



Healthy You

AFHTO 2012 Conference

Theme - Best Practices in Health Promotion
and Chronic Care

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Who are we?

Our Mission of Excellence:

High Standard Interprofessional Primary Care + Family Medicine Teaching

2 sites
11,000 patients
15 IHPs
10 Physicians
18 Admin staff
20 Family Practice Residents

Multiple CDM and Preventative Care Programs





GLASBERGEN

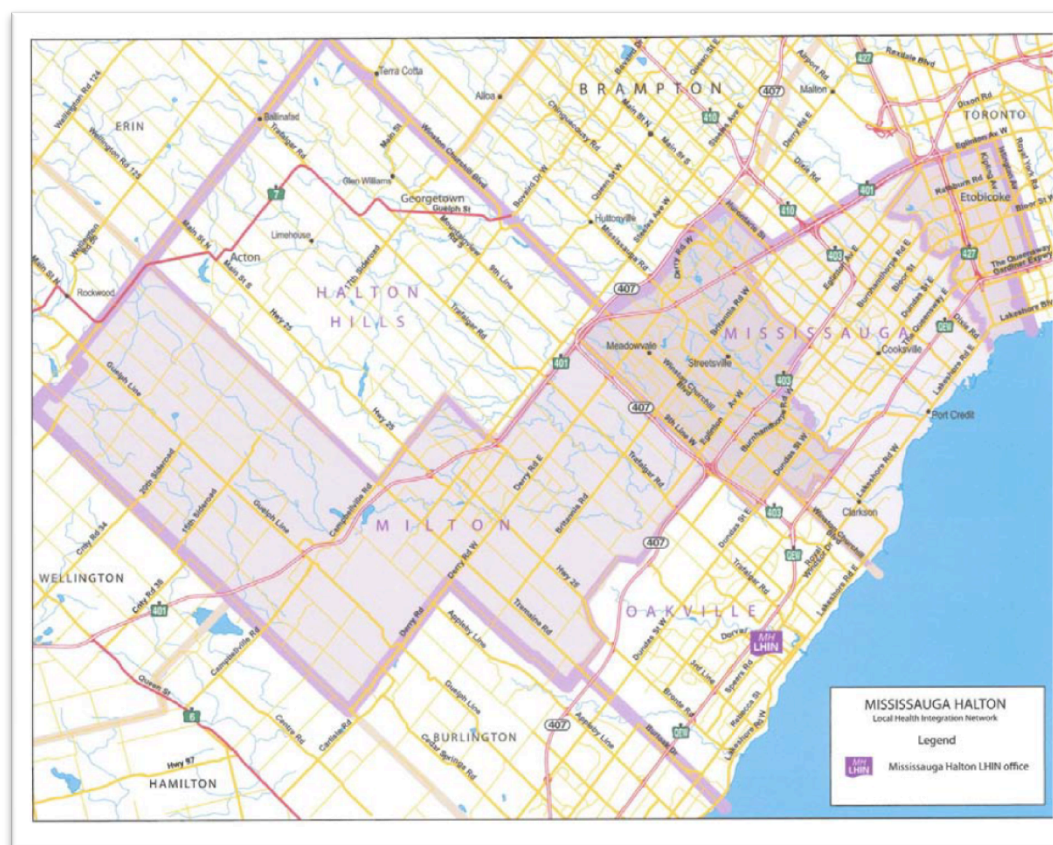
**“Today I ate two bowls of dog food, a sandwich crust,
some spaghetti that fell on the floor, half of your cat food,
a wet tea bag, three bugs and the inside of a sneaker.
How many grams of fat is that?”**

Outline

- Introduction
- Objectives
- Program Overview
- Key results
- Case Study



Introduction



Objective

Achieving the best weight possible in the context of overall health and quality of life.

- ✓ >5 % weight loss or reduction in waist circumference
- ✓ Behavioural: Increased frequency of positive behaviours

Program Overview



Implemented by:

- Registered Dietitian
- Social Worker
- Pharmacist/ Certified Fitness Specialist
- Chiropodist

* Adapted from the Healthy You Program developed by the Hamilton Family Health Team.

Nutrition

1

- Lifestyle vs diet
- Self-Assessment
- Stages of change
- Self-monitoring
- Goal-setting

2

- CFG
- Portion control
- Mindful eating

3

- Label reading
- Macro-nutrients
- Hydration

4

- Meal planning
- Volumetrics
- Snacking
- Supermarket savvy
- Dining out

5

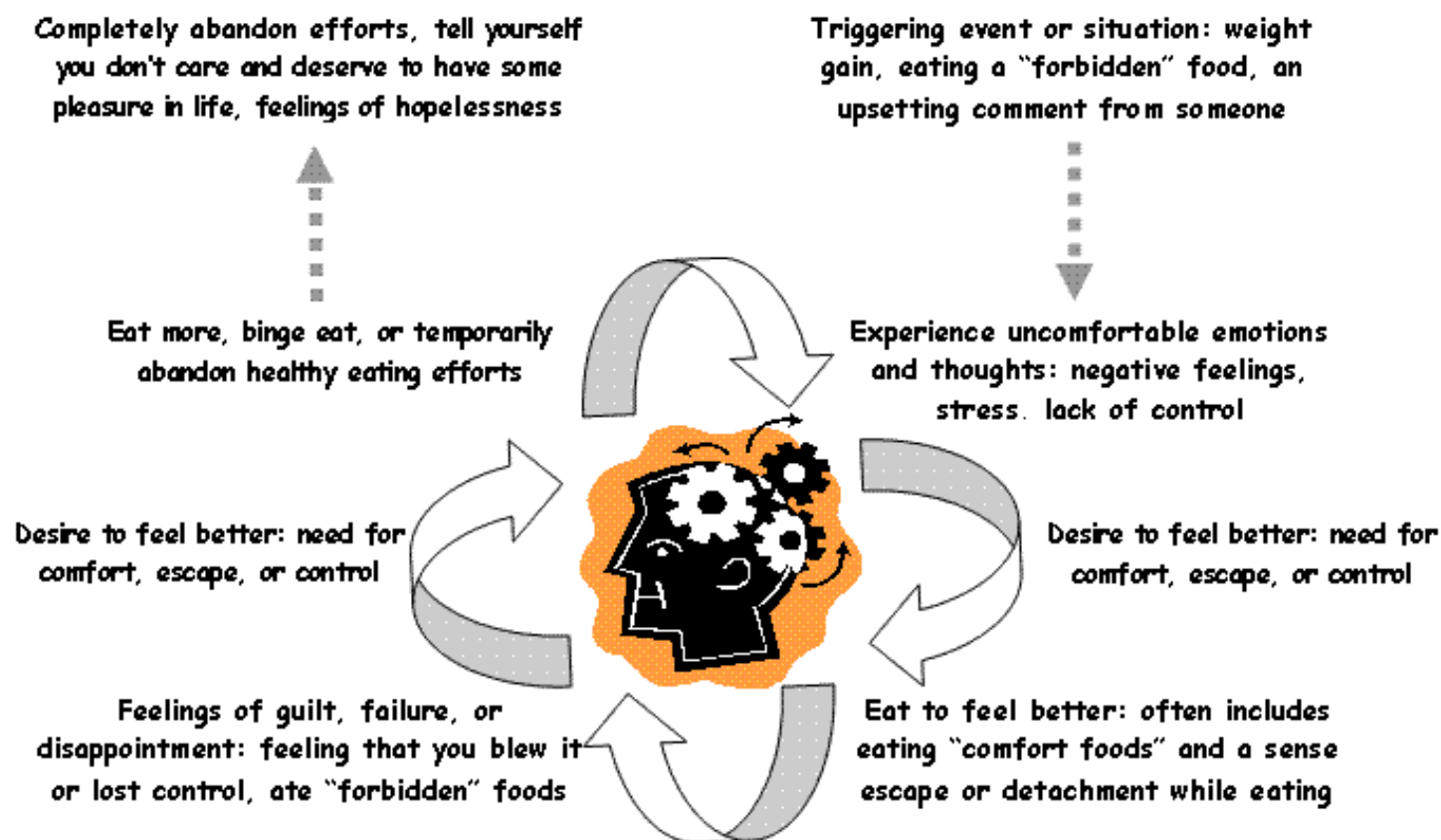
- Behaviour chains
- Review
- Follow-up

Role of Social Work



Experts estimate 75% of overeating is caused by emotions.

THE CYCLE OF EMOTIONAL EATING



Interventions

- CBT - cognitive restructuring techniques
 - thought record
 - food / mood diary
- Mindfulness exercises
- Relaxation strategies
- Alternative activities

Physical Activity

“If exercise could be put into a pill form it would be the largest prescribed drug ever ”



Physical Activity

- Canadian Physical Activity Guidelines
- Community resources/programs
- Fitness Tips
- Injury prevention



Program Overview

Referral criteria:

- > 18 years of age
- BMI > 25 and/or WC above target
- Group learning
- Motivated



Outcome Measures



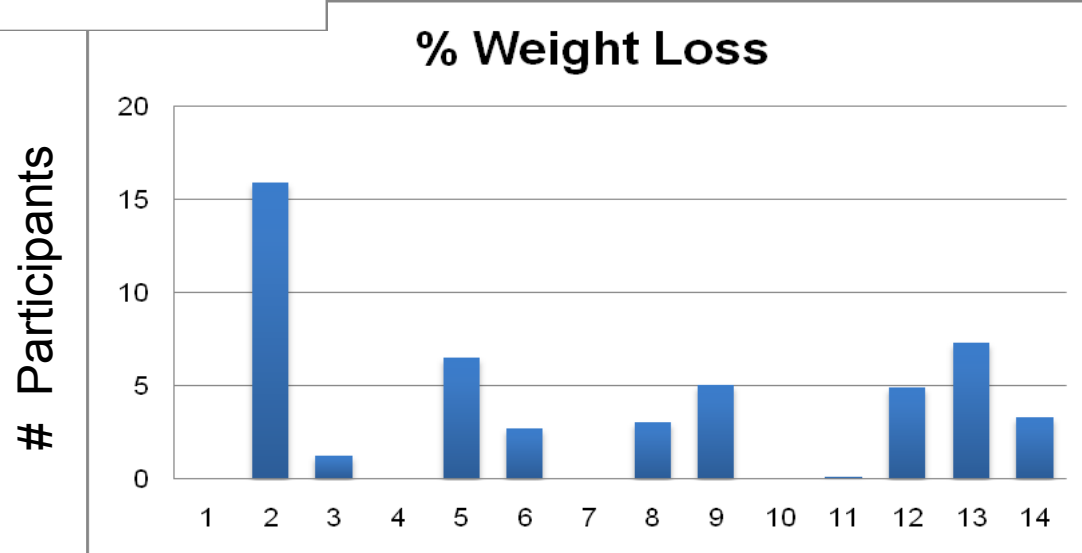
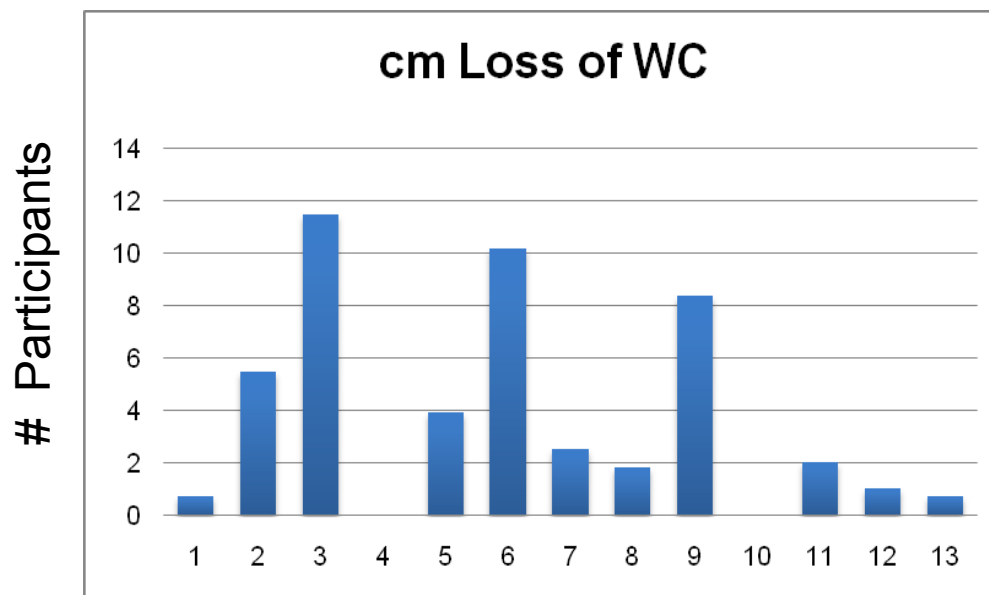
- ✓ Self-assessment
- ✓ Client Satisfaction

Key Results

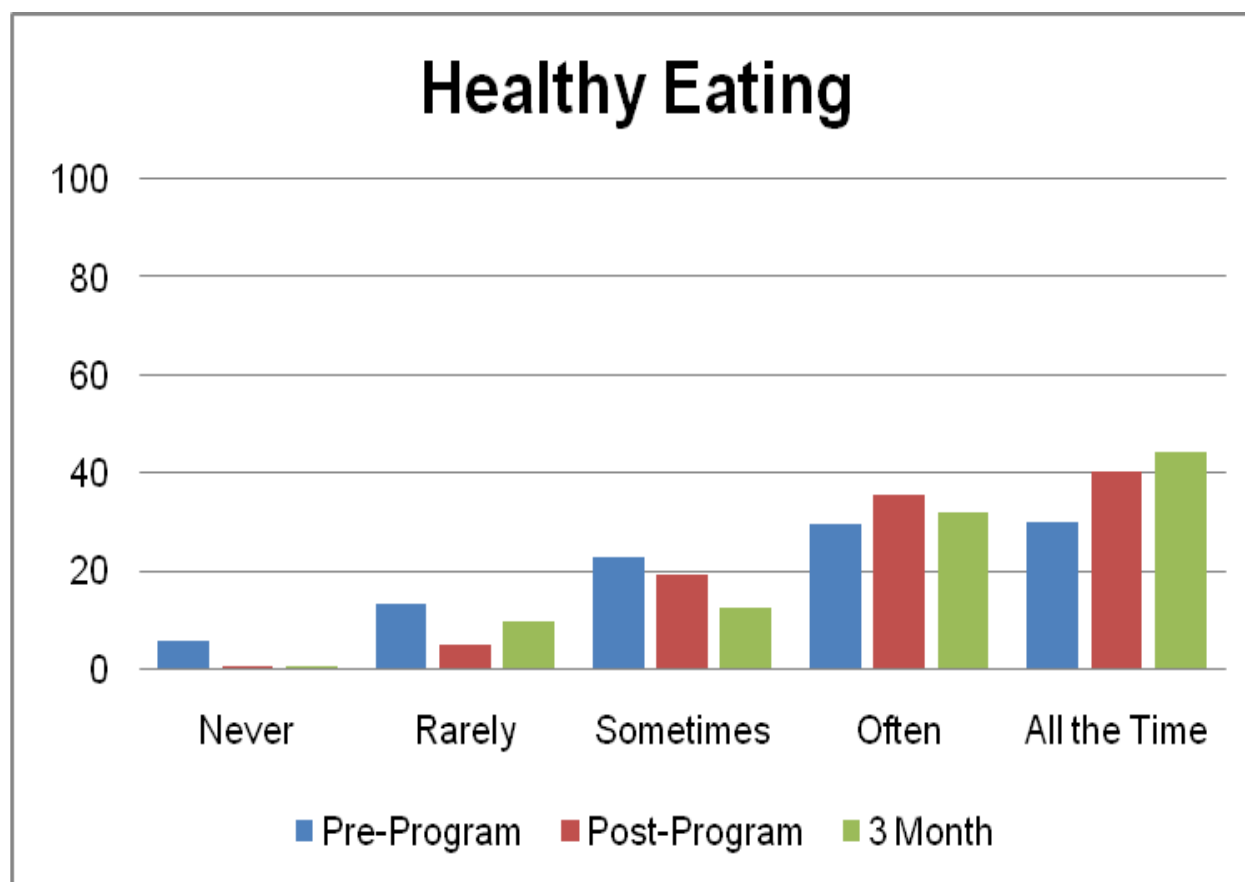
- N = 35
- 87% completion
- 94% satisfaction
- 87 % improved lifestyle practices
- 85% reduction of WC
- 30% > 5% weight loss



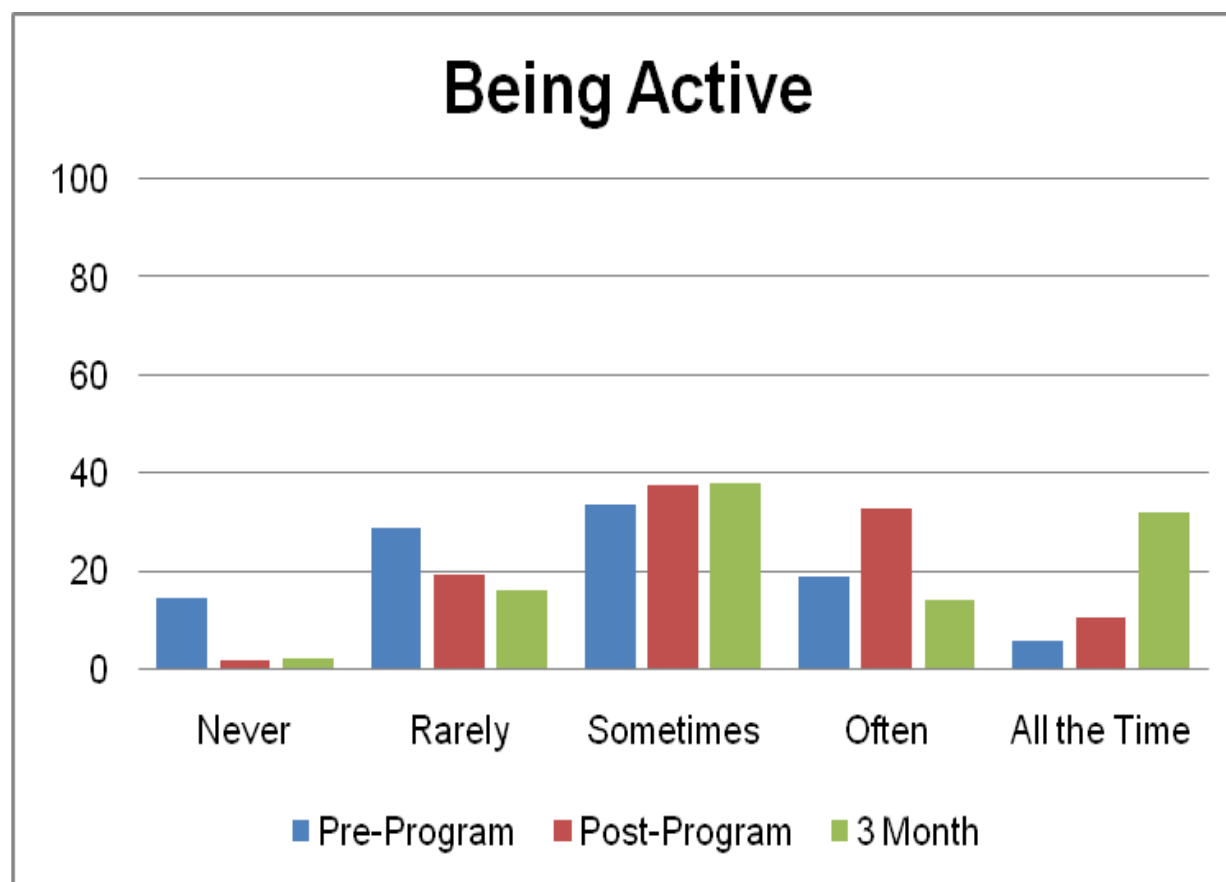
Results



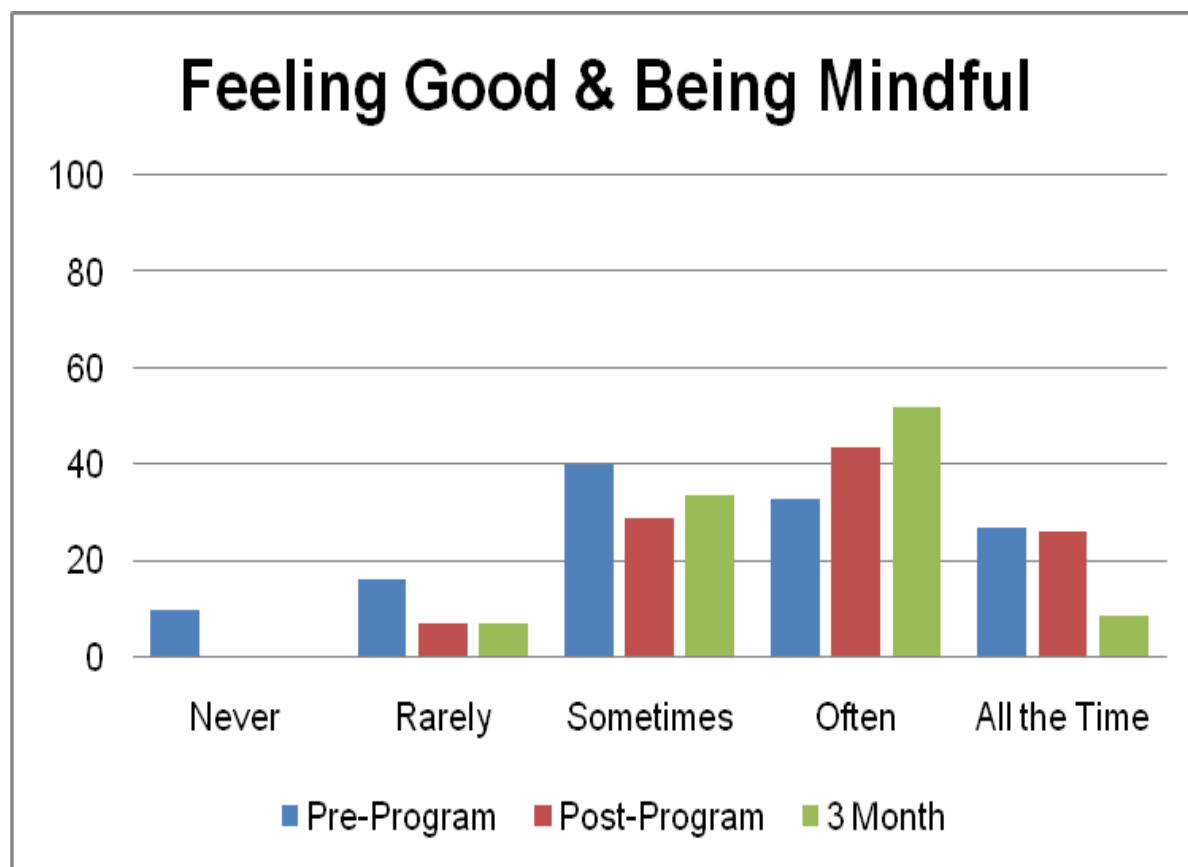
Results



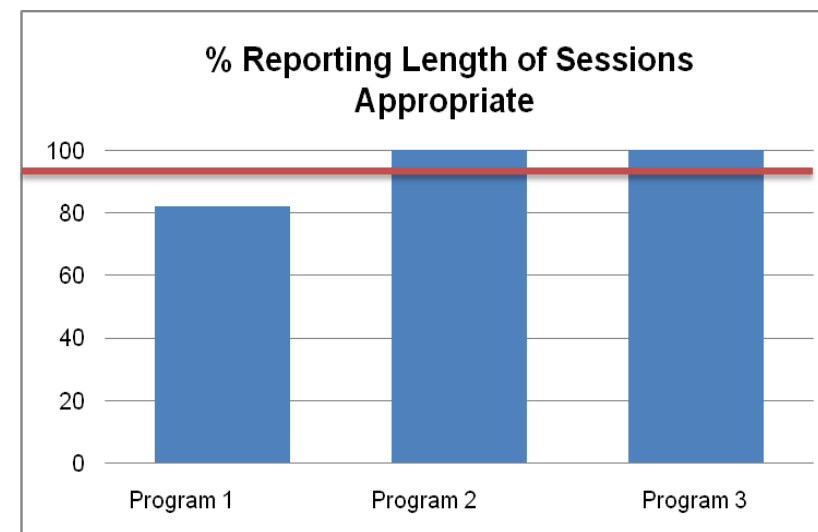
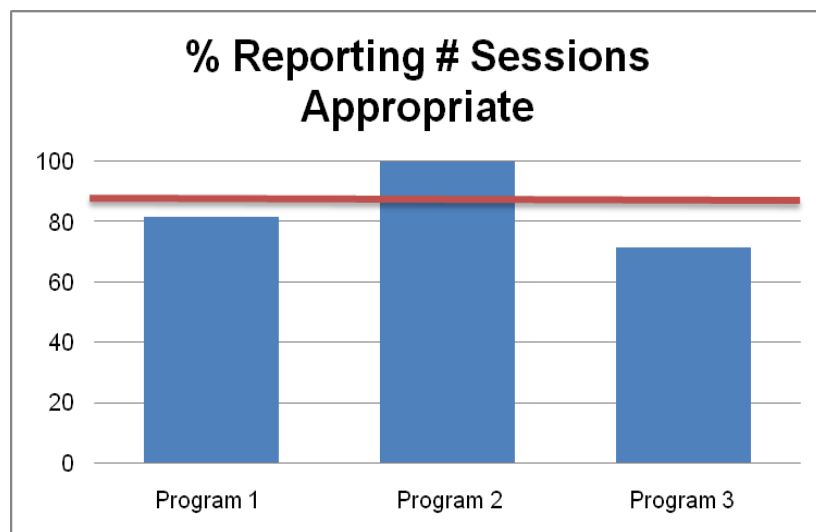
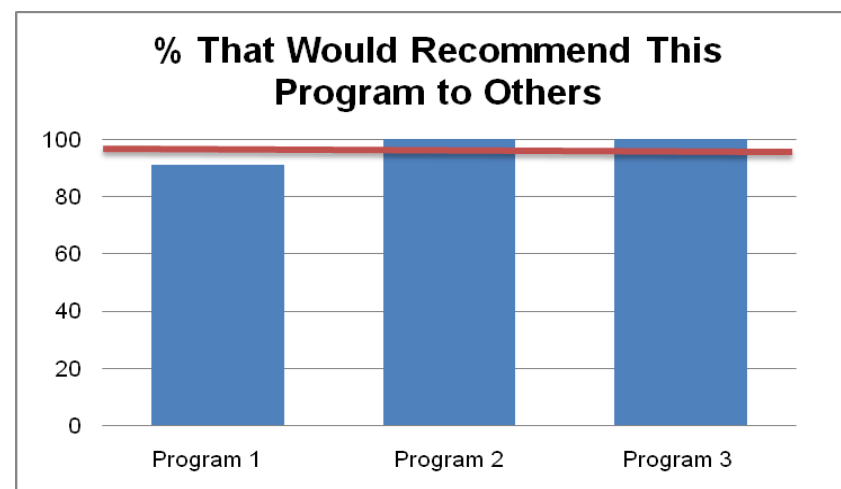
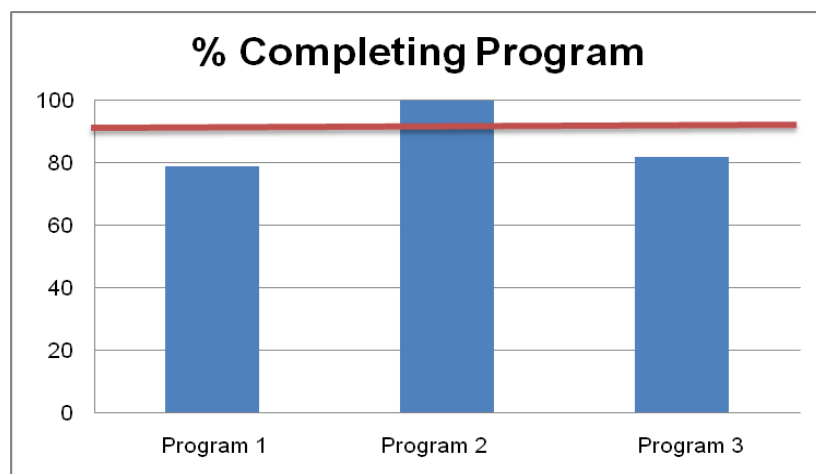
Results



Results



Results



Case Study



- Loblaws:
 - PC Cooking School: What's for Dinner?
 - Grocery Store Tour

“I wasn’t crazy about the recipe when I first heard about it and was hesitant to try it, but the black beans and kale tasted really good.”

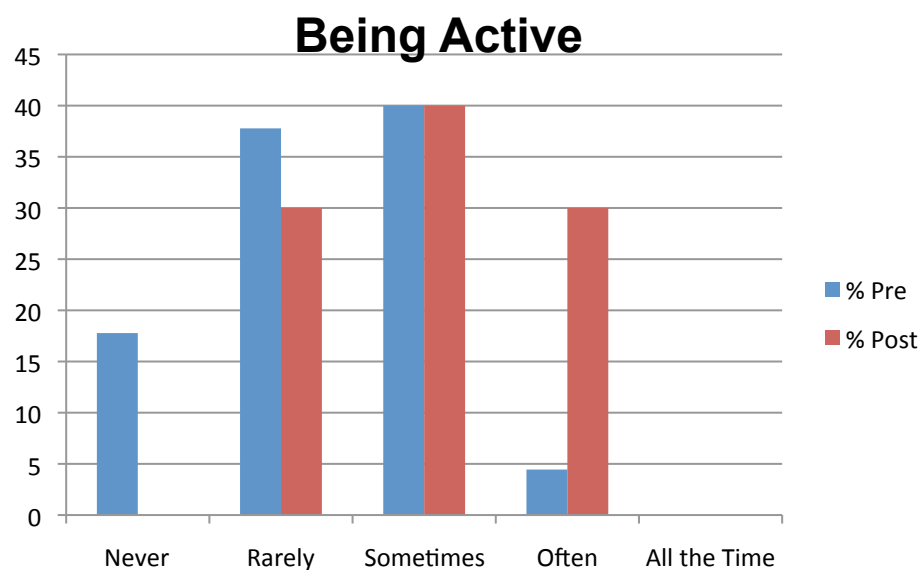
“I’ve now made the recipe for my wife and she loves it.”



Pedometer use:

- \uparrow P/A , \downarrow BMI, \downarrow BP

(Bravata, et al., 2010)



Questions

