

Identify a problem to study based on information from

Let's Get Healthy!

Below is a list of problems that interfere with people living a healthy lifestyle. After reading the list, discuss what you know or have heard about each topic. *[Extension: interview parents and other members in your community to learn and record what they know about these problems and their attitudes towards them.]*



Purpose of this is for you share what you know about a problem and what others know in order to better understanding of the problem and the circumstances surrounding it. This will help you gain information to help you make an intelligent choice when choosing one specific area of focus.

Common problems interfering with improving or maintaining a healthy lifestyle

DIET

- Not eating enough fruits and vegetables that are from all colors of the rainbow
- Eating foods high in solid fats such as fried foods, chips, hamburgers, hot dogs, cheese, ice cream, 2% or whole milk
- Not eating enough foods from “good” fats such as fish, nuts, olive oil and canola oil
- Drinking foods high in sugar, which can increase weight gain, such as non-diet soda pop, energy drinks, and artificial flavored juice drinks
- Drinking foods high in caffeine, an addictive drug, such as coffee drinks, energy drinks and non-diet soda pop
- Eating large portion sizes versus a serving amount

SUN EXPOSURE

- Not wearing sunscreen with sun protection factor (SPF) 15 or higher
- Not wearing protective clothing, hats, sunglasses when out in the sun
- Not staying in the shade between 10 a.m. and 2 p.m. when the sun’s rays are most powerful
- Not covering up in the snow at high altitudes on a sunny day since snow reflects 80% of the sun’s rays
- Using tanning beds - Exposure to tanning beds increases the risk of melanoma, especially in women aged 45 years or younger.¹ Melanoma is the most common form of cancer for young adults 25-29 years old and the second most common form of cancer for adolescents and young adults 15-29 years old.²

ACTIVITY TIME

- Spending too much time on the computer, watching TV, playing video games or texting - It all adds up!
- Not balancing your screen time with your physical activities
- Not balancing what you eat with how much you exercise

SLEEP

- Not getting between 8.5 and 11 hours or sleep a night which can affect your heart, brain function, and your body size
- Getting poor sleep or interrupted sleep due to consuming caffeine or sugar close to bedtime or due to the use of electronics such as phone, computers, or TV
- Dozing off during routine or daytime situations or feeling sleepy during the daytime

1. 1 Ting W, Schultz K, Cac NN, Peterson M, Walling HW. Tanning bed exposure increases the risk of malignant melanoma. *Int J Dermatol.* 2007 Dec;46(12):1253-7.

2. 2 Howlader N, Noone AM, Krapcho M, et al. SEER Cancer Statistics Review, 1975-2008, National Cancer Institute. Bethesda, MD, http://seer.cancer.gov/csr/1975_2009_pops09/, based on November 2010 SEER data submission, posted to the SEER web site, 2011.

SELECTING A PROBLEM FOR STUDY

Individual Level – Possible topics³



- Balancing food intake with physical activity - Eating just 150 calories more a day than you burn can lead to significant weight gain over a year.
- Bring lunch and snacks from home to your workplace -You'll find it's easier to make better choices when you have a variety of nutritious foods available in the places where you eat, like at work.
- Build a healthy support network - Did you know social relationships could influence your risk of being obese? A person's chance of becoming obese increases by 171% if a close friend becomes obese and by 37% if a spouse becomes obese
- Active commuting whenever possible – Active community that incorporates cycling or walking is associated with an 11% reduction in the risk of heart disease.
- Cooking meals allows you to have control over the ingredients and portion sizes – Many of your favorite recipes can be made healthier by simple ingredient substitutions
- Drink Water - Did you know that one 20-oz. bottle of regular soda has about 14 teaspoons of sugar? That's more sugar than two candy bars
- Keep snacks out of reach - In one study, people ate more than twice as much candy when it was in a bowl on their desk as when it was just 6 feet away from the desk
- Learn about food marketing aimed at kids - Each day, children see an average of 15 TV commercials for food products - or 5,500/year. 98% of those are for foods high in fat, sugar, and salt
- Be aware of oversized portions when eating foods away from home - 20 years ago an average sized bakery muffin had 210 calories. Today's average muffin is over three times as large and often has 500 calories or more!
- Eat a healthy breakfast - People who eat breakfast tend to weigh less than those who don't.
- Eat smaller portions - Did you know store-bought chocolate chip cookies could be 700% larger than the standard serving size for a cookies used by FDA for the food label?
- Find physical activities you enjoy - Getting just 10 more minutes of heart-pumping activity every day could burn almost 20,000 calories in a year.
- Know what you are eating by understanding what labels are telling you
- Be a healthy shopper - Stores devote 75% more shelf space to snack foods than to fruits and vegetables.
- Minimized highly processed packaged foods - Roughly 75% of sodium intake comes from salt (sodium chloride) added by food manufacturers during processing
- Move more, sit less - On average, U.S. adults spend nearly 20 hours a week watching TV. Fewer than half of them get the recommended 2.5 hours of weekly moderate-intensity activity
- Replace whole milk with 1% or skim milk - An 8-oz. glass of whole milk contains 150 calories compared to non-fat milk (skim) which has 90 calories
- Plant a vegetable garden - Not only can planting a vegetable garden give you fresh, delicious vegetables, you can also burn approximately 150 calories during 30 minutes of gardening
- Weigh yourself once a week - In 2002, the average American was 25 pounds heavier than in 1960

3 "The Weight of the Nation". Home Box Office (HBO). 2012. Web. June 28, 2012. <<http://theweightofthenation.hbo.com/>>.

Developing SMART goals as an Individual

After you have thought of a goal, write it down in the Draft Goal box. Then test it to make sure it is a SMART goal. Write your final and revised goal in the last box.

Specific - The first term stresses the need for a specific goal over and against a more general one. This means the goal is clear and specific

Measurable - The second term stresses the need for measuring progress toward the attainment of the goal. The thought behind this is that if a goal is not measurable, it is not possible to know if one is making progress toward successful completion.

Attainable - The third term stresses the importance of goals that are realistic and attainable. The goal is not out of reach or below standard performance.

Relevant - The fourth term stresses the importance of choosing goals that matter.

Time-bound - The fifth term stresses the importance of grounding goals within a time frame, giving them a target date. A commitment to a deadline helps one focus his or her efforts on completion of the goal on or before the due date.



Draft Goal:	
Specific	
Measurable	
Attainable	
Relevant	
Time-Bound	
Obstacles	Solutions
FINAL GOAL:	

