



Class 3: Chapter 4: Addressing Your Weight

Presented by Megan Ellison, MS, RDN, CDCES



**STILLY VALLEY
HEALTH CONNECTIONS**
PUBLIC HOSPITAL DISTRICT #3, SNOHOMISH COUNTY




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Review Class 2 Homework

- ▶ Assess your diet with the quiz on p. 57/58.
- ▶ Pick 2-3 small changes to work on this coming month.
- ▶ Then create SMART goals around those changes (see p. 285).


How did it go?



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Loss of Excess Weight - What are the Benefits?



- ▶ Lower insulin resistance, improve beta-cell function, reduce T2DM risk
- ▶ Lower blood pressure
- ▶ Improve cholesterol and triglyceride levels
- ▶ Lower risk of certain types of cancer
- ▶ Improve sleep (especially with wt related apnea)
- ▶ Reduce systemic inflammation
- ▶ Reduce knee or back pain and improve mobility
- ▶ Increase fertility
- ▶ Less urinary incontinence
- ▶ Feel more energetic and confident



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Small Amounts Make Big Differences

- ▶ 5% body weight loss has been shown to improve insulin sensitivity at the cells, insulin production in the pancreas, and reduce fat in the liver
 - ▶ This amount of weight loss is also associated with heart health benefits: BP and Cholesterol
- ▶ Let's do the math: Person at 200# x .05 = 10# weight loss
- ▶ National Institutes of Health (NIH) Guidelines:
 - ▶ 5-10% within 3-6 months
 - ▶ ½ to 1 #/wk for Overweight (BMI 25-30)
 - ▶ 1-2#/wk for Obese (BMI 30 and above)

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Activity: Find Your Body Mass Index

BMI (kg/m ²)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	Healthy					overweight					Obese (lb.)			
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311

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Track Progress: Think beyond the scale!

- ▶ Waist circumference
 - ▶ Guys: less than 40" (35.5" if Asian) for reduced risk
 - ▶ Gals: less than 35" (31.5" if Asian) for reduced risk
- ▶ Energy/fatigue levels
- ▶ Sleep quality and length
- ▶ Improvements in dietary intake
- ▶ Reduced inflammation / pain
- ▶ Improvements in strength, flexibility, cardiovascular health

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What if you need to gain or maintain?

- ▶ Even though prediabetes is associated with extra body fat, sometimes this usual association is not present.
 - ▶ Other factors: genetics, organ damage, aging, rare disorders, lack of movement
- ▶ If you need to gain:
 - ▶ Focus on muscle mass
 - ▶ Lean proteins in your dietary intake and resistance exercises
- ▶ If you need to maintain:
 - ▶ Focus on lifestyle strategies
 - ▶ Focus on type of weight (ie maintaining or gaining muscle)

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Successful Behaviors: Tips from the 5%

- ▶ Eat fewer calories
- ▶ Eat breakfast every day
- ▶ Maintain a consistent eating pattern
- ▶ Self-monitor weight
- ▶ Keep food journals
- ▶ Watch less than 10 hours of TV per week
- ▶ Exercise, on average, about 1 hour per day

These successful "losers" have lost an average of ~70 lbs and maintained this weight loss over an average of 5 years!

National Weight Control Registry Data -
Real World Living – not a lab!

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Obesity Task Force Findings (TOS, AHA, ACC)

- ▶ **15 Different Dietary Approaches Shown to Work**
 - ▶ All had realized energy deficit!
- ▶ **Comprehensive & Individualized Intervention:**
 - ▶ DIET, ACTIVITY, BEHAVIORAL THERAPY
- ▶ **Intensive Treatment:**
 - ▶ weekly for first month, biweekly for months 2-6, follow-up greater than 1 year
- ▶ **The Reality: Healthful Weight Loss Takes Time and Will Ideally Have a Multi-Factorial Approach with lots of follow-up**



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Pitfalls to Avoid

- ▶ **Seeking a Quick Fix:**
 - ▶ Having unrealistic expectations
 - ▶ Giving up if results aren't incredible
 - ▶ Rebound effect (weight regain)
 - ▶ Believing that the "diet worked" and you "failed"
 - ▶ Focusing on the short-term instead of long-term
- ▶ **Good and Bad Mentality**
 - ▶ List of Do's and Don'ts with Food
 - ▶ Equating having "bad" foods with "being bad"
 - ▶ Deprivation backlash >>> rebound eating
 - ▶ Last Supper Syndrome
 - ▶ Forbidden Food brain response
- ▶ **All-Or-Nothing Mentality**
 - ▶ Perfectionism and unrealistic standards
 - ▶ Tendency to "throw in the towel"
 - ▶ Tendency to be "on" or "off" diet
 - ▶ Not seeing how the little things add up (Exercise, Diet, Sleep, etc.)
- ▶ **Seeking the "Magic Bullet"**
 - ▶ Yo-Yo Dieting
 - ▶ Spending time and energy and money
 - ▶ The "one last diet" trap



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Intuitive Eating Strategies

- ▶ **Permission Paradox: Allow all foods into your eating world**
 - ▶ Food has less power
 - ▶ Reduced deprivation
 - ▶ Reduced guilt
 - ▶ Emotional neutrality
- ▶ **Honor Your Hunger**
 - ▶ Hunger is a normal part of biology
 - ▶ What about Hunger Silence?
 - ▶ Stress, caffeine, dieting, skipping meals
- ▶ **Practice Mindful Eating**
 - ▶ Focus on your food
 - ▶ Eat way from distractions (TV, meetings, in the car, etc)
 - ▶ Enjoy, savor, taste....slow down
 - ▶ Check-in through-out the meal
 - ▶ Rate your fullness - aim for about 80% full
 - ▶ Remember you will be eating again soon



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Set up your Environment for Success

- Aim for 9" plate size and make half of it vegetables
 - Choose whole food starches and limit to ¼ plate
 - Choose lean proteins and limit to ¼ plate
- When eating out: split meals, take half home, order smaller size
- Pack portion-controlled snacks for the car/backpack/purse/desk
- Use smaller snack-sized containers
- Place healthy items at eye level in the pantry and refrigerator
- Place whole fruit on the counter



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Nutrients of Concern: Don't under-consume your micronutrients!

Vitamins

- ▶ **Vitamin D** - sunshine and supplementation - get this checked with next labs!
- ▶ **K2 (MK7)** - paired with Vit D (-45mcg per 1,000 IUs Vit D). Inverse risk with developing T2DM. Improves insulin sensitivity & neuropathy.
- ▶ **Vit A, E and C** (antioxidants) - inverse relationship with insulin resistance and T2DM risk.
- ▶ **Vit B12** - if on acid-blocker, low animal intake and/or if on Metformin

Minerals

- ▶ **Magnesium** - suboptimal levels associated with metabolic disorders, including obesity, high BP, insulin resistance and T2DM.
- ▶ **Zinc** - role in insulin homeostasis
- ▶ **Chromium** - associated with improved glucose control
- ▶ **Iron** - especially if impacting red blood cell formation and/or energy for activity (get a Ferritin panel if concerned)
- ▶ **Calcium** - action of insulin secretion and RBC functioning



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Homework

- ▶ Assess muscle status - are you gaining, maintaining or losing?
 - ▶ Make a plan for maintaining your muscles
- ▶ Calculate 5% body weight if in the overweight/obese categories and you want to lose weight
 - ▶ For weight gain: assess goal and how long this should take (-1/2-1#/wk gain)
 - ▶ For maintenance: identify behaviors that will help with this - write them down
- ▶ Keep a food journal for one week - include fluids
 - ▶ Could be hand-written, excel spreadsheet or use an app
- ▶ Assess your environment for supporting healthful choices

Next Month:

- ▶ Chapter 5: Meal Planning

Thank You and Have a Great Month!



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Intuitive Eating: The 10 Principles

Intuitive eating is a process-based approach that ultimately teaches patients how to have a healthy relationship with food, wherein patients become the expert of their own bodies. Patients learn how to trust their ability to meet their needs, are able to distinguish between physical and emotional feelings, and develop body wisdom.

1. Reject the diet mentality

Throw out the diet books and magazine articles that offer you false hope of losing weight quickly, easily, and permanently. Get angry at the lies that have led you to feel as if you were a failure every time a new diet stopped working and you gained back all of the weight. If you allow even one small hope to linger that a new and better diet is possibly lurking around the corner, it will keep you from staying free enough to rediscover “intuitive eating.”

2. Honor your hunger

Keep your body biologically fed with adequate energy and carbohydrates. Otherwise, you can trigger a primal drive to overeat. Once you reach the moment of excessive hunger, all intentions of moderate, conscious eating are fleeting and irrelevant. Learning to honor this first biological signal sets the stage for rebuilding trust with yourself and food.

3. Make peace with food

Call a truce, and stop the food fight! Give yourself unconditional permission to eat. If you tell yourself that you can not or should not have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings and, often, binge eating. When you finally “give-in” to your forbidden food, eating is experienced with such intensity, it usually results in overeating and overwhelming guilt.

4. Challenge the food police

Scream a loud “no” to thoughts in your head that declare you are “good” for eating under 1000 calories or “bad” because you ate a piece of chocolate cake. The food police monitor the unreasonable rules that dieting has created. The police station is housed deep in your psyche, and its loud speaker shouts negative barbs, hopeless phrases, and guilt-provoking indictments. Chasing the food police away is a critical step in returning to intuitive eating.

5. Respect your fullness

Listen for your body signals that tell you that you are no longer hungry. Observe the signs that show that you are comfortably full. Pause in the middle of eating a meal or a food and ask yourself:

- How does the food taste?
- What is your current fullness level?

Intuitive Eating: The 10 Principles *(continued)*

6. Discover the satisfaction factor

The Japanese have the wisdom to promote pleasure as one of the goals of healthy living. In our fury to stay or become thin and healthy, we often overlook one of the most basic gifts of existence—the pleasure and satisfaction that is found in the eating experience. When you eat what you really want in an environment that is inviting and conducive, the pleasure you derive is a powerful force in helping you feel satisfied and content. By providing this experience for yourself, you will find that it takes much less food to decide you have had enough.

7. Honor your feelings without using food

Find ways to comfort, nurture, distract, and resolve your issues without using food. Anxiety, loneliness, boredom, and anger are emotions we all experience throughout life. Each has its own trigger, and each has its own appeasement. Food will not fix any of these feelings. It provides comfort for the short term, distracts from the pain, or even numbs you into a food hangover. But food will not solve the problem. If anything, eating for an emotional hunger will only make you feel worse in the long run. You will ultimately have to deal with the source of the emotion, as well as the discomfort of overeating.

8. Respect your body

Accept your genetic blueprint. Just as a person with a shoe size of 8 would not expect to realistically squeeze into a size 6, it is equally as futile and uncomfortable to have the same expectation with body size. But mostly, respect your body so that you can feel better about who you are. It is hard to reject the diet mentality if you are unrealistic and overly critical about your body shape.

9. Exercise—feel the difference

Forget militant exercise. Just get active, and feel the difference. Shift your focus to how it feels to move your body, rather than the calorie-burning effect of exercise. If you focus on how you feel from working out, such as energized, it can make the difference between rolling out of bed for a brisk morning walk or hitting the snooze alarm. If when you wake up, your only goal is to lose weight, it is usually not a motivating factor in that moment of time.

10. Honor your health

Make food choices that honor your health and taste buds, while making you feel well. Remember that you do not have to eat a perfect diet to stay healthy. You will not suddenly get a nutrient deficiency or gain weight from one snack, meal, or day of eating. It is what you eat consistently over time that matters. Progress not perfection is what counts.

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Contributed by Evelyn Tribole, MS, RD, and Elyse Resch MS, RD, FADA, authors of *Intuitive Eating*, 3rd ed. New York, New York: St Martin's Press; 2003. (www.IntuitiveEating.org)

Deconstructing Eating Behavior

Some people cope with uncomfortable feelings and unmet needs by: eating, binge eating, or food restriction. Many times people are not even aware! These two simple questions pave the way to awareness and ultimately, meaningful change.

What am I feeling, *now*?

(Refer to this list of feelings, if needed. Or if none of these descriptions seem to fit, try the description, “uncomfortable”, and see if that resonates for you).

Fearful	Angry	Sad	Joyful	Disgusted	Surprised	Shame
edgy	exasperated	dejected	amused	appalled	amazed	disgraced
frightened	hostile	gloomy	delighted	contempt	astonished	embarrassed
nervous	irritable	grief	gratified	distain	dumbfounded	guilty
scared	outraged	hopeless	happy	indignation	flabbergasted	humiliated
wary	resentful	lonely	satisfied	repulsed	shocked	mortified
worried	vengeful	sorrow	silly	revolted	startled	remorseful

What do I need, *now*?

What do I need, right now, to deal with my current feelings? Refer to ideas below. It’s okay if you don’t know what you need. The action of being aware, and just checking-in to your possible needs is progress. (If your needs were obvious you wouldn’t be turning to food).

Distraction	Support	Deal Directly with Feeling	Self-care
Change environment	Call a friend	Write in journal	Set limits
Watch funny movie	Email a friend	Listen to music that matches my feelings	Respect self-vulnerability
Internet	Text a friend	Mypsychtracker.com	“Alone” time
Music	Talk to family	Write a letter	Sleep/rest
Go out with a friend	Chat online (safe and familiar)	Sit with your feeling for 10 minutes.	Write in journal
Go to a book store	Talk with spiritual advisor, such as a rabbi, priest, minister	Reframe the thoughts that are triggering the feeling. Is there another way you can view this situation?	Go for walk outside.
Play with your pet	Talk with therapist	Talk with therapist	Unplug phone, computer

Weight Management is a very complex system with multiple influencing factors. Some aspects that influence metabolism and weight are out of our control, such as genetics, gender and age. However, there are many healthy habits that we can cultivate, which are associated with long-term success in meeting and maintaining a healthful weight. The diagram below shows some of these factors. See reverse side for more information.



Weight Management Healthful Behaviors

Sleep: Length and quality of sleep can impact regulation of stress and appetite hormones, which then impact dietary intake, blood sugar control, and weight distribution. The length of sleep associated with best weight control is between 7-9 hours, according to the Academy of Nutrition & Dietetics (AND). Plan ahead to make time for this important behavior.

Activity: Remember that every movement burns calories! Time and intensity are the two main factors in activity, so if you have less time just ramp up the intensity. One hour of activity every day is the average amount for people who are maintaining their weight loss, according to NWCR. Walking is the most common type of activity used, but *do what you love!* To ramp metabolism even more, work on building muscle, which we naturally lose with age.

Screen Time & Sitting: National Weight Control Registry (NWCR) data shows that successful “losers” watch less than 10 hours of TV per week. If you spend a lot of time in front of a screen or sitting during your day, try to build-in small amounts of activity. Stand up, stretch, do a minute of calisthenics or take a quick walk every 20-30 minutes. This helps boost metabolism, gives your eyes a “screen break” and increases circulation.

Dietary Patterns: How often you eat and how you space calories over your day can affect weight. The pattern associated with best weight control is 4-6 small eating instances over the day, according to the AND. Aim to eat about every 3-5 hours over your waking hours, as this provides energy as you need it, helps control blood sugar levels, and helps with portion control by preventing becoming overly hungry later in the day.

Portion Distortion: Typical portion sizes have increased dramatically in American cuisine. Check your plate size: it should be a maximum of 9-10 inches across. When eating out, split the meal into 2-3 portions; share with friends or box some at the *beginning* of the meal to take home. When reading labels, check the serving size.

Mindful Eating: Try to focus on your food, as we tend to eat more and are less satisfied when eating while distracted (such as watching TV). It also takes time to realize fullness. Slow down and savor your food!

Hydration & Liquid Calories: Try to be proactive with hydration and in-tune with thirst vs hunger cues. Focus on water and add chunks of fruit or fresh herbs for added flavor and vitamins. Limit or eliminate the soda, juice, sports drinks, sweetened coffee drinks, and other calorie-heavy beverages for an easy decrease in calorie intake.

Fiber: On average, Americans eat only half the amount of fiber that is recommended (Dietary Guidelines 2010). Fiber helps with satiety (fullness) and feeds your friendly bacteria known as probiotics (which have been shown to be correlated with weight control). Other benefits of fiber include improved cholesterol, blood pressure and blood sugar. High fiber options include nuts/seeds, beans/lentils, vegetables, whole fruit, and whole grains.

Stress Management: Chronically high levels of stress hormones can impact weight by increasing appetite, increasing emotional eating tendencies, and increasing insulin resistance. Find ways to “decompress” throughout the day and after work (i.e. walking, deep breathing, meditation, etc.). Exercise is one of the best stress busters!

Support System: Surround yourself with positive people, deflate your saboteurs (including your own self-sabotaging thoughts/behaviors), have a few exercise buddies, and take advantage of online and technological motivators (tracking and education tools). Frequent check-ins with a trained professional have been shown to result in greater weight loss, according to the 2013 Guidelines for the Management of Overweight and Obesity in Adults (from American Heart Association, the Obesity Society, & American College of Cardiology).

Tracking/Journaling: Whether it is food, exercise, sleep, or some other factor, track something. This will give you feedback on your current habits and show you where improvements might be appropriate. Tracking is one of the most consistently utilized behaviors of people who lose weight and keep it off long-term (NWCR)! Tracking will also help you see the successes and accomplishments made over time.

Goal Setting: Set short-term and long-term goals. Make these SMART: Specific, Measurable, Achievable, Relevant, and with a Time frame. Making goals SMART increases the likelihood of success, which then leads to increased motivation toward your next SMART goal.