Freshmen 15: Your Hips Don’t Lie

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Myth or Reality?

- Average weight gain between 2-7lbs.
- Psychological
  - Perceived barrier
  - Negative body image
Why do Freshmen gain weight?

- **New Eating Habits**
  - Not eating at parents house
  - Unlimited dining
  - Planned meals
  - Fast food, chips, sodas @ 3am
Why do Freshmen gain weight?

• **Eating While Studying**
  - Mindless eating/snacking
  - Food is gone before you know it!
Why do Freshmen gain weight?

• **Eating Late at Night**
  • Come home @ 2am and starving!
  • Go to sleep after consuming 200-800 calories
  • Storage as fat
Why do Freshmen gain weight?

- **Eating Snack Food**
  - Convenient items
  - Cheap food
  - No stoves to cook
  - Limited fridge space
  - On the go!
Why do Freshmen gain weight?

• Emotional Eating
  • Difficult classes
  • Relationships
  • Homesickness
  • Roommate conflicts
  • Weight gain
  • Fill any emotional void
Why do Freshmen gain weight?

• Drinking
  • Surprise, surprise!
  • Away from parents/control
  • High in calories
  • Hangover = lazy

* Sponsored by FAU Center for Alcohol & Other Drug Prevention
Why do Freshmen gain weight?

• Not Enough Exercise
  • No high school sports
  • High stress
  • Lots of studying
  • No time to go to the Rec
Why do Freshmen gain weight?

• You’re At That Age...
  • Done with puberty, growing, etc.
  • Real life skills (meal preparation)
  • Gaining weight easier
  • Losing weight harder
What is a pound?

- 3,500 calories
- 500 calories extra/day x 7 days = 1 lb/wk

Eat 500 calories less than you typically eat

OR

Burn 500 calories per day
Choices??

- M&M Candy: 40 grams = 200 calories
- Peanut Butter Crackers: 39 grams = 200 calories
- Cheetos: 38 grams = 200 calories
- Potato Chips: 37 grams = 200 calories
- Hershey Kisses: 36 grams = 200 calories
- Sliced and Toasted Almonds: 35 grams = 200 calories
FAST FOOD: CALORIES PER DOLLAR

McDonald’s
- Big Mac: $3.79, 540 calories, 142 calories per dollar
- Bacon Cheese Angus Burger: $4.29, 820 calories, 191 calories per dollar
- Large Fries: $2.19, 500 calories, 228 calories per dollar

Burger King
- Double Whopper with Cheese: $4.79, 990 calories, 207 calories per dollar
- Tendercrisp Chicken Sandwich: $4.79, 790 calories, 165 calories per dollar
- Large Fries: $2.45, 500 calories, 204 calories per dollar

KFC
- 2 Piece Breast & Wing Meal: $5.69, 970 calories, 170 calories per dollar
- 10 Honey BBQ Wings: $6.09, 800 calories, 131 calories per dollar

Taco Bell
- Beef Gordita Supreme: $1.89, 310 calories, 103 calories per dollar
- Fiesta Chicken Salad: $4.09, 850 calories, 208 calories per dollar

Pizza Hut
- Meat Lover’s Personal Pan Pizza: $4.09, 890 calories, 217 calories per dollar

IHOP
- Country Fried Steak + Eggs: $10.99, 1535 calories, 140 calories per dollar

Subway
- 6” Meatball Sub: $3.79, 580 calories, 153 calories per dollar
- 12” Sweet Onion Chicken Teriyaki: $6.39, 770 calories, 121 calories per dollar
Guess that calorie amount!

“Higher or Lower”
Spaghetti Bolognese

720 calories / serving
Nachos

1,000 calories / serving
Lasagne

650 calories / serving
Chicken Wings w/ BBQ Sauce

520 calories / serving
Spring Roll (1)

100 calories / serving
Minestrone Soup

240 calories / serving
Chicken Fajitas

1,035 calories / serving
Ravioli

510 calories / serving
Caesar Salad

535 calories / serving
Quesadilla

650 calories / serving
How to talk to someone about their weight...

• “Do I look fat” questions
  – Put the answer on them
    • (They are asking because they feel different, or are fishing for a compliment)
    • “How do you feel about your body?”
    • “Do you think you look good?”
  – Don’t lie – be honest.
    • They can tell they’ve gained weight, or if they are lookin’ good!
    • Be nice. (Touchy subject)
The “D” Word

- Restrictive dieting is meant to be temporary
- Yo-yo effect
- “Can I do this forever?”
- Depriving behavior
- Quality of Life
- Stress!
Weight Management

• Calories in vs. Calories Out
• Knowing how to eat well is not hard.... But eating well is!
• Fruits, vegetables, and whole grains are the major groups to focus on!
• 80/20 rule
• Moderation, moderation, moderation!!!
• Eat what your body craves 😊
• Be physically active
What now?

• Programming! – Educational curriculum
  – “Independence” Theme
    • Students will be able to understand how lifestyle choices affect health and well-being
      – Make informed choices about alcohol and drug use
      – Learn to make healthy lifestyle choices regarding sex and relationships
      – Learn to make healthy choices regarding food
      – Discover positive means for dealing with stress
      – Develop a positive outlook on body image
What can you think of?

Get into groups of 3 and brainstorm 4 different ideas for programs!

Example: “Guessing game” on how many calories are in alcoholic beverages...
Food at programs

• Bye-bye pizza...Hello hummas!
• Think about what you serve...
  • Veggie Tray
  • Cheese and Crackers
  • Trail Mix
  • Fruit Skewers
  • Mixed nuts
  • Yogurt and granola
• It’s just as easy to buy healthy!
Questions???

Please ask me questions!!!!
References

• The Freshmen 15: http://stress.about.com/od/studentstress/a/freshman15cause.htm

• Calorie Counter: http://www.weightlossresources.co.uk/calories/calorie_content.htm