Équipe de Santé Familiale • Family Health Team



# 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





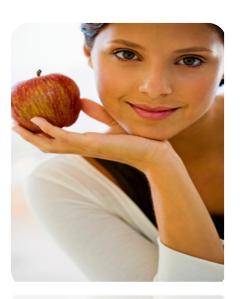


"Today I ate two bowls of dog food, a sandwich crust, some spaghetti that fell on the floor, half of your cat food, a wet tea bag, three bugs and the inside of a sneaker. How many grams of fat is that?"



## 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**

5 3 • Lifestyle vs • CFG Label reading Meal • Behaviour diet planning chains Portion • Macro-• Self- Volumetrics control nutrients Review Assessment Mindful Hydration Snacking • Follow-up Stages of eating Supermarket change savvy • Self-• Dining out monitoring Goal-setting



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## Role of Social Work



Experts estimate 75% of overeating is caused by emotions.



#### THE CYCLE OF EMOTIONAL EATING

Completely abandon efforts, tell yourself you don't care and deserve to have some pleasure in life, feelings of hopelessness Triggering event or situation: weight gain, eating a "forbidden" food, an upsetting comment from someone

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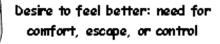
Eat more, binge eat, or temporarily abandon healthy eating efforts

Desire to feel better: need for

comfort, escape, or control

Feelings of guilt, failure, or disappointment: feeling that you blew it or lost control, ate "forbidden" foods

Experience uncomfortable emotions and thoughts: negative feelings, stress, lack of control



Eat to feel better: often includes eating "comfort foods" and a sense escape or detachment while 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"





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## 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**





# Key Results

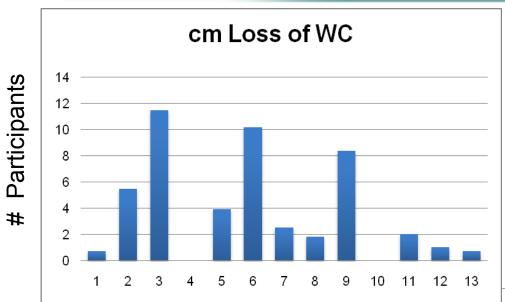
- N = 35
- 87% completion
- 94% satisfaction
- 87 % improved lifestyle practices
- 85% reduction of WC
- 30% > 5% weight loss





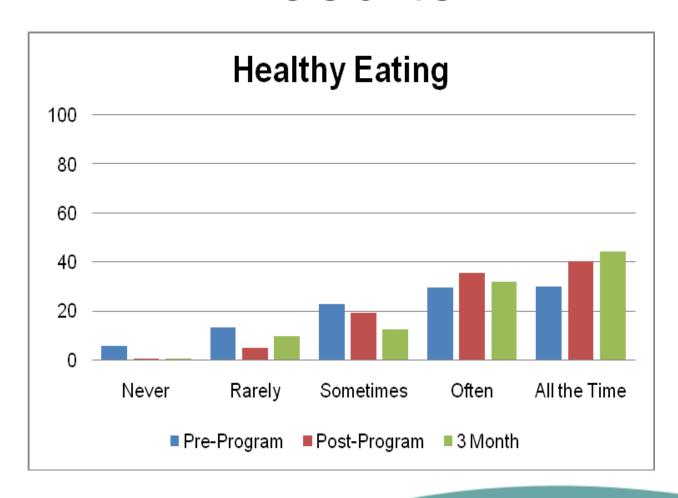
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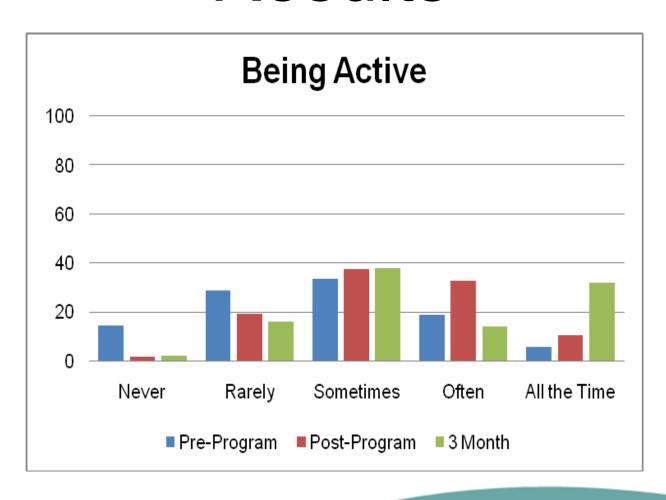




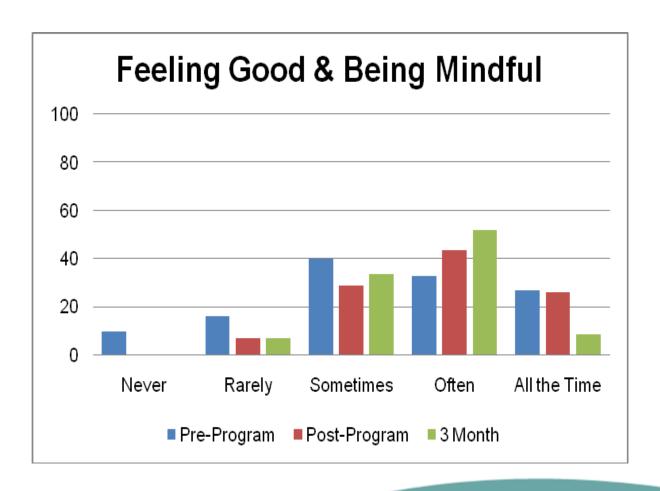








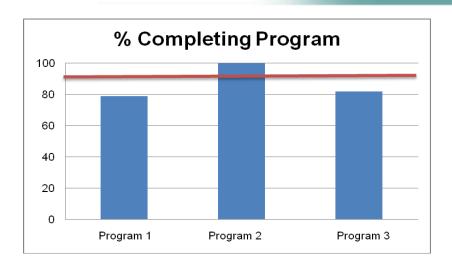


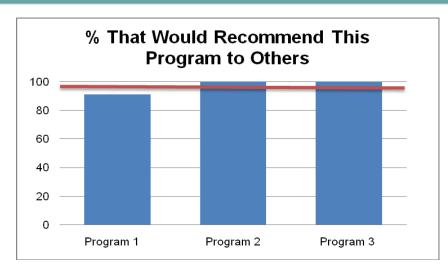


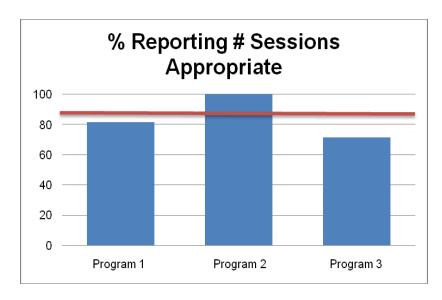


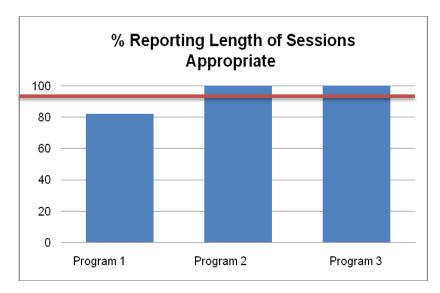
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### Case Study



#### Loblaw:

- 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."



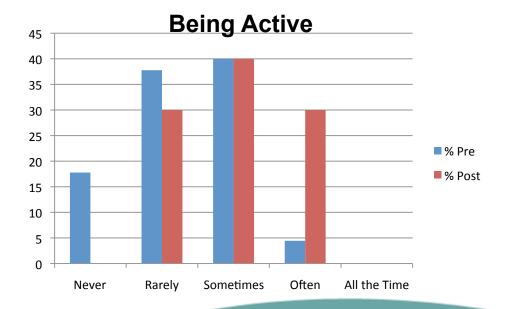




### Pedometer use:

↑ P/A , ↓BMI, ↓BP

(Bravata, et al., 2010)





# Questions



