

## Class 11

### Chapter 13 & Holiday Strategies



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

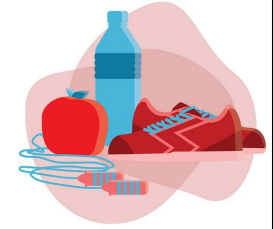
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## Let's Review the Homework

- ▶ 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?



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## 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.

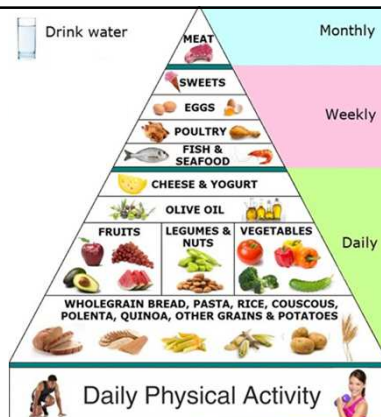


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## Step 4

- ▶ 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

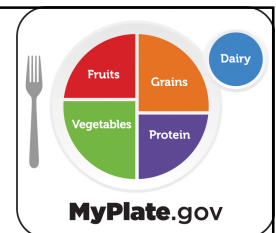


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## Step 5

- ▶ 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

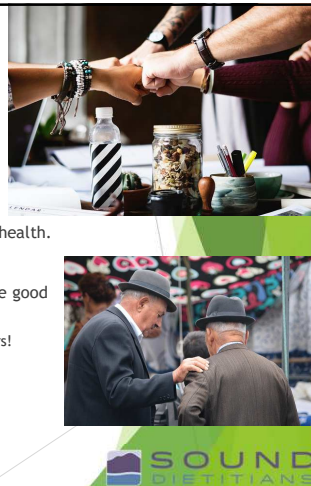


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## Step 8

- ▶ 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

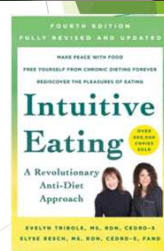


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## Step 12

- ▶ 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

- ▶ 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

- ▶ 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

- ▶ 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

