongoing weight gain
- You need a good plan if want weight loss
 - Prioritize stopping binge eating
 - Consider medication; or eventually, surgery
- Deal with health and body image
 - Don't wait: see your doctor, consider lifestyle changes that will improve your health regardless of weight loss
 - Body image: weight loss not a recommended strategy because of risk of weight regain. Plan to deal with body dissatisfaction regardless of weight.