

# The Vitality Interprofessional Approach to Food, Mood and Fitness



Michele MacDonald Werstuck RD MSc CDE

Colleen O'Neill OT

Miriam Wolfson SW

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# Disclosure

Michele MacDonald Werstuck- perceives no conflict of interest with this presentation

Colleen O'Neill- perceives no conflict of interest with this presentation

Miriam Wolfson- perceives no conflict of interest with this presentation

# Who are we?

## McMaster Family Health Team

- Provide primary care for nearly 30 000 patients in Hamilton and surrounding area
- 2 clinical teaching units affiliated with McMaster University and Hamilton Health Sciences



McMaster Family Practice



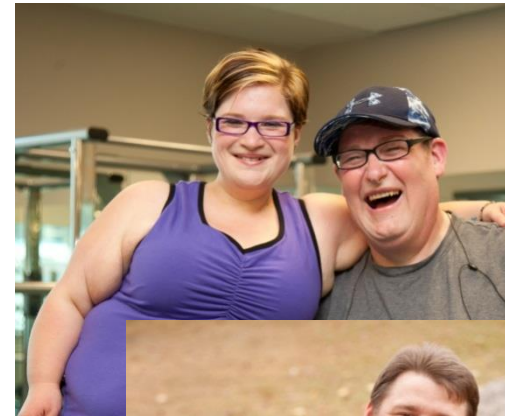
# Objectives today

- Become familiar with an interactive lifestyle program for patients with BMI 26-40 facilitated by an IP team including a RD, OT, PT and SW with a focus on health and well being vs. weight alone
- Gain an appreciation of a patient-centered approach to program content and delivery
- Identify key outcome measures of success
- Access tools and resources

# Obesity Rates Continue to Soar

## ➤ Adults:

- 23% of adults are obese, 59% overweight
- 82 % or > 6 million adults in Ontario



## ➤ Children:

- 32% of Canadian children are overweight or obese



# How Do We Deal with Obesity in Primary Care?

- a) Tell the patient they need to lose 10 lbs before their next appointment . . . then send them on their way
- b) Tell the patient they need to eat less and exercise more.... then send them on their way
- c) Avoid talking about it because it is too sensitive a topic.
- d) Automatically refer to the dietitian.

# Strong Evidence

*Over several visits w RD*



Changes in eating/activity

Health Outcomes  
(A1c,BP,LDL)

Reduced meds/side  
effects/medication costs

# Healthy You: Award Winning Program



Habits- healthy eating, min activity, self esteem



Weight - 3.81 kg weight loss vs. 1.6 kg usual care  $p < 0.001$

High Participant and provider satisfaction

Uptake > 70 FHT's have adopted this program across Ontario



# What makes up our overall health?



# Our Goals

- ◆ To promote healthier lifestyles among our patients within our FHT
- ◆ Bring together a team using a collaborative care approach to address all facets of managing obesity in primary care



# Canadian Task Force On Preventive Health Care, 2015

***“we recommend practitioners offer or refer to structured behavioural Interventions aimed at weight loss “***

Adults (BMI 30-39.9) risk of DM

***strong recommendation***



Recommendations for prevention of weight gain and use of behavioural and pharmacological interventions to manage overweight and obesity in adults in primary care. CMAJ Feb 2015, 187(3): 184-95

# ADA Position Paper Obesity Management, 2009

Rating: Strong, Imperative

- “A comprehensive weight management program should make maximum **use of the multiple strategies for cognitive behavioral therapy**.
- Cognitive behavior therapy in addition to diet and physical activity leads to additional weight loss.”

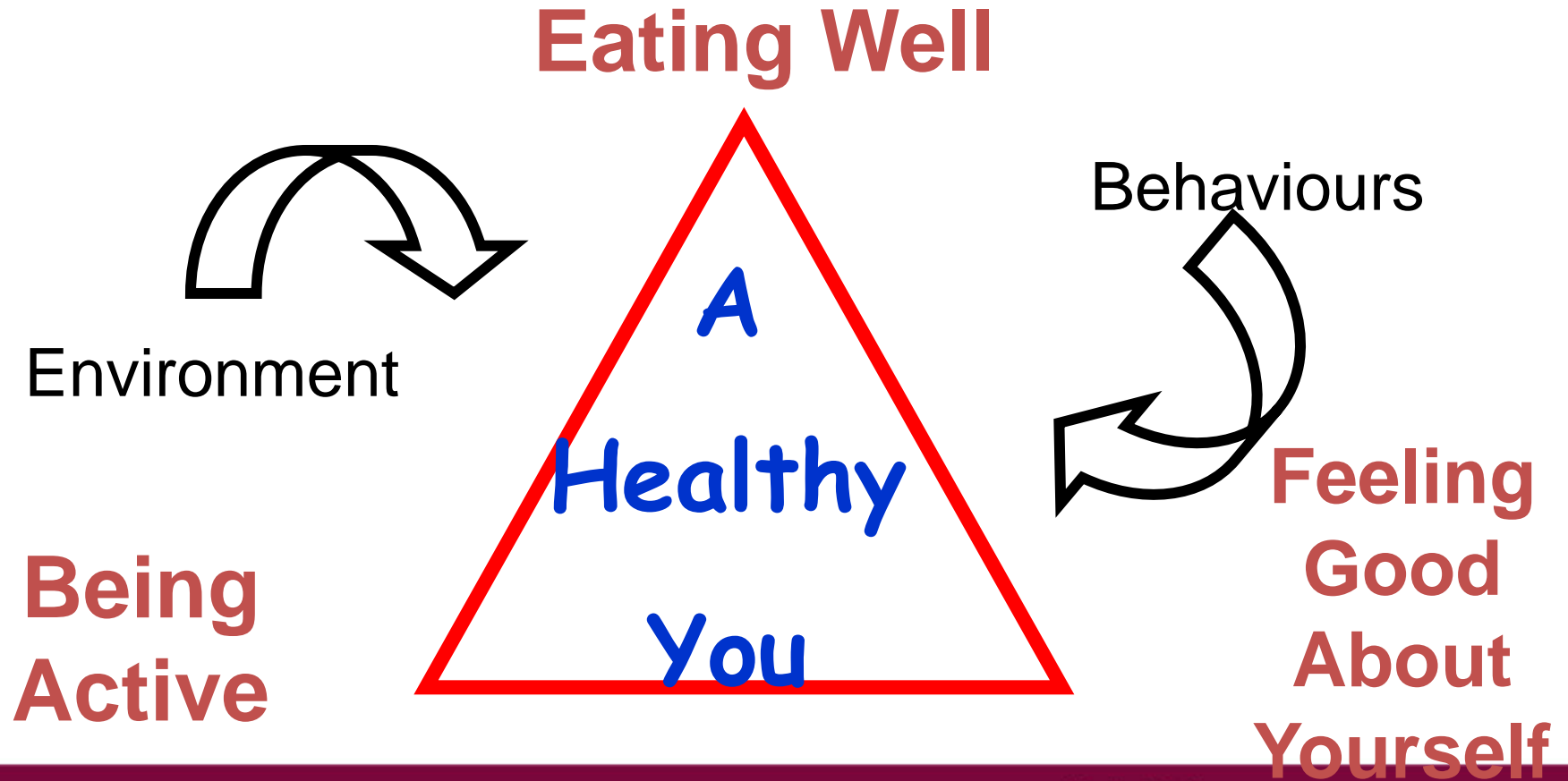


# Vitality Healthy Lifestyle Program



- 11 week lifestyle program
- Non-diet approach to help people achieve optimal health and wellness
- Focus on eating well, getting active and feeling good about yourself
- Identify internal and external influencers on eating and activity patterns
- Group learning, sharing experiences, weekly goal setting and homework + other strategies to enhance patient self management, reinforce learning and promote behaviour change

# Vitality Focus



# A Shift in Thinking about Weight

Goal of health and well-being vs weight



# When it comes to that number on the scale...

*“It is only a measurement of your relationship with gravity. That’s it.*

*It cannot measure beauty, talent, purpose, life force, possibility, strength, or love. Don’t give the scale more power than it has earned. **Take note of the number, then get off the scale and live your life.** “*

Adapted quote by Steve Maraboli, Behavioural Scientist



# Health At Every Size®

Body size is NOT an accurate indicator of health!



[www.sizediversityandhealth.org](http://www.sizediversityandhealth.org)   [www.haescommunity.org](http://www.haescommunity.org)

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# Our Philosophy

- Health comes in all different shapes and sizes, weight does not determine health.
- Our bodies will tell us what to do if we listen to it
- We should be active every day in our own way for the sake of vitality and wellbeing

# A Healthier Lifestyle Can...

- Prevent chronic disease (diabetes, cancers)
- Manage chronic disease (A1c, BP, Chol)
- Improve sleep and energy level
- Increase self esteem and mood
- Improve mobility and pain management

# What can we realistically achieve in family practice?

- Improved eating behaviours
- More activity/enhanced mobility
- More energy
- Improved health markers eg. BP, A1c, LDL
- Prevent further weight gain or 5-10% loss



# Topics of Interest Chosen by Participants





# Outline of Sessions



- Orientation, Rate My Lifestyle
- Intro to Eating Well, Nutrition Basics, journaling, goal setting (RD)
- Intro to Activity (OT/PT)
- Strength + Mindful Eating (PT/RD/SW)
- Strength + Carbs, fiber, fluids (PT/RD)
- Balance, Supermarket Savvy/Eating out
- Balance + Cooking at home (PT/RD/OT)
- Flexibility+ Emotional Eating (PT/RD/SW)
- Tai chi + Meal Planning 101 (PT/RD)
- Managing Setbacks (OT/RD)

# Format for Weekly Sessions

New physical activity

Review week, challenges/successes

New concept(s) + skill building activity






Group sharing

Goal setting- share with group

Feedback -What stood out for you today?

# Use SMART goals...

## S.M.A.R.T

-  **Specific**
-  **Measurable**
-  **Action-oriented**
-  **Realistic**
-  **Time Framed**





# Successful Goal Setting

Successful achievement  
of a goal is more important  
than the goal itself

Purpose of goal setting  
is to increase patient self  
efficacy



Bodenheimer, T et al. JAMA 2002;288(19):2469-2475.

# Nutrition 101



- Educate about basics of healthy eating
- Help the patient understand why we make the food decisions we do
  - External and Internal cues
- Encourage the patient to self monitor in order to increase awareness
- Encourage mindful eating

# Food is Fuel



Food is fuel...  
and you don't want to run on "E".

Eating at regular times provides our bodies with energy (glucose) for our muscles and brain, prevents low blood sugars, and prevents overeating later on in the day.

# We are similar yet different

## One Size does not fit all



Apples in Hardanger by [Pål Alvasaker](#) is licensed by [CC BY 2.0](#)



# There are no good and bad foods

**Food for the Body**



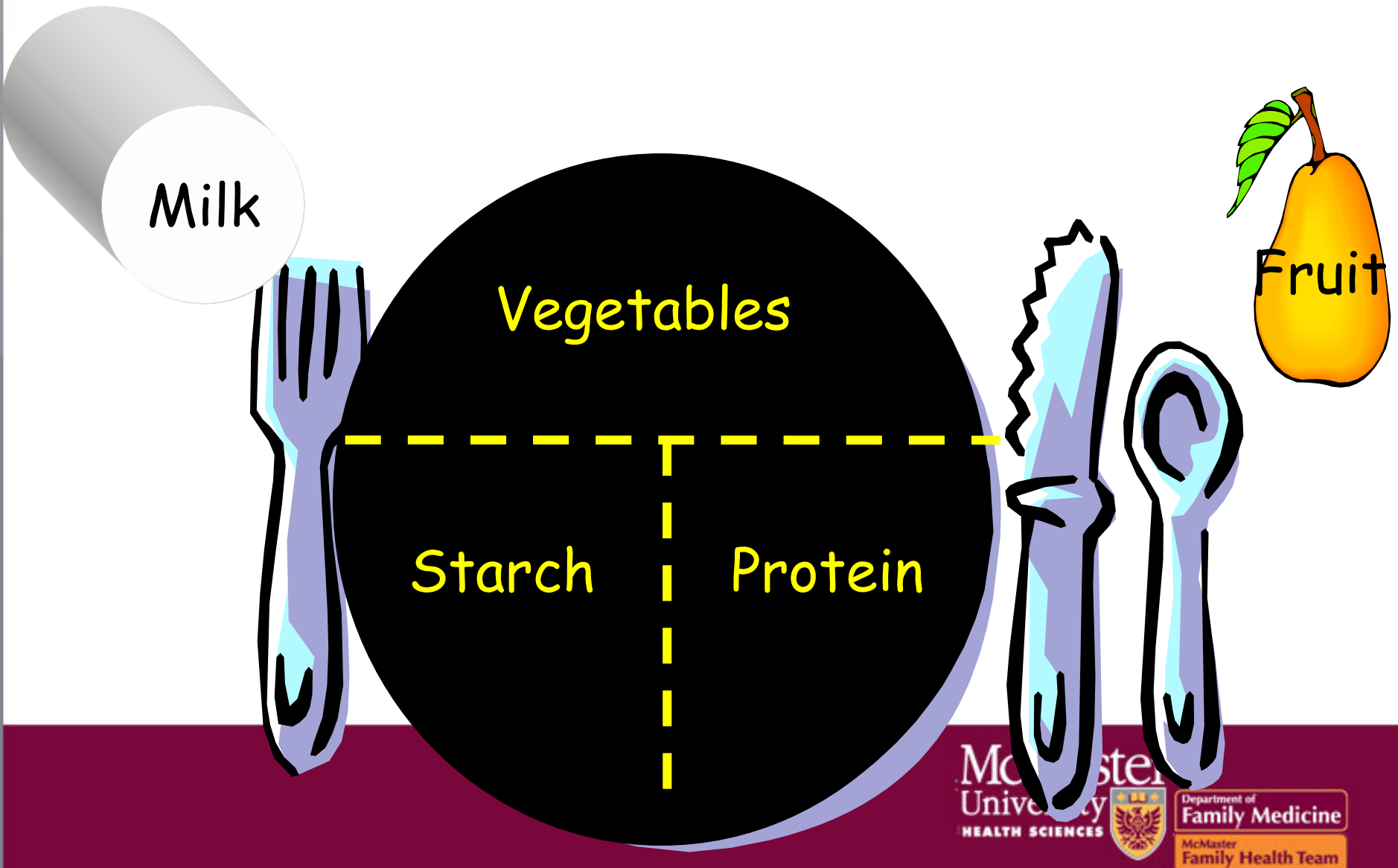
**Food for the Soul**





**“The 4 Basic Food Groups are: ‘don’t eat this’, ‘don’t eat that’,  
‘don’t eat those’ and ‘don’t eat that other stuff’.”**

# How to build a healthy meal



# Practicing Skills:

## Label Reading Exercise:



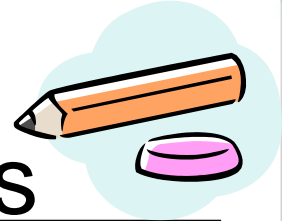
Nutrition Facts			
Per 1 cup (264 g)			
Amount		% Daily Value	
Calories 260			
Fat 13 g		20%	
Saturated 3 g		25%	
+ Trans 2 g			
Cholesterol 30 mg			
Sodium 660 mg		28%	
Carbohydrate 31 g		10%	
Fibre 0 g		0%	
Sugars 5 g			
Protein 5 g			
Vitamin A 4%		Vitamin C 2%	
Calcium 15%		Iron 4%	



# Cooking Skills



# Journaling: Increasing Awareness



Time	Hunger/ Fullness Rating	Food or Drink (Type & Amount)	Environment/ Thoughts/Feelings	Canada Food Guide Servings					
				Veg/ Fruit	Grain	Milk & Alt	Meat & Alt	Oils/ Fats	Other/ Fluid
			<b>Total</b>						
<b>Physical Activity (What/How much)</b>				<b>Other Lifestyle Notes</b>					
<b>Weekly Goal(s):</b>									

# The Hunger and Fullness Scale

Ravenous Starving Hungry Pangs Satisfied Full Very Full Discomfort Stuffed Sick

1 2 3 4 5 6 7 8 9 10



Adapted from:

May, M., Galper, L., Carr, J. *Am I Hungry? What to do when diets don't work.* 2005. Phoenix: Nourish Publishing.

# Mindful or Intuitive Eating



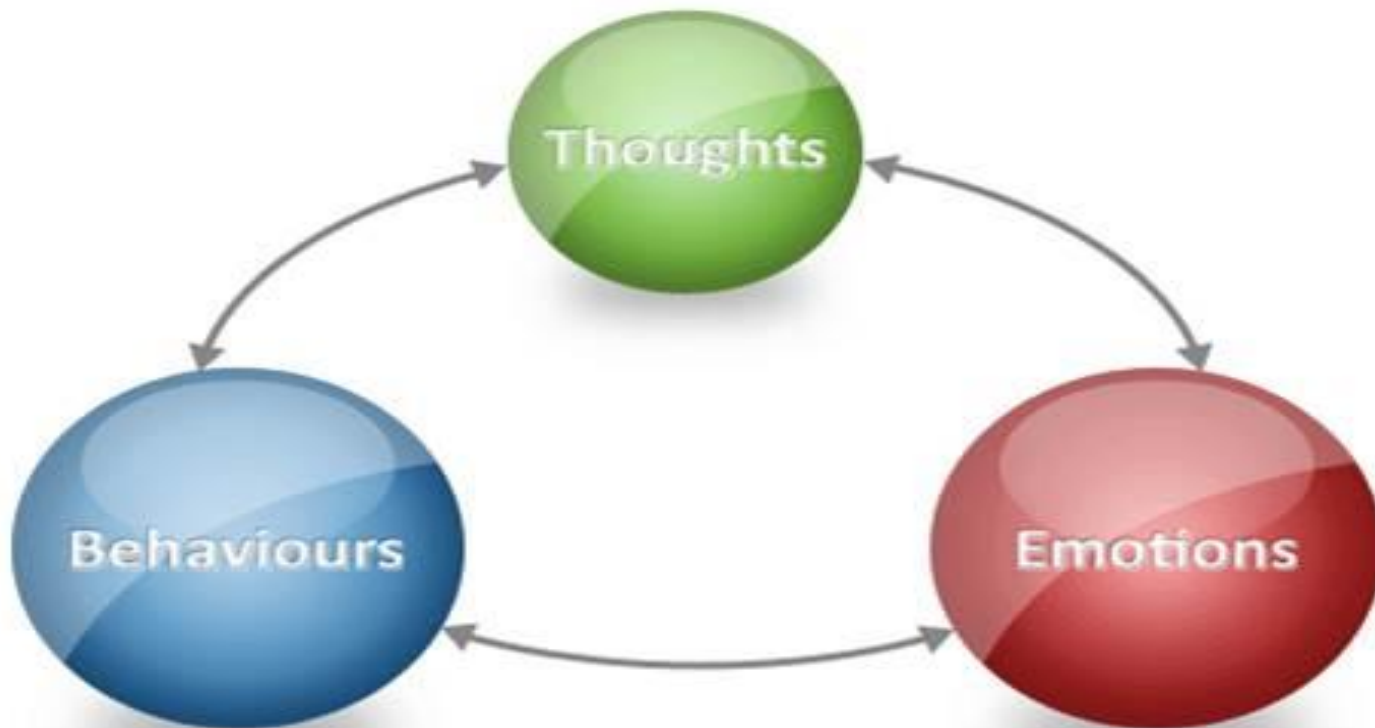
Intuitive eating is really about **trusting your body and listening to your body**

# Food and Mood

Do you ever eat when you are bored or sad?



# Cognitive Behavioural Theory

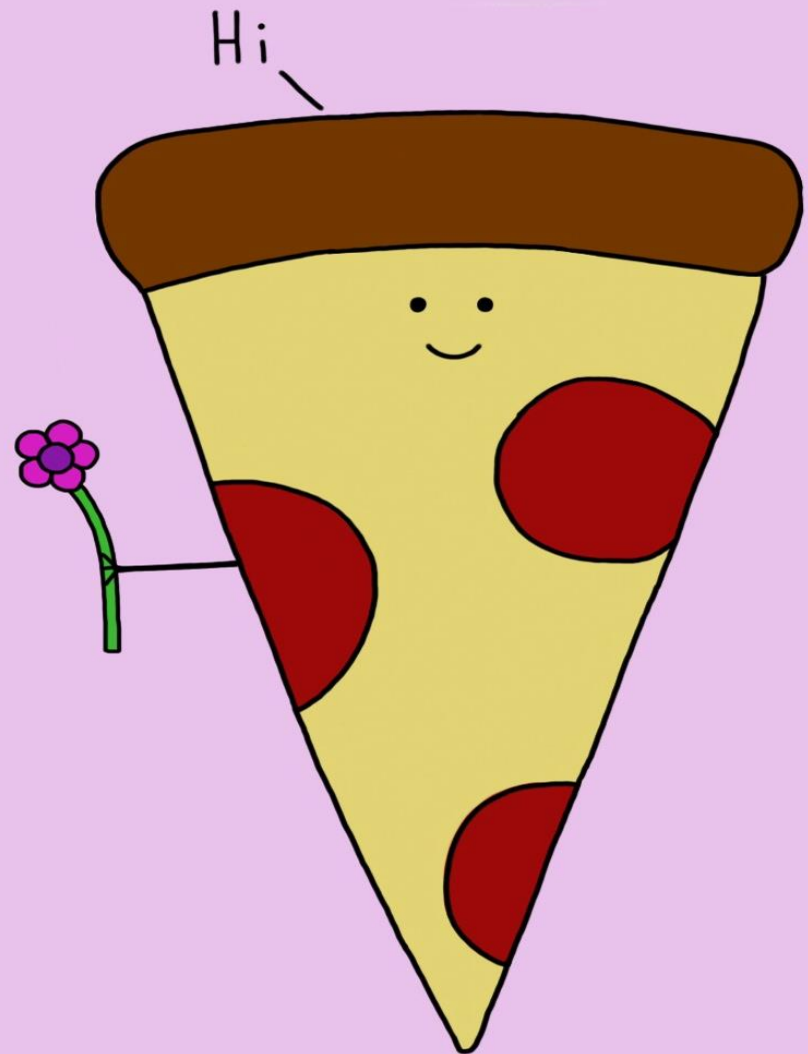
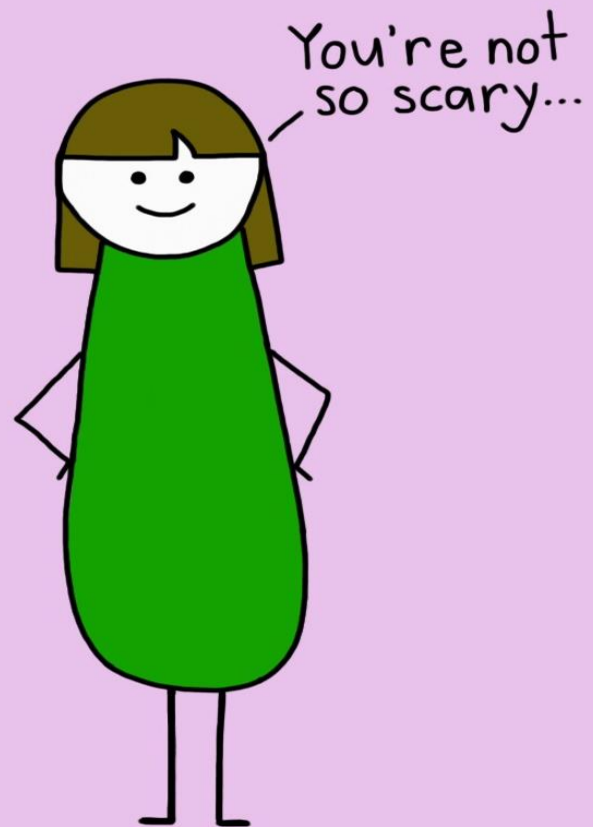


# Emotional Eating

**> 75% of overeating is not due to physical hunger but emotional hunger**

1. Learn to distinguish physical hunger vs. emotional hunger
2. Identify triggers: social, emotional, situational
3. Learn and practice techniques to foster healthy eating patterns.
4. Eat a balanced diet to prevent emotional eating



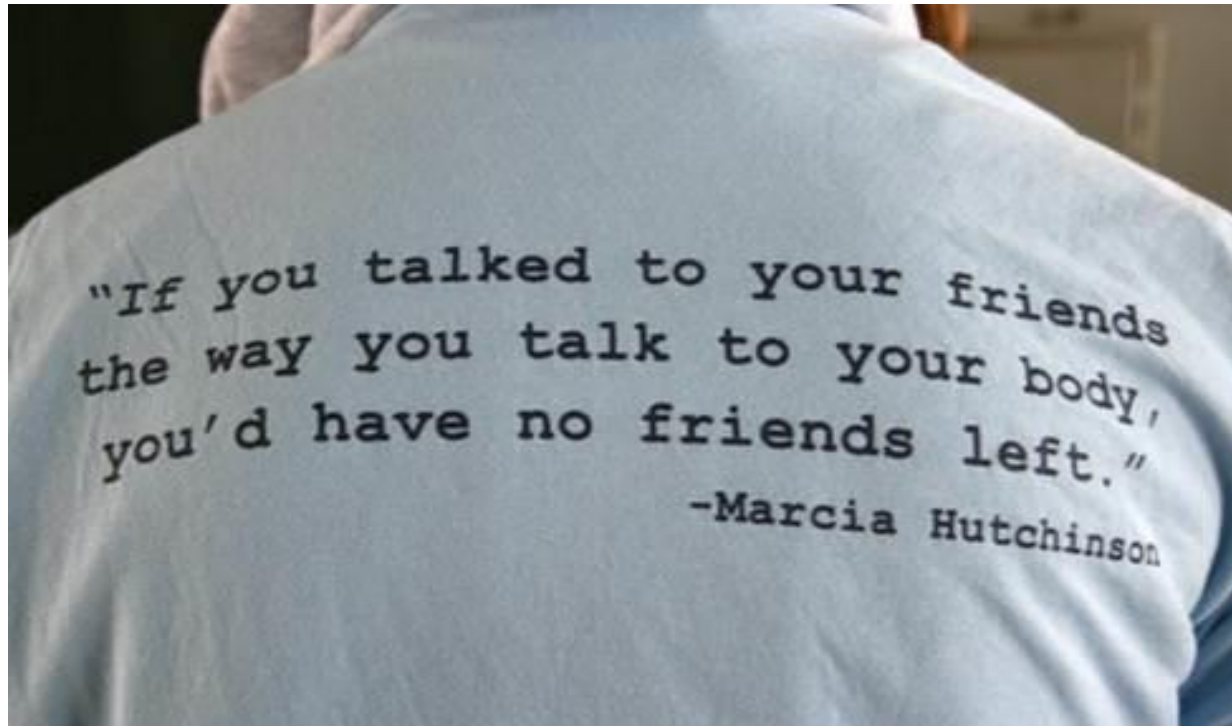


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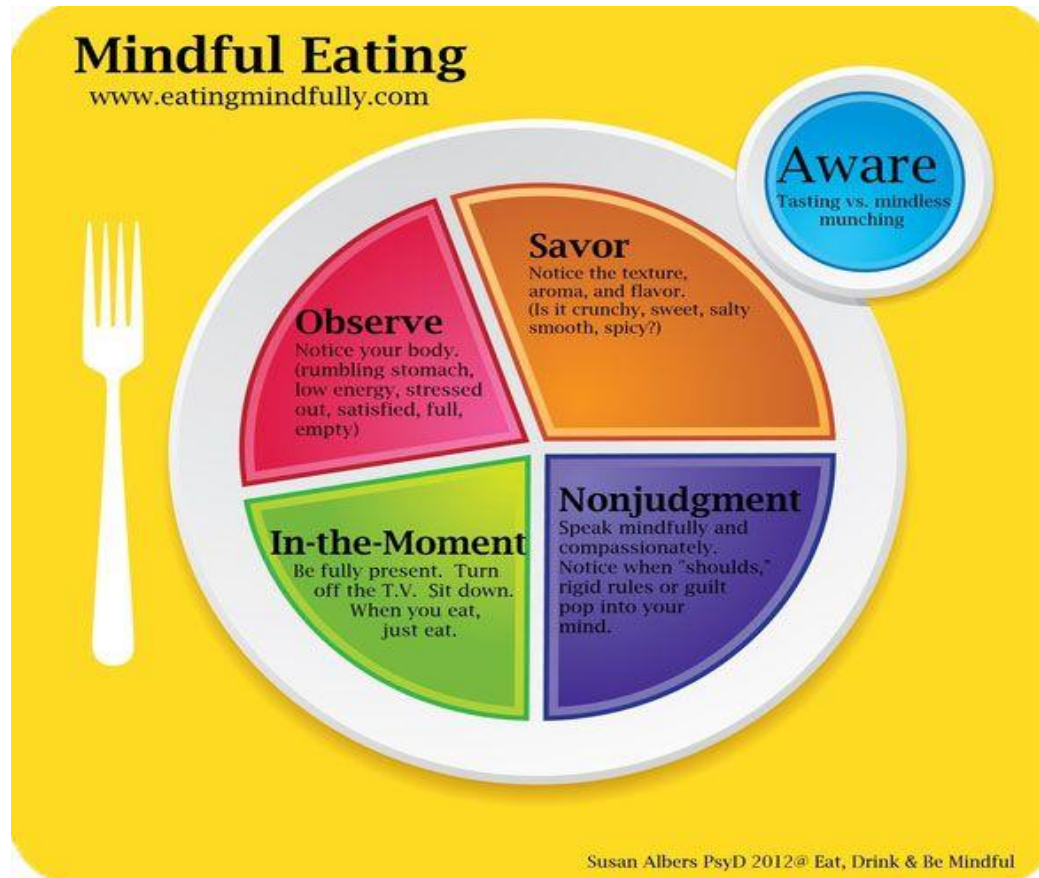
# Self Acceptance

## Reframing Negative Self Talk



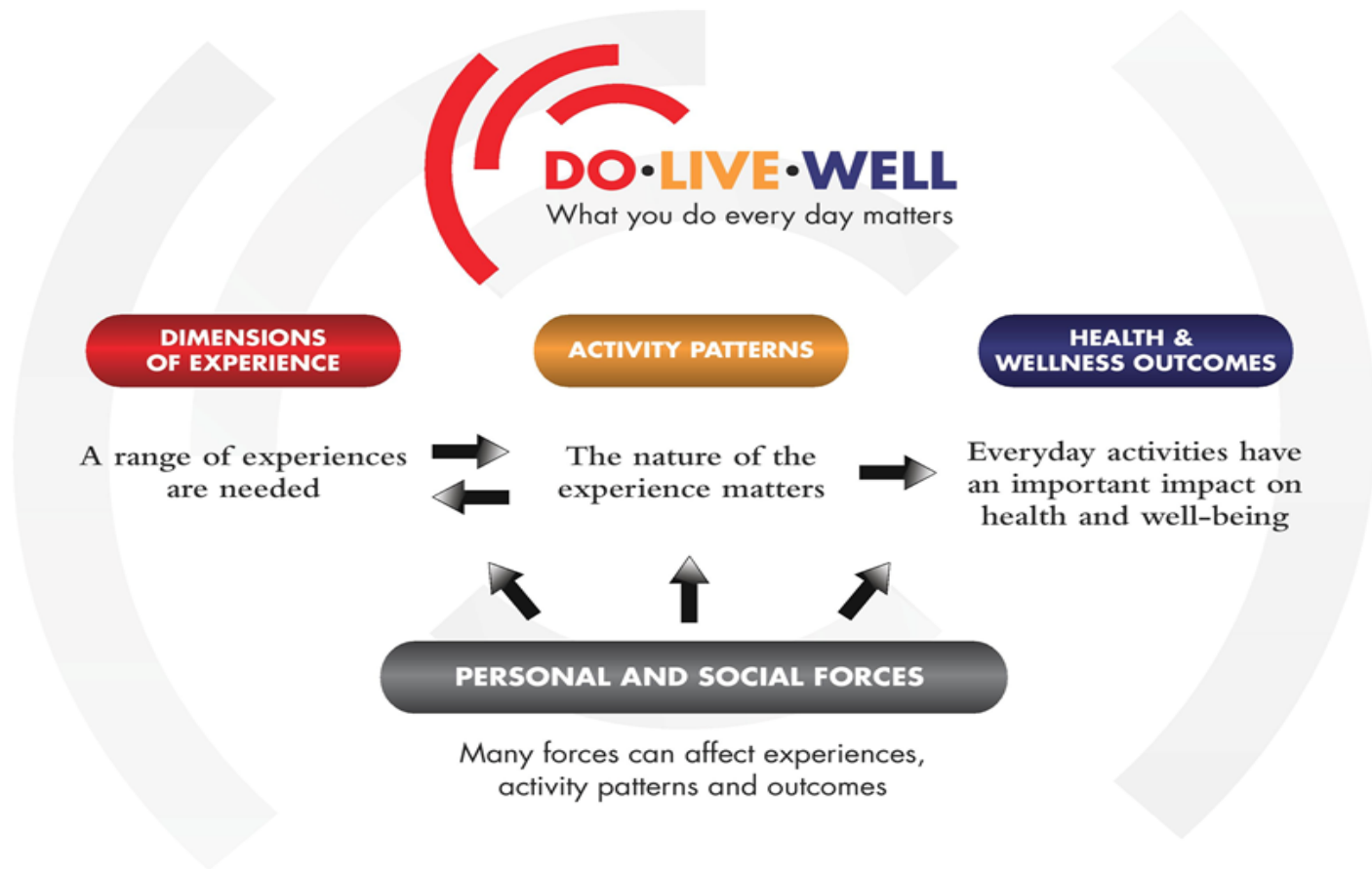


# Becoming a more mindful eater



# Re-engineering your food environment







# Our Sedentary Lifestyle



Sleeping: 8 hours



Sitting at work: 7.5 hours



Eating: 1 hour



Leisure time: 1.5 hours



Watching TV: 1.5 hours



Using Home Computer: 1.5 hours



Activity/Standing: 3 hours



# Sitting Epidemic



- **Excessive sitting is cited as one of the top risk factors in 4 of the top 7 killers – heart disease; strokes; diabetes and some cancers.**

<https://youtu.be/fTqqN0V7LxI>

<https://www.youtube.com/embed/fTqqN0V7LxI>

# Canadian Physical Activity Guidelines

FOR OLDER ADULTS - 65 YEARS & OLDER

## Guidelines



To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits.



# Canadian Physical Activity Guidelines

FOR ADULTS - 18 – 64 YEARS

## Guidelines



To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



More physical activity provides greater health benefits.

# Physical Activities



- Strengthening: Theraband
- Balance Exercises
- Walk your Way to Health
- Tai Chi
- Chair Yoga
- Couch Potato Exercises

# Outcomes for Physical Activity

- 1) Grip Strength
  - 2) 2 minute walk
  - 3) Sit stand
- 
- Measures done pre and post
  - Pedometer use for tracking steps : daily or pre/post

# Promote Physical Activity and Less Sedentary Time



Canadian Physical Activity Guidelines  
Canadian Sedentary Behaviour Guidelines  
Your Plan to Get Active Every Day



# Link with Community Resources

## Activity

YMCA LiveWell Programs

Steps To Health

Taoist Tai Chi

Pole-Walking Group

Seniors Recreation Centers

Mall Walking

## Foods

Good Food Box

Cooking classes

Farmer's Markets

Community Gardens/kitchens

Group Dining



# What We Learned

## Patients love it!

- Focusing on health vs weight
- Opportunities to learn with and from each other
- Getting their questions answered from a team of health care providers

# Patient Feedback

- “ It’s so helpful having someone who understands my food struggles”
- “ I really looked forward to coming to the group each week and sharing our experiences”
- “ I have so much more energy since I started walking”
- “ I feel more confident. I’m going out more, seeing old friends and not avoiding social situations where food is involved”

# Celebrate Every Success...

an evening walk, being able to enjoy a piece of chocolate without guilt



# Positive Outcomes



## Vitality offered 3 X year (18-25 pts)

- >75 % attained their weekly goals
- 100% satisfaction with program
- 100% would recommend to others
- ***Fewer no shows*** for wgt mgt referrals

## Healthy Habits

- 100% showed improvements in Rate My Lifestyle frequencies
- 90% increased fruit/veg intake by at least 1 serving
- 90% increased exercise min/week

# Positive Health Outcomes



## Health Outcomes

- 60% reduced BMI by 0.5-1 kg/m<sup>2</sup>
- 90% of pts HTN lowered SBP by >10 mm Hg
- 90% of pts DM improved their A1c by 0.5- over 3 month period

# Next Steps

- Maintaining healthy habits/preventing relapses
  - Monthly drop in groups
  - PHR (personal health records)
  - Telephone follow up
- New team members eg. Kinesiologist – Body image
- Offer Craving Change (for Vitality graduates)

[www.youtube.com/watch?v=fqhYBTg73fw](http://www.youtube.com/watch?v=fqhYBTg73fw)



Hi! I'M DR. MIKE EVANS,  
AND TODAY I AM TALKING  
ABOUT

HEALTHY  
EATING







[macdomic@hhsc.ca](mailto:macdomic@hhsc.ca)

[oneillc@hhsc.ca](mailto:oneillc@hhsc.ca)

[wolfsonm@hhsc.ca](mailto:wolfsonm@hhsc.ca)