DIABETES PREVENTION: the WEIGHT is over!

What you need to THINK!

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Why do we eat?

- The simple answer: “because we’re hungry!”
- But what else?
Eating in Our Society

- Eating for many more reasons than just because we’re hungry (sometimes good, sometimes not)

- Early humans
  - Famine

- Modern America
  - LOTS of good-tasting food available, accessible
  - Media advertisements
  - Not much necessity for physical activity
Emotional Eating

- People overeat as a way to reduce negative thoughts and feelings about themselves.

- To avoid these thoughts/feelings, people may focus on immediate aspects of the environment (e.g., smell, texture, taste of food) rather than thinking about goals for healthy eating/weight loss.
Emotional Eating

- Emotional eating is not always a bad thing
- When is it good? not so good?
- In what situations do people tend to eat emotionally? (positive and negative)
Blame Your Brain?

- The brain is involved in all that you do
  - How you:
    - Think
    - Feel
    - Act
  - Who you are:
    - The different “roles” you play
The “Cycle”

Thoughts

Behaviors

Feelings
Automatic Thoughts

- Just below threshold of awareness
- Accessible
- Lead to emotion
- Can be positive or negative
“Bad” lab results → “I am going to die sooner.” → Anger, fear
Toxic Thoughts

- Polarized thinking
  - everything is seen as an extreme and there is no middle ground

- “Should”-ing
  - reprimanding yourself for things you should have done

- Magnifying
  - blowing problems out of proportion
Thoughts and Healthy Living

- Your thinking impacts
  - Motivation
  - Readiness
  - Ability to Maintain positive changes over time
Health Belief Model

- Behavior change is determined by whether people
  - perceive themselves to be susceptible to a particular health problem
    - (If I smoke, I might get cancer.)
  - believe the problem is serious
    - (How bad is getting cancer?)
Health Belief Model

- Perceived Susceptibility
- Perceived Seriousness
- Perceived Benefits of Taking Action
- Barriers to Taking Action
- Cues to Actions
Social Learning Theory

- Must believe you have the needed skills to change behavior (self-efficacy) before you will take action

- Skill development comes through modeling
  - Modeling is most effective when it addresses
    - prior attempts to change behavior
    - strategies that were and were not successful
    - ideas to help succeed this time
Transtheoretical Model (Stages of Change)

- 5 discrete stages of change
- People move from one stage to the next in the process of change
- May repeat stages several times before achieving lasting change
Stages of Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
Tips

- **Know your level of readiness**
  - On a scale of 0-10, how ready are you to start making a change?

- **Know your level of motivation**
  - On a scale of 0-10, how motivated are you?

- **Know your WHY**
  - Write down why you want to make a change. What is your purpose?
Tips

- Make your Thinking a priority
  - What kind of thinker are you?
  - What influences your positive and negative thoughts?
Tips: 6 main steps

- **Step 1**: Identify the situation—what is the trigger of distress.
- **Step 2**: Identify the emotion – rate its intensity.
- **Step 3**: Identify thoughts—including automatic thoughts that preceded emotion
- **Step 4**: Challenging thoughts and beliefs. Evidence for and against the thoughts.
- **Step 5**: Respond to unhelpful thoughts – replace automatic thoughts helpfully and realistically.
- **Step 6**: Reevaluate belief/thoughts/emotion.
Tips: Effective Emotional Eating

- Make a **conscious decision** to allow yourself self-soothing eating

- Notice the **point of diminishing returns** (the point at which you’re not enjoying it anymore)

  *If you feel better after having a treat, then you have used food effectively.*
Tips: Effective Emotional Eating

- Self-soothe without food
  - Focus on your senses
  - Deep breathing, physical activity, take a bath, look at art

- Do something fun
  - Watch a movie, talk on the phone, read, etc.

- Keep your hands busy
  - Pet an animal, clean, paint your nails, knitting/needlepoint