Life Without Limits: Maturing WELL

Your TI Benefit

Donna Israel, PhD, RD, LPC, FADA

Clay Stephens, BS, HFSC, GEIC

Special Guest: Nina Ireton

Professional Nutrition Therapists LLC
www.foodtherapyrd.com
Agenda

Guidelines for Working with Your Covered Nutrition

- Choose a group program or
- Choose an individual program
- Preview of Your TI Covered Benefits
Introduction to Life Without Limits: Maturing Well

Your TI Retiree Benefit Group Program Example

Are you over 50,
living or working with someone over 50 or plan to be 50 someday? *
Life Without Limits: *Brain Decline* is Not an Inevitable Part of Aging

1. Fine-tuning your diet
2. Exercising regularly
3. Taming your emotional and mental stress

*INCLUDING* a section on Financial Planning...not just what to ask your financial advisors but also *what their ANSWERS should be*

Covered by your TI Benefit Plan!
Introduction to Life Without Limits: Maturing Well
Your TI Retiree Benefit Individual Program Example

For Better Health
PNT Diet In A Bag!

Reliable nutrition resources!
Choose from one of our many
"PNT Diets in a bag."
Assembled by our Experts
for better nutrition today!
TI’s *MNT* Benefit

- 4 visits/year per diagnosis (over 370 diagnoses have been reimbursed through TI Benefits Plan for nutrition intervention in the past 15 years)
- Co-pay and deductible apply
- Health professional or self-referral
- Eligible diagnoses
  - All conditions that can be assisted by Medical Nutrition Therapy with a registered dietitian that includes
  - Obesity (BMI = > 30) and overweight (BMI = > 25) with 2 or more risk factors*

*MNT*=Medical Nutrition Therapy  
*BMI*= Body Mass Index
What’s your Body Mass Index?

<table>
<thead>
<tr>
<th>BMI</th>
<th>Normal</th>
<th>Overweight</th>
<th>Obese</th>
<th>Extremely Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19 – 24.9</td>
<td>25 – 29.9</td>
<td>30 – 34.9</td>
<td>&gt;40</td>
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<table>
<thead>
<tr>
<th>Height</th>
<th>Weight (lbs.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5'0”</td>
<td>97 – 127</td>
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<tr>
<td>5'2”</td>
<td>109 – 135</td>
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<tr>
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<td>5'6”</td>
<td>118 – 154</td>
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<td>5'8”</td>
<td>125 – 163</td>
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<tr>
<td>5'10”</td>
<td>132 – 173</td>
</tr>
<tr>
<td>6'0”</td>
<td>140 – 183</td>
</tr>
</tbody>
</table>

Go to CDC.gov for complete BMI Charts
PNT Can Assist You with Over 300 Other Conditions than Obesity

- Diabetes
- Cardiovascular Disease
- Gastrointestinal Diseases
- Renal Disease
- Cancer
- HIV Infection
- Food Allergies and Food Sensitivities
- Malnutrition / Eating Disorders
- Osteoporosis and Immune System Disorders
Coping with Trigger Foods

Take a few minutes to write down **10** plant foods that you like. They may be fruits, veggies, nuts, seeds, herbs or whole grain breads and cereals.
Know Your Numbers
What is Waist Circumference?

- Numerical measurement of waist size or upper abdominal fat
- Abdominal fat is a predictor of risk for obesity-related diseases
- What is too high?
  - Females > 35 inches
  - Males > 40 inches
How to Measure Waist Circumference

1. Place a tape measure around your abdomen just above your hip bone (usually 1” above the navel)
2. Be sure that the tape is snug, but does not compress your skin, and is parallel to the floor
3. Relax, exhale, and measure the distance around your waist
Know Your Numbers
Body Fat Composition

What is it?
• Tells you how much of your weight is made up of fat and how much is muscle

How is it used?
• A high % of body fat ↑ your risk for obesity, diabetes, heart disease, certain cancers and other illnesses
Body **Composition** & Body Fat %

- **Not** the weight on the scale that tells the story but what makes up that weight
- And you can’t tell by just looking!!
Infrared

- Measures:
  - Percent body fat
  - Total fat mass
  - Excess fat
  - Total lean mass
  - Total body water
  - Body mass index

- **Average ranges for healthy individuals:**
  - Men: 15-19%
  - Women: 24-26%
Evaluating Your Program

- Checklist for maturing well
- Opportunity for biometric screening including resting metabolic rate
- Know what your numbers mean
- Set realistic goals for health maintenance
- Each Life Without Limits session you will choose a goal for the week and give an “a-ha” statement

(at least 1 thing you’ve learned from that session and 1 thing you’d like to know more about in the next session)
What to do About Your Results

• If your numbers aren’t where you want them to be, you can make a change!

• Choose and Implement appropriate changes.

• Consider **Nutrigenomics**: targeted nutrition management techniques based on genetic analysis
  – Interaction between your individual genes and your nutrition and lifestyle choices
Applying *Nutrigenomics*

Conventional nutrition

↓

Specialized lab testing

↓

Nutritional genomics
Is Nutrigenomics **Reliable**?

Francis Collins, MD
Director of the NIH, Former Director of the National Human Genome Research Institute

• “New research has shown that we now can know what kind of nutrition prescription, such as a low fat diet or a low carbohydrate diet, is going to be **best** for weight management, based on a DNA test.”
• **The Diet of the Future:** Geared to your Genes
• Examined current role of diet & nutrigenomics

**Promising……. Today:**
We know what factors in the diet are associated with certain diseases based on *individual DNA*

Research studies **worldwide** including U.S.
- Penn State, UC Davis, Stanford, Baylor College of Medicine

• Application to disease treatment *and* prevention
Also... Anti-aging and SLEEP
Life Without Limits
Maturing Well With Exercise
Sarcopenia

Age-related changes in muscle mass in thigh cross-sectional area of two people with similar BMI.
Osteoporosis causes weak bones.
Why to Walk Faster
Shedding Pounds Effectively
Behavior Change

• On a scale from **1-10**, how ready are you to make changes in your eating patterns and/or lifestyle behaviors?
• How are your nutrition deficiencies or excesses affecting your life right now?
• What have you done in the past to change your eating that were unsuccessful?
• What strategies have worked for you in the past?
I am so grateful for everything in my life. I love just about everything. Things I don't think I love, I banish from my thinking. I have found you can control your thinking. What a wonderful gift. I guard my thoughts less and less because I am optimistic most of the time.

You each have a personal and valuable freedom to use daily. Each day you can choose to be happy or sad. Which do you choose?

Nina, photo at 88 years of age, living life without limits, says:
Contact Us

• For peer-reviewed references, resources and more information and/or to sign up for a free online monthly nutrition newsletter

www.foodtherapyrd.com
Questions/Comments
Implications of Overweight & Obesity

- Hypertension
- Dyslipidemia
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)
TI’s MNT Process

Self-Referral

Call to Nutrition Network Toll-free Number

Assigned to RD Provider

RD Provider Contacts HP

HP Referral (Not required)

Quarterly Outcomes & Patient Satisfaction Report to TI

Billing to Health Plan

RD Provider Contacts Patient

Initial Visit (Assessment and goal setting)

1-3 Follow-up Visits

RD Provider Contacts Patient

HP=health professional
How TI’s MNT Works

- PNT – TI’s Preferred Nutrition Network
  - Receives all initial calls 972-238-1811 or website requests [www.foodtherapyrd.com](http://www.foodtherapyrd.com)
  - Assigns dietitian
  - Handles all billing
How TI’s MNT Works, cont.

• Registered Dietitian providers
  – Give personalized service based on client expressed needs and goals
  – Assess current eating patterns and lifestyle
  – Facilitate clients setting and achieving realistic goals
  – Track clients’ progress
Interpretation of Body Fat Analysis
Know Your Numbers

• Important numbers related to your health status include:
  – Waist circumference
  – Body fat composition

• Know what these numbers mean

• Set realistic goals for maintenance
Nutrigenomics

Today:

• We know that factors in the diet are associated with certain diseases

• Research studies concluded worldwide including in U.S.
  - Penn State, UC Davis, Stanford, Baylor College of Medicine

• Application to disease treatment and prevention