

**Inova HealthNET**



**Inova BabyNET Inova BackNET**  
**Inova TobaccoNET Inova WeightNET**



# Introduction

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www.InovaHealthNET.com

703.698.2434



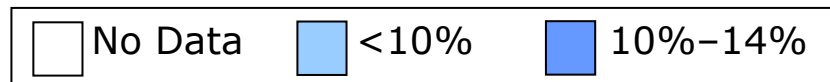
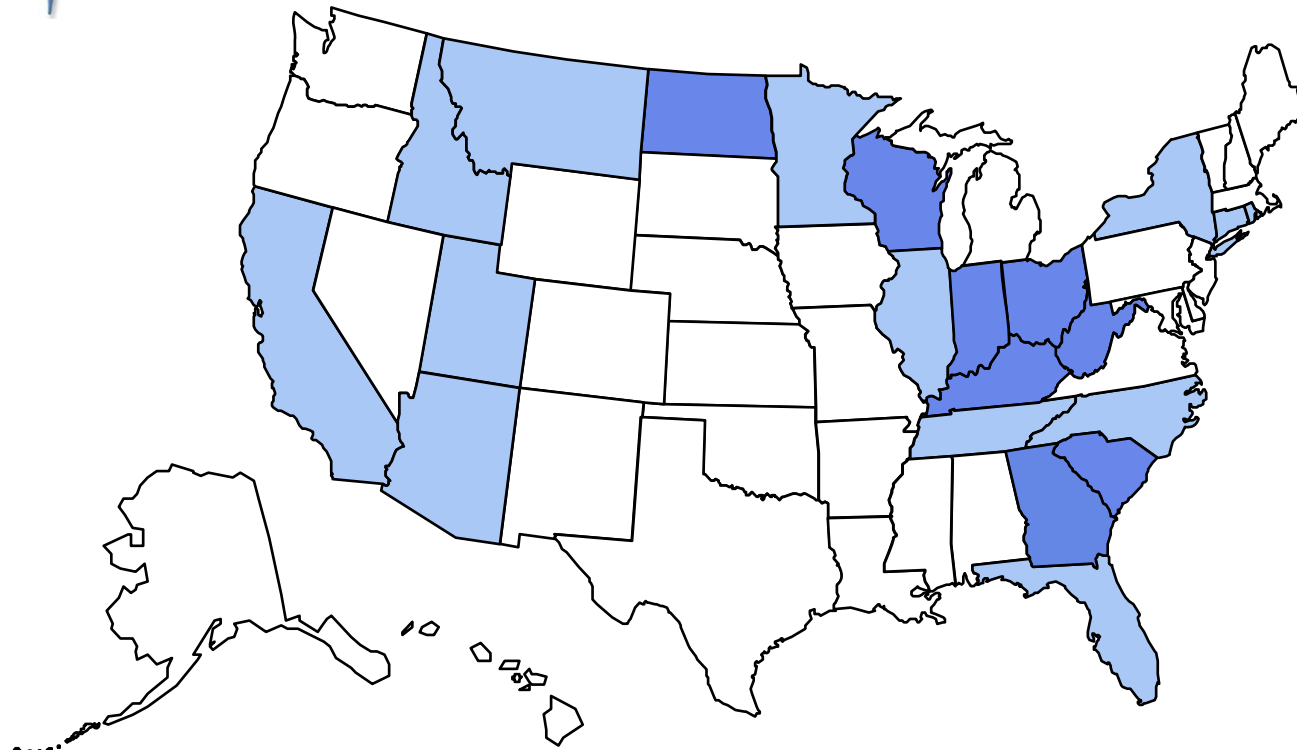
# Obesity Information

- During the past 20 years there has been a dramatic increase in obesity in the United States
- The following pages demonstrate the growing obesity rate among U.S. adults from 1985 through 2008
  - Source: Behavioral Risk Factor Surveillance System, CDC



# Obesity Trends\* Among U.S. Adults BRFSS, 1985

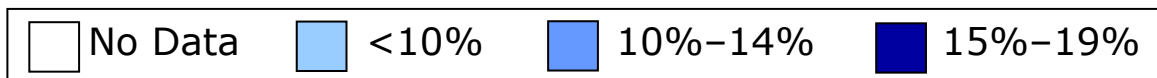
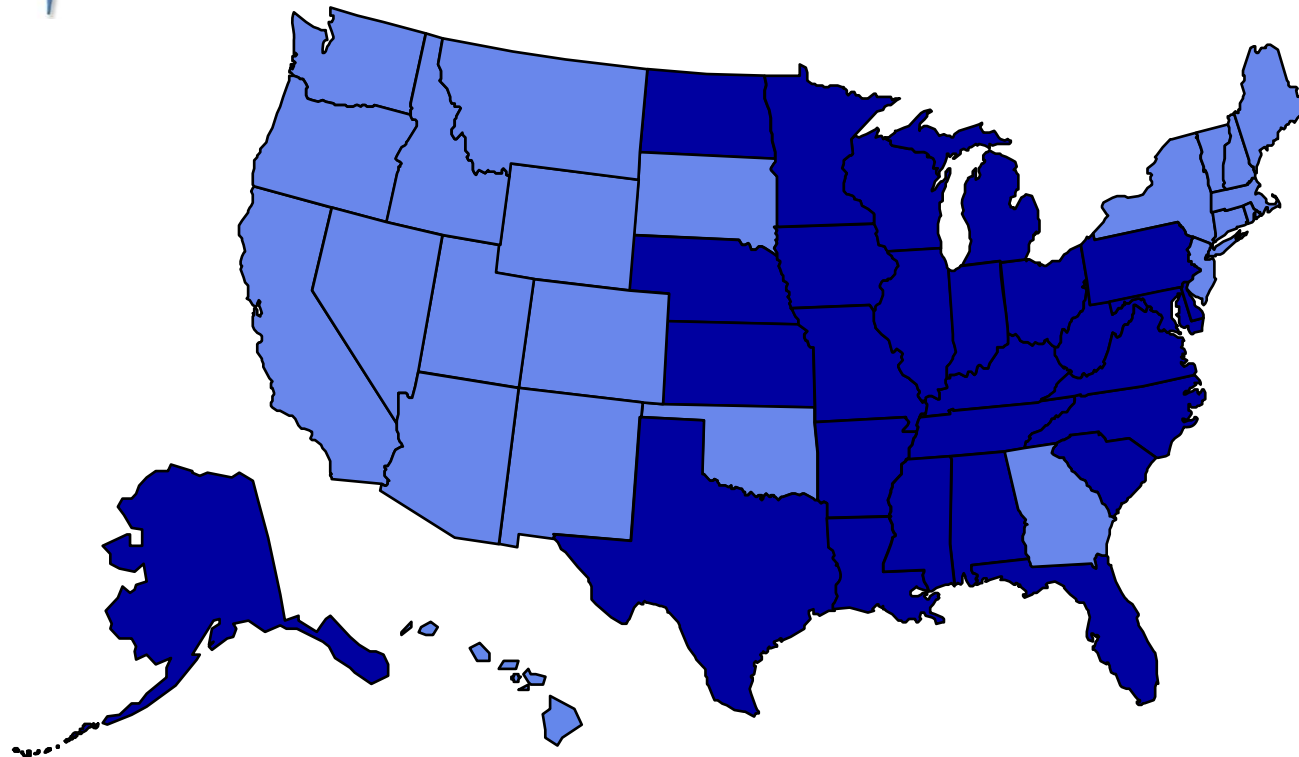
(\*BMI >30, or ~ 30 lbs overweight for 5' 4" person)





# Obesity Trends\* Among U.S. Adults BRFSS, 1995

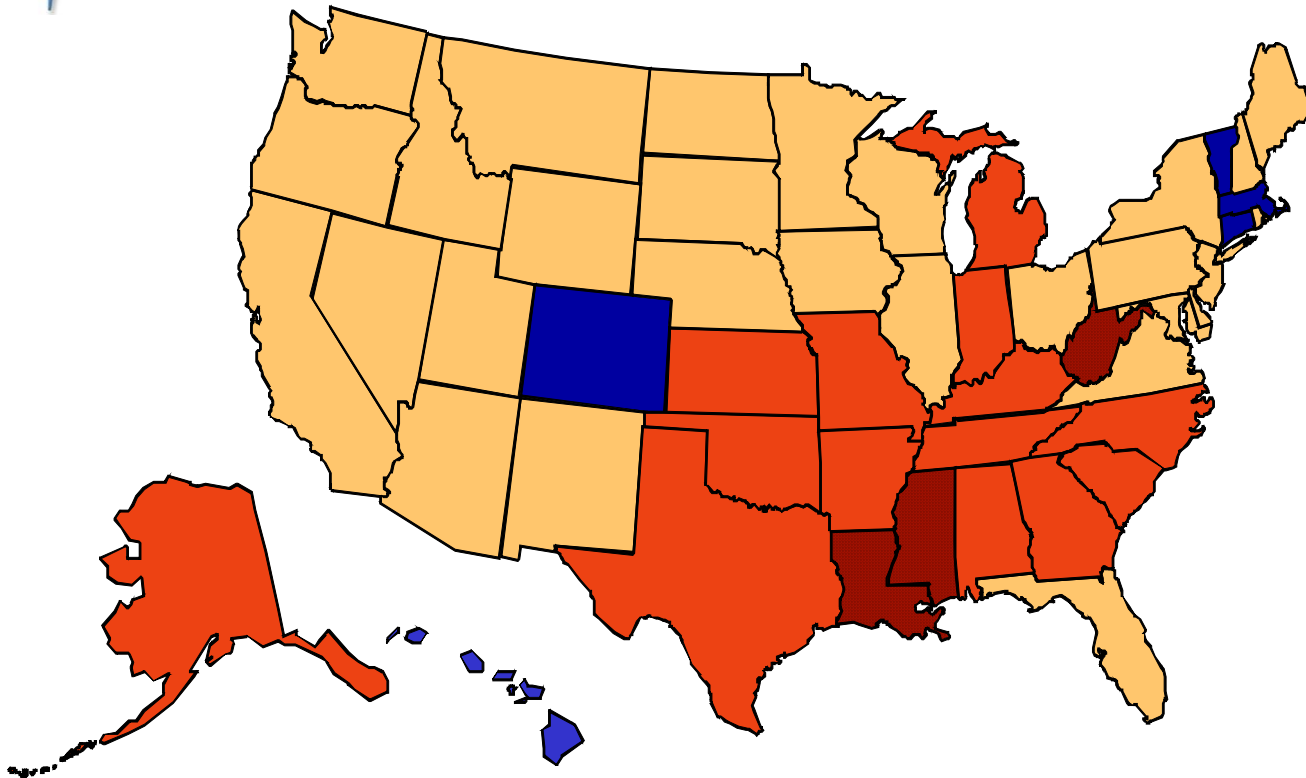
(\*BMI >30, or ~ 30 lbs overweight for 5' 4" person)





# Obesity\* Trends Among U.S. Adults BRFSS, 2005

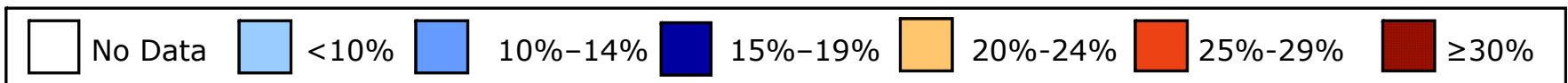
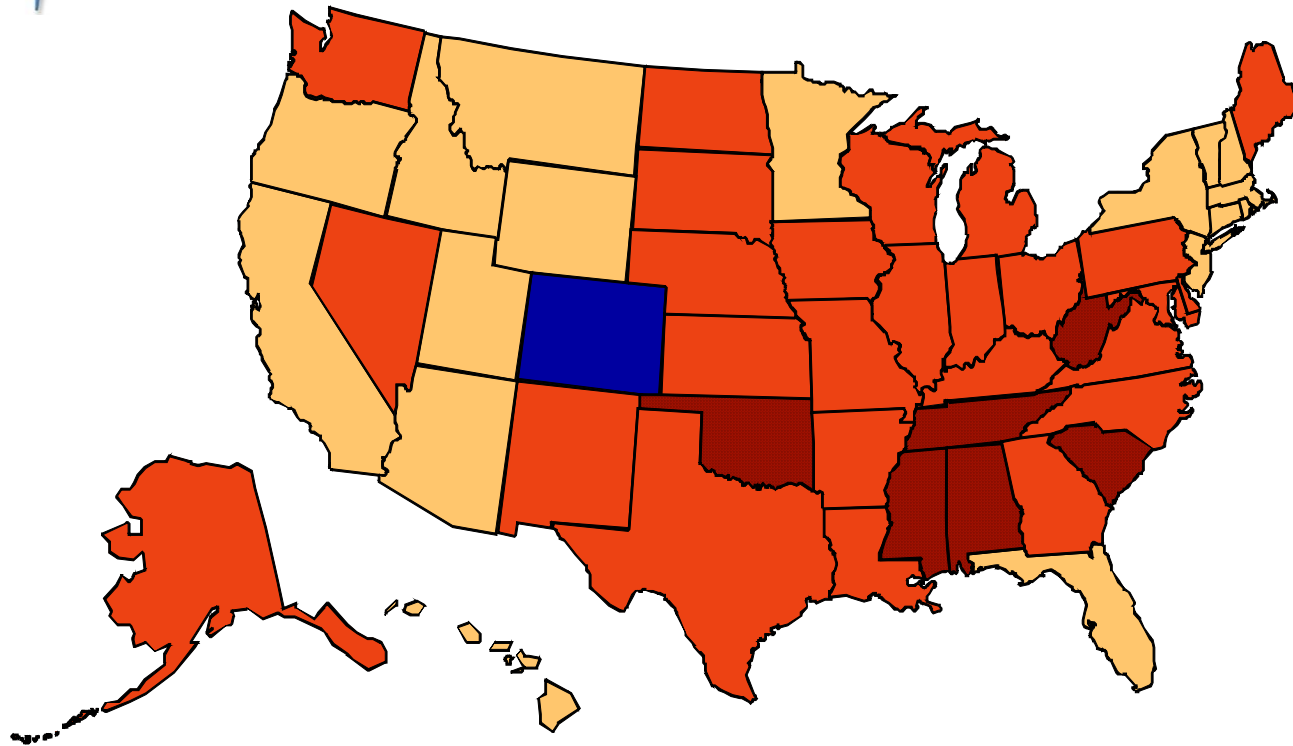
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)





# Obesity\* Trends Among U.S. Adults BRFSS, 2008

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs overweight for 5' 4" person)





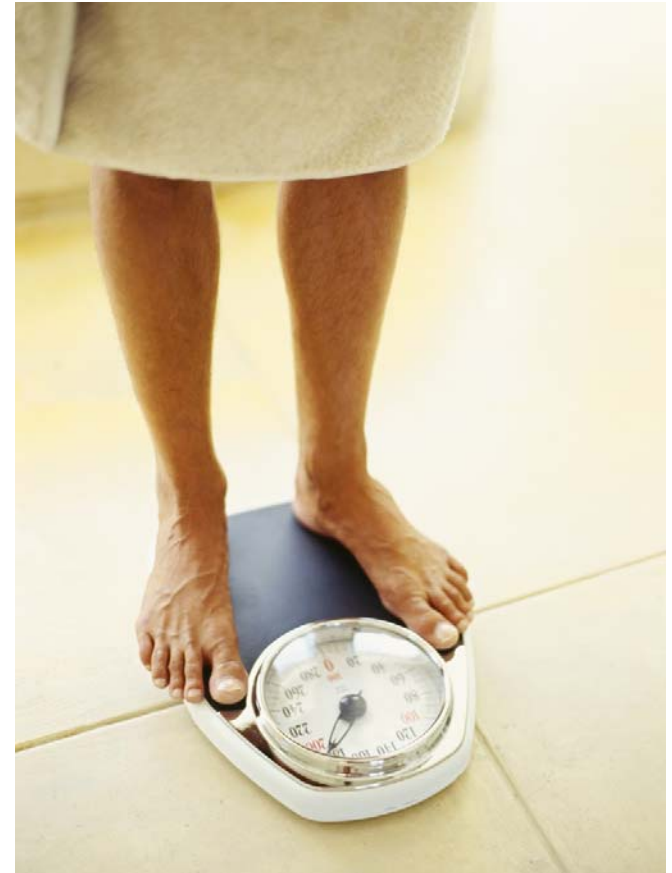
Welcome to

# Inova WeightNET

a Workplace  
Weight Management Program

# Philosophy

- WeightNET is not a diet, it is a long-term approach to weight management
- The goal of this program is to start making small, gradual changes in your life
- You will incorporate these healthier ways of living into your everyday life





# Health Risks of Obesity

- Premature death
- Heart disease
- Diabetes
- Cancer
- Breathing problems
- Arthritis
- Reproductive complications

For more detailed information, see <http://www.surgeongeneral.gov/topics/obesity>



## Moderate Weight Loss

- Losing five percent of your body weight can decrease your blood pressure enough to decrease or even stop the use of blood pressure medicine
- Sleep apnea may be avoided by moderate weight loss
- Arthritis and other joint issues may decrease



## Who is Eligible?

- You must be an Inova Health System employee or the spouse of an employee
- You must have a Body Mass Index (BMI) of at least 25
- You cannot be pregnant or have been diagnosed with an eating disorder or heart failure
- Certain other medical conditions may need a physician release



# Body Mass Index (BMI)

- To determine your BMI:
  - [click on this link for a website that will calculate it for you](#)
  - use the formula below
    - $BMI = (\text{weight in pounds} \div (\text{height in inches} \times \text{height in inches})) \times 703$
    - For example, a person weighs 220 pounds and is 6 feet 3 inches tall has a BMI of 27.5
    - $BMI = (220 \text{ lbs} / (75 \text{ in.} \times 75 \text{ in.})) \times 703 = 27.5$

- After joining WeightNET, you will have a physical assessment performed
  - height, weight, body fat percentage, blood pressure, hip & waist measurements
- Assessments are offered monthly at various Inova facilities





# How WeightNET Works

With the support of your WeightNET Coach, you will set personalized & flexible goals

~

Your WeightNET Coach will take your goals and break them into Weekly Goals

~

You Work Your Weekly Goals!





## Examples of WeightNET Goals

- Eat 3 vegetables a day
- Eat 2 pieces of fruit a day
- Exercise 30 minutes a day
- Get to bed by 10 p.m.
- Drink one or less carbonated drinks a day
- Healthy snacks between meals
- Re-direct negative self-talk



## What is a WeightNET Coach?

- Specially trained professionals that will:
  - work with you to determine your goals
  - assist you in reaching your goals
  - be a positive supportive voice for you, as you make healthy lifestyle choices
- Weekly contact from your Coach
  - to answer questions
  - provide suggestions
  - support you in accomplishing your goals

WeightNET Coaches may have any of the following backgrounds:

- Dietitian
- Exercise physiologist
- Health educator
- Nurse





## Expectation of Members

- In order for you to experience the full benefit of Inova WeightNET, you need to
  - Communicate regularly with your WeightNET Coach
  - Complete the emailed 'Weekly Survey'
  - Complete a physical assessment within the first month of involvement
  - Complete future physical assessments as discussed by you and your Coach



# Why is Inova Doing This?

- To improve your overall health
  - physical
  - emotional
  - mental
- Healthy employees are generally more satisfied and productive





## Costs

None - \$0.00

This is a **FREE** benefit  
to Inova employees  
and their spouses



# Confidentiality

Your Name

(Red Rule #2)

Your Birthdate

The last 4 digits of your Social Security Number

- All data collected in this program is confidential
- An executive summary of all Human Resources reports will be available for your review



## Join Us!

- Ready to get started with Inova WeightNET
- Access the registration form at [www.InovaHealthNET.com](http://www.InovaHealthNET.com)
- Submit your registration and get started



# Questions?

Contact Inova WeightNET at:

[CareManagement@inova.org](mailto:CareManagement@inova.org)

703.698.2434



Register Now

*Click Here to Register for*

*Inova WeightNET*

*Now*