Assessing Our Health and Intermittent Fasting

Overview

Ways to Assess the State of Our Health:

- Numbers we need to know

- Other factors

- Alternative to weight measurements

Intermittent Fasting (IF):

- What is it?

- Affects and precautions

- Benefits

- How it's done

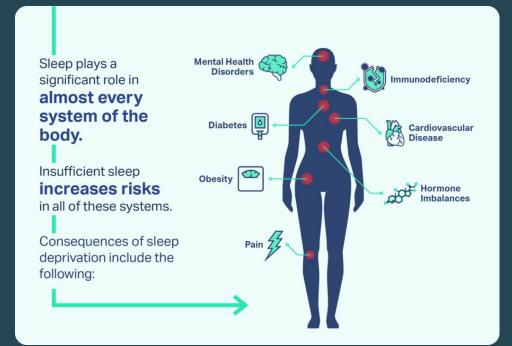# Ways to Assess the State of Our Health

- Blood pressure

- Waste circumference

- Cholesterol levels

- Blood sugar levels (HgA1c)

- BMI

- Sleep

- Mood assessment (mental)

- Bible reading (spiritual)

Know Your Numbers

The number below are key to our overall health and wellness.

Blood pressure	Waste Circumference	Blood sugar level	Total Cholesterol	Sleep hours	PHQ-2
Less than 120/80	< 35 women < 40 men	5.6% or less	Less than 200	$\geq$ 7 hours	< 3
The force of blood pushing against the walls of your blood vessels.	Visceral fat: Surrounds internal organs. Assess risk of heart disease.	Measures average blood sugar levels over a 3 month period.	Waxy substance in the blood vessels that can cause blockages and lead to heart attacks and heart disease.	Lack of sleep impacts physical and mental health. Contribute to obesity, heart disease, and depression.	2 question screening by HCPs. Screens for depression. 3 or higher may indicate depressive disorder.

Blood Pressure Chart

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

A1C and Estimated Average Glucose Levels

	A1C Percentage	Estimated Average Glucose (EAG)	
In-range	< 5.7%	< 117 mg/dL	6.5 mmol/L
Prediabetes	5.7-6.4%	117-137 mg/dL	6.5-7.6 mmol/L
Diabetes	> 6.4%	> 137 mg/dL	> 7.6 mmol/L
Increased risk of complications	6.5%	140 mg/dL	7.8 mmol/L
	7.0%	154 mg/dL	8.6 mmol/L
	7.5%	169 mg/dL	9.4 mmol/L
	8.0%	183 mg/dL	10.1 mmol/L
	8.5%	197 mg/dL	10.9 mmol/L
	9.0%	212 mg/dL	11.8 mmol/L
	9.5%	226 mg/dL	12.6 mmol/L
	10%	240 mg/dL	13.4 mmol/L

Cleveland Clinic

Cholesterol Levels

Total Cholesterol Level	Category
Less than 200mg/dL	Desirable
200-239 mg/dL	Borderline high
240mg/dL and above	High

LDL (Bad) Cholesterol Level	LDL Cholesterol Category
Less than 100mg/dL	Optimal
100-129mg/dL	Near optimal/above optimal
130-159 mg/dL	Borderline high
160-189 mg/dL	High
190 mg/dL and above	Very High

HDL (Good) Cholesterol Level	HDL Cholesterol Category
Less than 40 mg/dL	A major risk factor for heart disease
40—59 mg/dL	The higher, the better
60 mg/dL and higher	Considered protective against heart disease

Sleep plays a significant role in **almost every system of the body.**

Insufficient sleep **increases risks** in all of these systems.

Consequences of sleep deprivation include the following:

Mental Health Disorders · Immunodeficiency · Diabetes · Cardiovascular Disease · Obesity · Hormone Imbalances · Pain

Patient Health Questionnaire-2 (PHQ-2)

✉ Share

The PHQ-2 inquires about the frequency of depressed mood and anhedonia over the past two weeks. The PHQ-2 includes the first two items of the PHQ-9.

- The purpose of the PHQ-2 is to screen for depression in a "first-step" approach.
- Patients who screen positive should be further evaluated with the PHQ-9 to determine whether they meet criteria for a depressive disorder.
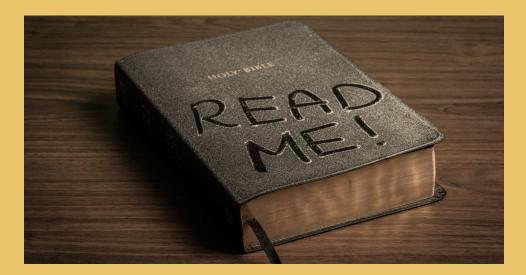
Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	+1	+2	+3
2. Feeling down, depressed or hopeless	0	+1	+2	+3

Bible Engagement: "The Power of Four"

In a study of over 40,000 participants, Christians that engage in the Bible at least four (4) times/week have profound more impact on their lives than those who engage less:

- Feeling lonely <u>dropped</u> 30%

- Anger issues <u>dropped</u> 32%

- Bitterness in relationships <u>dropped</u> 40%

- Feeling spiritually stagnant <u>dropped</u> 60%

- Viewing pornography <u>dropped</u> 61%

- Sharing their faith **jumped** 200%

Intermittent Fasting

- What is it and how?

- Affects and precautions

- Benefits

Intermittent Fasting: What Is It?

Not a diet, but am eating plan:

- Many diets focus on *what* to eat, but intermittent fasting is all about *when* you eat

- Eating pattern cycles between periods of fasting and eating.

- With intermittent fasting, you only eat during a specific time.

Intermittent Fasting: How?

- **16/8 Method:**
  - Most popular
  - Eat <u>reasonably</u> 8 hours (example 12 pm – 8 pm)
  - Fast 16 hours: Water and non-caloric liquids only

- **Stop-Eat-Stop:**
  - Fasting for 24 hours 1-2 times/week

- **5:2 Method:**
  - Eat normally for 5 days
  - Calorie restriction for 2 non-consecutive days

  ➤ **Key for weight loss…Don't compensate by eating more during eating periods.**

What Happens When We Fast?

Changes in hormone levels and cell function that help us lose weight when fasting:

- **Human Growth Hormone (HGH) increases.** Supports metabolism and lean muscle to promote fat loss and muscle gain.

- **Insulin levels drop**. Low insulin levels make store body fat more accessible to burn.

- **Cellular repair.** Cells initiate repair and remove dysfunctional proteins (autophagy).

- **Gene expression.** Changes in gene function that support longevity and protection against disease through protein production.

Intermittent Fasting: Benefits

There are several health benefits to fasting:

- **Weight loss**: If no compensatory eating; fewer meals.

- **Lower insulin levels**: Decrease insulin resistance and releases fat.
    - Lowers BS 3-6%; insulin levels 20 – 31%

- **Inflammation**: Reduces inflammation markers (chronic illness).

- **Heart disease:** Lowers LDL cholesterol and tryglycerides.

- **Brain health:** Increases brain-derived neurotropic factor (BDNF), regulate glucose and energy metabolism.

Things to Consider…

Discuss with your doctor before starting. Not for everyone.

- Hunger…

- May feel week and "brain fog" initially.

- Eating disorders

- Diabetes/insulin dependent.

- Taking medications that require food.

- Pregnant or nursing

Questions & answers