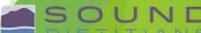


Class 11

Chapter 13 & Holiday Strategies


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


SOUND
 DIETITIANS

Presented by Megan Ellison, MS, RDN, CDCES

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Let's Review the Homework

- ▶ Check-in on your goals
- ▶ Tweak or set new goals
- ▶ Try some new Fall Favorites or tweak your recipes to be healthier



How did it go?



2

14 Steps to Help Your Loved One with Prediabetes

Guidance for Families Supporting Healthy Habits


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Step 1

- ▶ Ask the primary care physician if addressing weight would be a recommended intervention. If so, discuss appropriate goals for maintaining, slowing weight gain, or losing weight depending on the age and growth of your loved one.
- ▶ Weight loss may not be appropriate:
 - ▶ In growing kids >> “growing into weight” may be more appropriate
 - ▶ In older adults >> muscle mass more important than number on the scale
- ▶ Be very careful about focusing on weight rather than on health:
 - ▶ Metabolic health can be improved at any weight
 - ▶ Emphasis on being strong, growing well and improving health



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Step 2

- ▶ Ask for a referral to a registered dietitian nutritionist (RDN). An RDN can help your family plan balanced meals and set realistic goals.
- ▶ Each person has unique health needs and preferences
 - ▶ Get individualized interventions, especially for certain conditions
- ▶ Address barriers to change, work smarter than harder, address nutrition myths, and have accountability toward goals



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Step 3

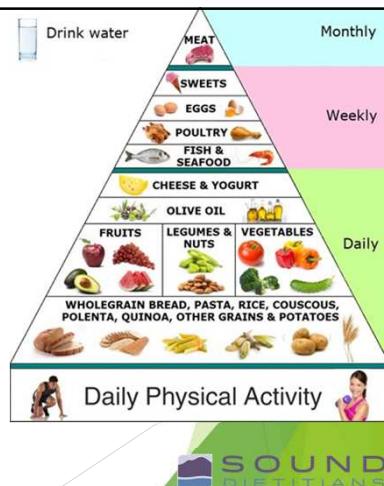
- ▶ Make it a group effort.
- ▶ Try not to single one person out.
- ▶ Model the behaviors you are trying to support.
- ▶ Encourage everyone in the household to eat and live healthfully, supporting the whole family and reducing stigma.



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Step 4

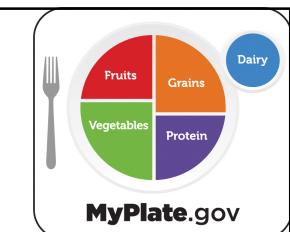
- ▶ Avoid negative language. Use positive phrasing when talking about food, such as emphasizing healthy choices instead of restrictions.
 - ▶ This works for all ages!
- ▶ Focus on what to add!
 - ▶ Fruits
 - ▶ Veggies
 - ▶ Whole Grains
 - ▶ Nuts/Seeds
 - ▶ Healthy Fats including Omega-3s
 - ▶ Lean Proteins
 - ▶ Physical activity
 - ▶ Strength and mobility



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Step 5

- ▶ Provide choices and empowerment.
 - ▶ Have meal plan accessible to everyone >>central location
 - ▶ MyPlate Guidance can be helpful in planning
- ▶ Get input from all when planning meals/snacks.
 - ▶ Family-style dining
 - ▶ Have a "winner" at every meal
- ▶ Get in the kitchen and make it fun!



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Step 6

- ▶ Be supportive, not controlling.
- ▶ Encourage your loved one to recognize hunger cues and promote a judgment-free environment.
- ▶ Listening to body cues can be learned over time.
- ▶ Consider professional support for dysregulated behaviors:
 - ▶ Binging or Restriction
 - ▶ Depression/Anxiety/Sleep Disturbances
 - ▶ Avoid Restrictive Food Intake Disorder



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Step 7

- ▶ Make activity fun and social.
- ▶ Encourage enjoyable forms of exercise like dancing, biking, swimming, or playing sports together.
- ▶ Choose more active indoor games:
 - ▶ Wii Fit; Just Dance; Charades; Heads-Up
- ▶ Plan group activities and active traditions:
 - ▶ Walks after dinner
 - ▶ Pictionary after a holiday meal
 - ▶ Hiking on Thanksgiving morning



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Step 8

- ▶ Model good eating and exercise behaviors.
- ▶ Others learn from your habits—show them the value of good health.
- ▶ Surround yourself with people who support your goals and are good role models for you!
 - ▶ Look at your 5 closest friends- these are your biggest influencers!



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Step 9

- ▶ Eat more meals at home—and together.
 - ▶ Plan ahead for success
 - ▶ Use your tools: slow cookers, instant pot, microwave, toaster oven, etc
- ▶ Develop your “Plan B” meals: quick, balanced and healthful
- ▶ Use “Build Your Own” meals for empowering choice and family options



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Step 10

- ▶ Include your kids/grandkids and family in meal planning and preparation.
- ▶ Give age-appropriate tasks and make cooking fun.
 - ▶ Setting table; Folding napkins; Taking drink orders
 - ▶ Counting portions; Measuring; Reading recipes
 - ▶ Rinsing/Washing; Tearing lettuce; Tossing
 - ▶ Stirring; kneading; Mashing
- ▶ Get involved with food early in the process:
 - ▶ Gardening
 - ▶ Planting
 - ▶ Picking Produce



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Step 11

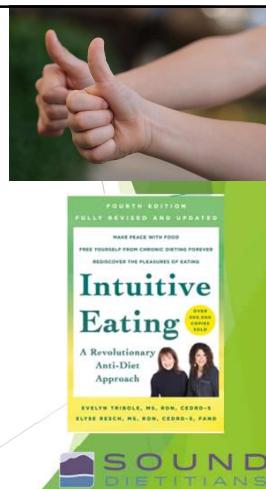
- ▶ Eliminate or limit sugar-sweetened beverages.
 - ▶ Taste buds and expectations will change over time.
- ▶ Replace sodas and fruit drinks with water or milk.
- ▶ Make hydration easy:
 - ▶ Start day with water or milk
 - ▶ Fluids at every meal
 - ▶ Provide an easily cleanable water bottle for the day (stainless steel or glass)
 - ▶ Encourage hydration instead of snacking when close to meal-time



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Step 12

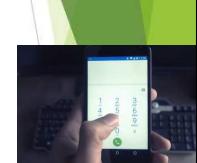
- ▶ Don't use food to reward or punish. Identify non-food rewards.
- ▶ Maintain a healthy relationship with food and body.
- ▶ Read Intuitive Eating if you need to get out of the diet mentality.



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Step 13

- ▶ Enforce a bedtime. For yourself and your family.
- ▶ Consistent sleep supports good health and better decision-making.
- ▶ Good sleep hygiene includes limiting screen time before bed.
- ▶ Address any sleep disturbances. This is foundational to the rest of health.



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Step 14

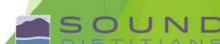
- ▶ Be patient.
- ▶ Change takes time for everyone—focus on progress, not perfection.



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Holiday Strategies

- ▶ Get Creative and Consider Alternatives
 - ▶ Can your traditional recipes use an update?
 - ▶ Consider nutritious swaps to make, such as whole wheat pastry flour instead of all-purpose or adding rolled oats
 - ▶ Add nutrient dense ingredients to quick-breads or cookies, such as ground flax, nuts, and dried fruit
 - ▶ Try using fresh herbs, vinegars, citrus, and other spices to elevate dishes with less sodium



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Holiday Strategies

- ▶ Be Intentional
 - ▶ Don't avoid your holiday favorites, savor them in amounts that still support your goals
 - ▶ Focus on holiday foods that are meaningful to you. Don't feel pressured to eat items you don't really enjoy or are not desiring.
- ▶ Remove Distractions
 - ▶ Slow down, light some candles, turn on music, get out the linens or fancy dishes >> create an atmosphere
 - ▶ Focus on people and the meal instead of screens



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Holiday Strategies

- ▶ Stay Hydrated
 - ▶ Hydrating in colder months can be more difficult
 - ▶ Consider hot teas, warm milk, sparkling waters and flavorings (lemon, mint, whole fruit, splash of juice, pomegranate arils)
 - ▶ Rethink Your Drink: make mocktails in fancy glasses to feel festive without all the added sugars and calories



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Holiday Strategies

- ▶ Have a Food Plan:
 - ▶ Bring a dish that you know supports your dietary needs
 - ▶ Review options before making your plate; think about what you really want
 - ▶ Set up buffet with vegetables first; then protein; then starchy sides
 - ▶ Space dessert away from a meal in order to reduce calories and carbohydrates all at one time - allow some space and movement in between
 - ▶ Don't skip meals/snacks or "save up", as this usually backfires in over-eating
 - ▶ Plan to enjoy leftovers rather than trying to have everything or too much in one meal




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Move Your Body

- ▶ Prioritize movement and self-care, especially during the holidays
- ▶ Bundle up and take walks to see lights/decorations
- ▶ Plan game nights indoors with friends
- ▶ Start an active holiday tradition




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Manage Stress

- ▶ Identify the true source of your stress in order to respond appropriately
- ▶ Be aware of using food as a coping mechanism
- ▶ Use non-food ways to de-stress:
 - ▶ meditation, prayer, belly breathing
 - ▶ journaling, mind-mapping, making lists
 - ▶ calling a friend or loved one
 - ▶ taking stretch breaks and getting outdoors



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Be Present and Practice Gratitude

- ▶ Remember the holidays only come once a year
- ▶ Try to stay in the moment and cherish what really matters to you
- ▶ One day (or week) will not throw you off track with your big-picture health goals
- ▶ Recognize the efforts of those around you and your own!
- ▶ Practice gratitude toward your friends and family



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Homework

- ▶ Write down a few strategies to implement
- ▶ Consider your recipes >> do you want to make any tweaks?
- ▶ Enjoy and be thankful!
- ▶ Finish reading the book for our last class in December

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