



# Behavioral Weight Management

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36<sup>th</sup> Annual Jose I. Ricard, MD Family Medicine & Sports Medicine Conference

## Learning Objectives



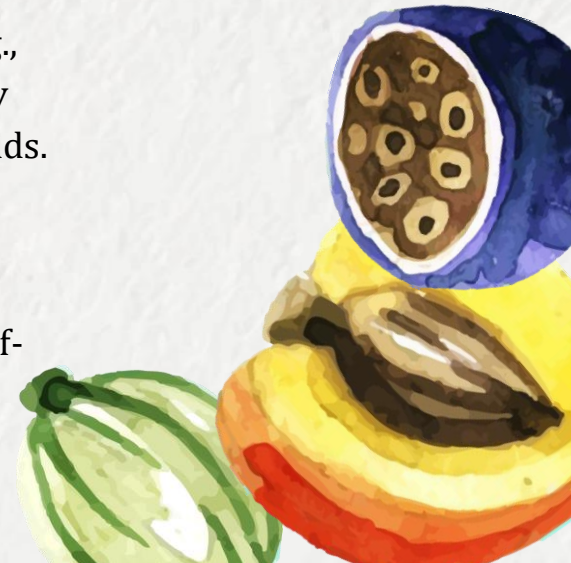
- Define mindful eating and how this factors in to behavioral weight management.
- Identify factors from motivational interviewing and SMART goal setting applicable to the discussion of weight loss.
- Understand the difference between physiological and psychological hunger, and how to effectively manage both.

# A General Note on Efficacy

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Generally, current duration of treatment is from 4 to 6 months of weekly sessions, although this can be modified.

- Behavioral weight loss treatments induce an average weight loss of 7 – 10% of initial body weight.
- BWL reliably results in improvements in psychological well-being (e.g., reductions in depression, enhanced self-esteem, improvement in body image), and biological variables such as blood pressure and serum lipids.
- **HOWEVER:** patients on average regain approximately one-third of treatment-induced weight lost at 1-year follow-up.
  - Relapse appears attributable to patients' failure to adhere to self-regulatory strategies learned in treatment.



# Words to Avoid in Behavioral Weight Management

BMI

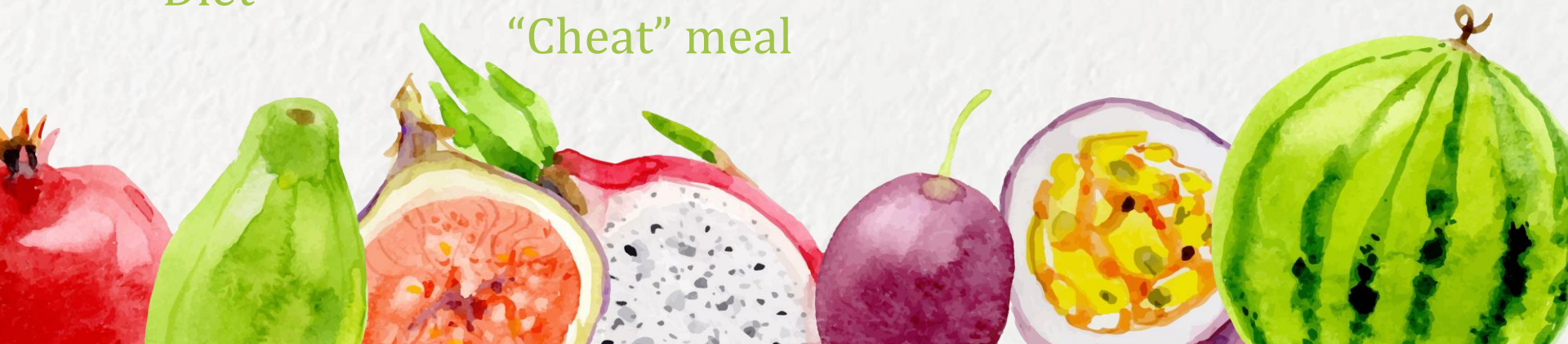
“Good” and “Bad” foods

“Healthy” and “Unhealthy” foods

Diet

Exercise

“Cheat” meal



# Simple Math (?)

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3500 Calorie Deficit = 1 pound  
weight loss

500 fewer calories per day OR burning 500 calories daily from  
moving the body x 7 days = 3500 calorie deficit

REE (resting energy expenditure) can actually get quite  
complicated, and also is a moving target depending on bodily  
changes.



# Setting Intentions

## MOVE! Program Recommendations

Making a commitment to participate in MOVE! for at least 6 months is critical to success. Losing just 5% of your body weight can improve your overall health. We recommend that you start with a goal to lose 5% to 10% of your body weight. If you weigh 200 pounds, that is a 10- to 20-pound loss. To accomplish this goal, a healthy weight loss of ½ to 2 pounds per week is considered safe.

## Why the MOVE! Program?

Why is weight loss a priority for you now?

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What do you hope to gain from participating in MOVE!?

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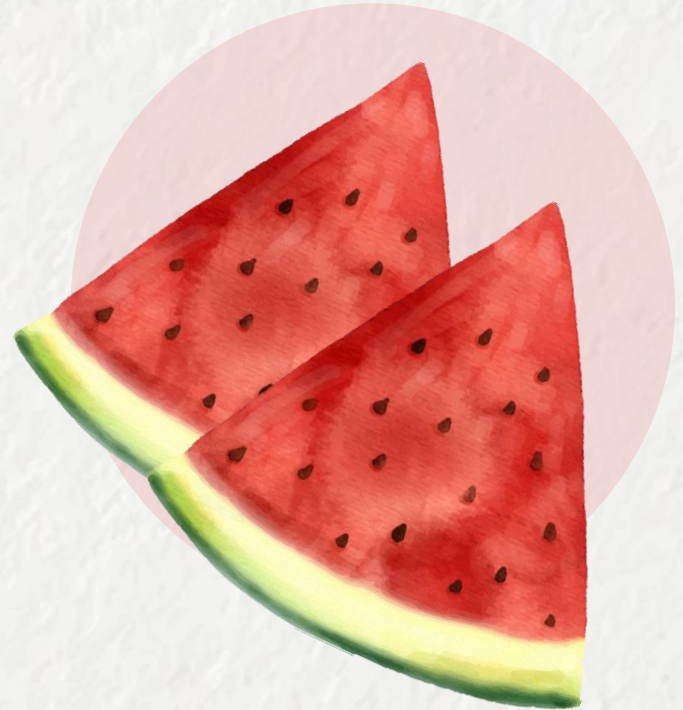
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How will losing weight improve your life?

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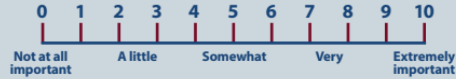
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# Motivational Interviewing

## Measuring Readiness

On a scale of 0 to 10, how important is weight loss to you right now?



### Reflections

Consider your number. Why isn't it a lower number?

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What would it take to increase your number?

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Is your weight getting in the way of what you want? Is excess weight affecting your health?

What is the downside of not participating in MOVE?!

### Decisional Balance

Starting a weight-loss program can be challenging because it involves changes to your lifestyle—that is, changing how you eat and how active you are. Not everyone is ready to start this journey right away, and that's okay. It is important for you to move forward when you are ready. You are in control, and your care team is here to help you!

Reasons to Lose Weight:

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Concerns about Losing Weight:

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\* If you have more **reasons**, congratulations: you are ready to begin!

\* If you have more **concerns**, it may be helpful to talk to your care team about ways to resolve your concerns. They are here to assist you!



# Helpful Tidbits from Motivational Interviewing



## MOTIVATIONAL INTERVIEWING

*OARS*

### OPEN QUESTIONS

ALLOW FOR REFLECTION & ELABORATION IN RESPONSE TO QUESTIONS

### AFFIRMATIONS

RECOGNIZE & REINFORCE SUCCESS

### REFLECTIVE LISTENING

REPHRASE IN YOUR OWN WORDS

### SUMMARIZING

PULL OUT KEY POINTS FROM THE CONVERSATION





# Setting a SMART Goal



## S.M.A.R.T

SET AN ACTION PLAN TO ACHIEVE YOUR GOALS

**S** **SPECIFIC:** What do you want to accomplish? Set specific goals instead of being vague in order to identify tangible results.

**M** **MEASURABLE:** How are you going to measure your progress and results and know you've accomplished the goal?

**A** **ACHIEVABLE:** What steps do you need to take in order to accomplish your goal? Your goals can be challenging, but still reasonable to attain.

**R** **RELEVANT:** Why do you want to achieve this goal? Determine if you have the resources to attain the goal and if it aligns with your values.

**T** **TIMELY:** How long will it take me to achieve this goal? What is my deadline? State a goal in order to hold yourself accountable.

# 10 Health Gains from a 10% Weight Loss

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1. You will feel better
2. Reduces blood pressure
3. Reduces the risk of diabetes (or improves management of diabetes + A1C)
4. Improves your ability to move and be active
5. Lowers the risk of heart disease, heart attacks, and stroke
6. Puts less stress on your bones and joints (fun fact: 10 pounds of weight loss = 100 pounds of pressure off of spine)
7. Reduces the risk of some types of cancer
8. Lowers the risk of congestive heart failure (improves outcomes for those already diagnosed with heart disease)
9. Lowers the risk of sleep apnea (or improves outcomes/management of the disease)
10. Lowers the risk of gallbladder disease



# Behavioral Targets

## What are Your Target Behaviors?

Once you've set your weight-loss goal, it is important to consider what small behavior changes you plan to make to get there. These changes often relate to diet and physical activity. Use the space below to brainstorm potential SMART goals. Identify two things you can do in each category. (Note: While participating in MOVE!, you will select a new nutrition and physical activity goal each week.)



**Calorie Intake:** What can you do to eat or drink fewer calories?

**Goal 1:** \_\_\_\_\_

\_\_\_\_\_

**Goal 2:** \_\_\_\_\_

\_\_\_\_\_

**Physical Activity:** What can you do to gradually increase your physical activity?

**Goal 1:** \_\_\_\_\_

\_\_\_\_\_

**Goal 2:** \_\_\_\_\_

\_\_\_\_\_

On a scale of 0 to 10, how confident are you about losing weight?



The more confidence you have to make a change, the more successful you will be.

## Reflections

Consider your number. Why isn't it a lower number? What would it take to make you more confident?

\_\_\_\_\_

Recall things you did successfully in the past. What did you do to make it happen?

\_\_\_\_\_

Think about how you can use successful strategies from the past to accomplish what you want to do now.



# Tracking

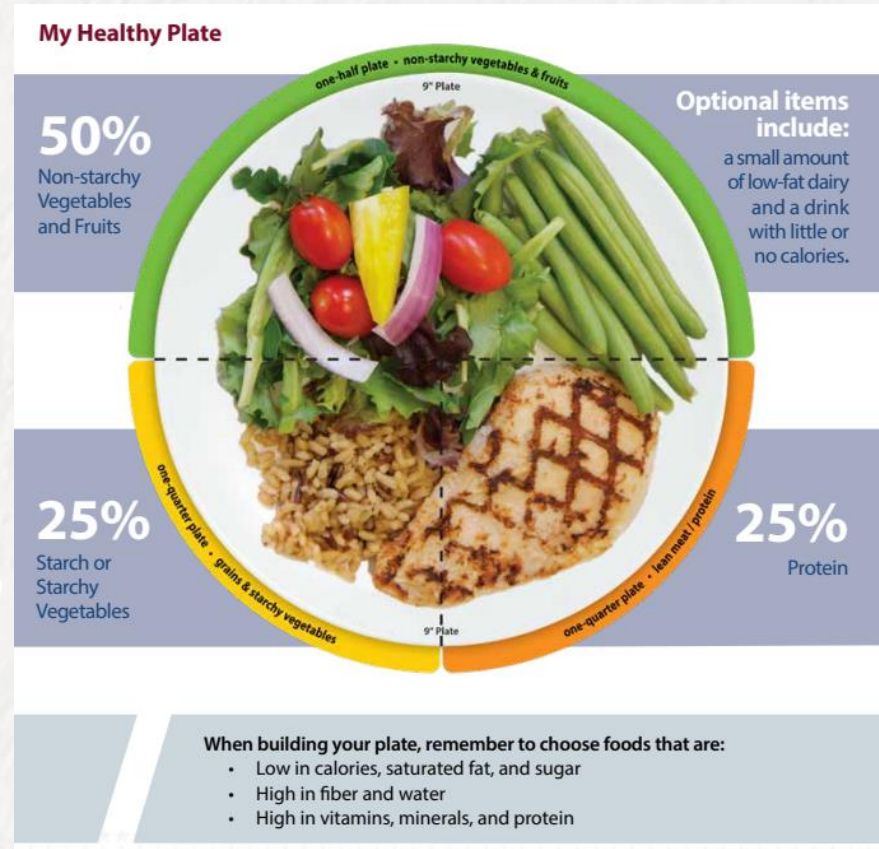
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# “My Healthy Plate”

## General Helpful Hints:

- Have patients take pictures of their plates
- The more colorful the plate, the better (in Appalachia we enjoy a lot of brown, yellow, and beige foods).
- Meeting with a nutritionist may be beneficial



# Working with Barriers to Nutrition



Barrier	Barrier Buster
<b>Shopping for healthy food is too expensive.</b>	<input type="checkbox"/> Use coupons and buy foods on sale. <input type="checkbox"/> Buy in bulk. <input type="checkbox"/> Buy fruits and veggies that are in season or grow your own. <input type="checkbox"/> Buy frozen fruits and veggies.
<b>Shopping for and cooking healthy food takes up too much time.</b>	<input type="checkbox"/> Ask friends or family to help you get things done. <input type="checkbox"/> Shop on the weekends. <input type="checkbox"/> Use a list to make sure you get everything you need for the week. <input type="checkbox"/> Buy healthy convenience items, like prewashed salad. <input type="checkbox"/> Look for recipes for fast, healthy meals.
<b>I don't like the way healthy food tastes.</b>	<input type="checkbox"/> Choose items with a variety of flavors, textures, scents, and colors. <input type="checkbox"/> Dress up food with herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, plain nonfat yogurt, or salsa. <input type="checkbox"/> Grill or roast veggies and meat to bring out the flavor. <input type="checkbox"/> Learn new cooking methods and recipes from books or videos, or take a healthy cooking class.
<i>Write your own</i>	<input type="checkbox"/> _____ _____ _____

## General Helpful Hints:

- Frozen veggies often have more nutritional benefit than canned (AND less sodium)
- Premack Principle (Grandma's rule)

# Be Mindful – Eating

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Buy healthy foods to keep at home and work

Eat a nutritious breakfast everyday

Make a “healthy” plate

Involve others, eat at the table, take your time, and savor your food

Nourish your body; avoid skipping or delaying meals

Drink more water – drink a glass before each meal

Fix foods at home

Use a plate for snacks and portion control

Limit high-fat, high-calorie, and sugar-sweetened foods

# Mindful Eating



## MINDFULNESS OF HUNGER SCALE

- 10 Overly full. Uncomfortable feeling in the stomach. Bloating. Feeling regret.
- 9 Very full. You can tell you've eaten a large amount. Emotional and/or physical discomfort.
- 8 Comfortably full.
- 7 Slightly full and satisfied.
- 6 Satiated. Quenched. Appeased stomach.
- 5 Not hungry or full.
- 4 A little hungry. Need a snack. Hunger pangs begin.
- 3 Hungry. Ready for a light meal.
- 2 Ravenously hungry. In need of a complete meal.
- 1 Famished. Extremely hungry. Growling stomach, low energy, headache.

### Awareness Level

- 10 Hyper aware thinking about each calorie. Worried about each bite.
- 9
- 8
- 7
- 6
- 5 Aware and in-the-moment. Savoring.
- 4
- 3
- 2
- 1 Zoned out, trance like eating. Not tasting each bite.



# Mindful Eating Continued

## 5 S'S OF MINDFUL EATING

By Dr. Susan Albers

**1) SIT DOWN.** Have a seat! Avoid nibbling in front of the refrigerator or snacking in your car. Put food on a plate. You will enjoy food more and eat less when you give eating your full attention. "Only eat off your feet."

**2) SLOWLY CHEW.** Eat with your non-dominant hand (if you are right handed eat with your left). Research indicates that eating with your opposite hand can reduce how much you eat by 30%. Intentionally chew slower than the person you are eating with. "Pace, don't race."

**3) SAVOR.** Take a mindful bite. Smell. Taste. Notice and look at each spoonful. Turn off the TV and other distractions. "When you eat, just eat."

**4) SIMPLIFY.** Put healthy foods in a convenient place like on the counter. Place treats out of view. Research indicates that people tend to eat what is in their immediately reach. "In sight, in mind, out of sight, out of mind."

**5) SMILE.** Smiling can create a brief pause between your current bite and the next one. During that gap, ask yourself if you are just satisfied, not full. "Take a breath, to manage stress."



# Prioritizing Activity

## Busting Barriers

Now let's review some common barriers to completing the *Food and Activity Log*, and some possible solutions. Which of these challenges do you think you might encounter? How might you solve them? People who can anticipate challenges and are ready to respond with a solution are more successful at making change.

Barrier	Barrier Buster
I'm too busy.	<input type="checkbox"/> Set aside a few minutes at certain times each day. <input type="checkbox"/> Set a reminder. <input type="checkbox"/> Remember why you are tracking—to lose weight!
I keep forgetting.	<input type="checkbox"/> Make tracking part of your daily routine. <input type="checkbox"/> Set a reminder, alarm, or timer. <input type="checkbox"/> Leave yourself notes where you will see them. <input type="checkbox"/> Ask others to remind you.
I don't like to track.	<input type="checkbox"/> Share your progress with others. <input type="checkbox"/> Give yourself a small (nonfood) reward for meeting your goals. <input type="checkbox"/> Compete with family or friends to see who can track the most activity and meals. <input type="checkbox"/> Try using smartphone apps, like MOVE! Coach, to track.
I have trouble reading and writing.	<input type="checkbox"/> Record your voice with a smartphone or other device. <input type="checkbox"/> Ask your coach, friends, or family to help you write your food and activity. <input type="checkbox"/> Take a picture of your food.
Write your own	<input type="checkbox"/> _____ _____ _____

## What Rewards You?

Consider what kinds of things reward you. Below is a list of rewards that may motivate people to better manage their weight. **Identify some rewards that are reasonable for you or fill in your own.**

- Buy a new workout outfit
- Buy a new water bottle
- Get a massage
- Unwind with a movie of your choice
- Download a new fitness app
- Buy a new workout song
- Enjoy a "staycation"
- Take a trip to a farmer's market
- Buy a refrigerator magnet with a motivational quote
- Learn a new sport—try fencing, karate, tennis, or swimming
- Learn a new skill—try playing the piano, singing, acting, or painting
- Enjoy a laugh at a local comedy club
- Take a day trip to your favorite local town
- Go on a fishing trip
- Go see your favorite band
- Buy a new pair of running shoes
- Attend a local sporting event
- Golf at your favorite course
- Sign up for a charity walk event
- Take a cooking class
- Start a garden
- Go for a hike and enjoy nature
- Go camping in the wilderness
- Get a one-on-one personal training session
- Get a new book at the library and enjoy a relaxing afternoon reading
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Framing Physical Activity Intensity



**10**

## **MAX EFFORT ACTIVITY**

Feels almost impossible to keep going. Completely out of breath/unable to talk.

**9**

## **VERY HARD ACTIVITY**

Very difficult to maintain exercise intensity. Can barely breathe or speak a single word.

**7-8**

## **VIGOROUS ACTIVITY**

On the verge of becoming uncomfortable. Short of breath/can speak a sentence.

**4-6**

## **MODERATE ACTIVITY**

Feels like you can exercise for hours. Breathing heavily/can have a short conversation.

**2-3**

## **LIGHT ACTIVITY**

Feels like you can maintain for hours. Easy to breathe and have a conversation.

**1**

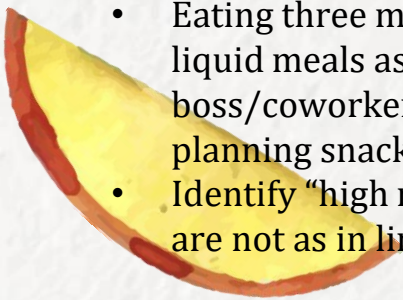
## **VERY LIGHT ACTIVITY**

Anything other than sleeping. For example, watching TV, riding in a car.

# Lessons from Bariatric Surgery Evaluation



- Eating slowly, chewing food to applesauce consistency. Take between 20-40 chews depending on food, set aside plenty of time for the meal, take smaller bites (children's utensils can help with this), leave reminders for yourself (e.g., notes, signs) in the places you eat
- Eating smaller quantities. Measure portions, use smaller plates/utensils, eat foods that are more filling (e.g., proteins, salads, soups), put food away after getting 1 serving (decreases chances of seconds), eat in one specific place, not in front of the TV or computer
- Increasing exercise. Park further away, take steps instead of elevators, swimming is great for those with pain/difficulty walking, walking is cheap and easy, get an exercise partner (family, friend, or pet will do), listen to music while you exercise, try different types of exercise to find one you like (e.g., walking, riding bike, going to gym, swimming, exercise videos), get on a regular exercise schedule, do chair exercises for upper body if knees/legs/back are problems
- Eating three meals, and two snacks per day. Set a regular schedule to the extent possible, use liquid meals as a substitute if you don't like heavy food in the morning, talk with boss/coworkers/family about the need for regular eating times, talk with the dieticians about planning snacks throughout the day.
- Identify "high risk" eating times, or times that patients are more likely to make food choices that are not as in line with their goals.



# Identifying Emotional Triggers & Managing Challenges

AAT (Appetite Awareness Training) discusses two hunger “tanks” including the P tank (psychological) and B tank (biological)

- Can ask patients: “What are your “high risk” times, wherein you are most likely to engage in eating that is not in line with your goals?”

## Emotional Triggers

An important first step in making lifestyle changes is to understand your habits. How often do you eat more than you planned in each of these situations?

Use the 1-to-4 scale.

1 = Never, or Does not apply | 2 = Occasionally | 3 = Sometimes | 4 = Often

- |   |   |
|---|---|
| <input type="checkbox"/> When happy           | <input type="checkbox"/> While drinking alcohol         |
| <input type="checkbox"/> While alone          | <input type="checkbox"/> While watching TV              |
| <input type="checkbox"/> When bored           | <input type="checkbox"/> While smoking cigarettes       |
| <input type="checkbox"/> When lonely          | <input type="checkbox"/> While doing housework          |
| <input type="checkbox"/> At social gatherings | <input type="checkbox"/> When celebrating               |
| <input type="checkbox"/> When depressed       | <input type="checkbox"/> While on vacation              |
| <input type="checkbox"/> When nervous         | <input type="checkbox"/> While away from home           |
| <input type="checkbox"/> When frustrated      | <input type="checkbox"/> While talking on the phone     |
| <input type="checkbox"/> While working        | <input type="checkbox"/> At restaurants or dining halls |
| <input type="checkbox"/> At the movies        | <input type="checkbox"/> While eating regular meals     |
| <input type="checkbox"/> While reading        | <input type="checkbox"/> While preparing meals          |
|   | <input type="checkbox"/> After physical activity        |

### SPECIAL OCCASIONS

*Special Occasions* can present challenges because your daily routine can be interrupted.

- Eating out (fast food or restaurants)
- Socializing over food, picnics, and parties
- Traveling



### THOUGHTS AND EMOTIONS

*Thoughts and Emotions* can slow down weight-loss efforts.

- Lack of confidence or motivation
- Boredom
- Stress
- Depression or anxiety



### LIMITED RESOURCES

*Limited Resources* can hinder your ability to successfully manage your weight.

- Not enough money
- Lack of proper clothing and equipment
- Limited access to healthy food
- Lack of proper cooking utensils



### LIMITED SUPPORT FROM OTHERS

*Limited Support from Others* can feel like an uphill battle for things like:

- Buying healthy foods
- Cooking healthy foods
- Being physically active



### LIMITED TIME

*Limited Time* is one of the most common weight management challenges. It can be difficult to find time for:

- Physical activity
- Planning and preparing meals
- Shopping for healthy foods






### MEDICAL CONDITIONS

*Medical Conditions* can get in the way of managing weight.




- Chronic conditions
- Pain
- Limited mobility



# Identifying Triggers = Environmental

		
<b>At the dining table</b>	<b>In the kitchen</b>	<b>At or on the way to work</b>
<ul style="list-style-type: none"><li>• Serving dishes on the table</li><li>• Large dinner plates</li><li>• Other people eating large portions</li></ul>	<ul style="list-style-type: none"><li>• Ready-to-eat foods (ice cream, cheese, cookies, chips)</li><li>• Leftovers</li></ul>	<ul style="list-style-type: none"><li>• Bakery on the way to work</li><li>• High-fat, high-calorie goods readily available (in your desk, public areas, or vending machines)</li></ul>

To be physically active, you'll have to deal with triggers that can work against you. Here are some common examples.

		
<b>When commuting or traveling</b>	<b>In the home</b>	<b>At work</b>
<ul style="list-style-type: none"><li>• Long periods of sedentary time</li><li>• Changes to your routine</li><li>• Shoes or clothes that are not appropriate for movement or activity</li></ul>	<ul style="list-style-type: none"><li>• Watching TV</li><li>• Sitting at the computer</li><li>• Playing video games</li></ul>	<ul style="list-style-type: none"><li>• Sitting at a computer for long hours</li><li>• Long conference calls or meetings where you forget to stand up or move</li><li>• Everything you need is within arm's reach</li></ul>



# Intuitive Eating Principles



## Reject the diet mentality



In a society ridden with diet shakes and weight loss ads, it's easy to get caught up in food rules and restrictions. Weight loss attempts very seldom lead to permanent body changes. Work on letting go of the goal to change your body and focus on well being instead.

## Honour your hunger



Most of us are born with a natural ability to determine when we are hungry. Experiment reconnecting with these hunger cues.

Hunger can manifest itself in many ways: stomach rumbling, irritability, low mood, shaking, weakness, headache, etc.

## Make peace with food



Give yourself unconditional permission to eat all foods. When you label foods as "good/healthy" or "bad/unhealthy", it often leads to an increase desire and awareness of foods deemed off limits. This can lead to uncontrollable cravings, overeating and bingeing. Work on embracing all foods!

## Challenge the food police



The Food Police lives in your mind and imposes food rules and regulations, it judges every choice and it inflicts feelings of guilt and shame.

When confronted with thoughts from the Food Police, ask yourself if they are kind, helpful and true.

## Respect your fullness



Stop during meals to ask yourself how full you feel. Have you passed the point of comfortable fullness? Could you eat more?

Pay attention to cues that you are no longer hungry.

# Intuitive Eating Principles Continued



## Discover Satisfaction



It can certainly be helpful to eat nutritious foods. However, when we only focus on choosing foods based on nutrition, we often forget about pleasure.

When making food choices, remember to select foods you really want to eat. This will maximize satisfaction!

## Honour your feelings without using food



It's okay to eat emotionally at times. In fact, the eating experience is an emotional experience! However, when turning to food is our only way to cope in difficult times, this can be problematic. Look at ways to take care of yourself without using food. When you do turn to food, remember self-compassion.

## Respect your body



Body positivity or body love may seem unrealistic for you. Why not start with body respect? Learn to honour all of the things your body does for you.

You are more than a body. Your size, race, gender, level of disability, health, or age does not define your worth!

## Joyful Movement



Do you exercise out of punishment, to change your body, or out of obligation? Often, these are not great motivators.

Focus on forms of movement that make you feel good. Exercise does not need to be intense and sweat-inducing to provide positive benefits.

## Gentle Nutrition



There is no such thing as a perfect diet. Make food choices that honour your physical and mental health, your taste buds and your lifestyle.

Eat with curiosity and self-compassion.



# Questions?

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