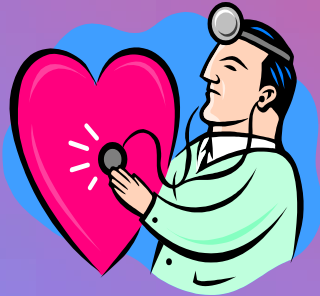


Health Program



Health Behavior Change

Dave Williams. MD, MPH

STEPS IN SELF BEHAVIOR CHANGE

Five basic steps

- Select a behavior
- Observe the behavior
- Develop a plan
- Apply the plan
- Maintain the behavior

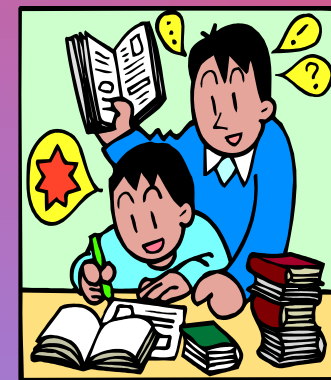
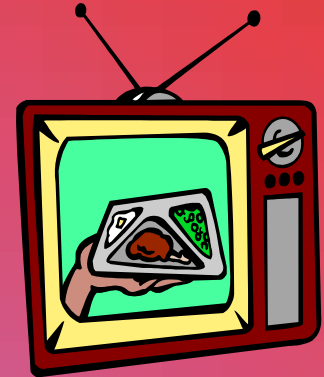


Select

Be *specific*, not vague

Four basic actions in modifying a behavior

- ↑ or start a new behavior
- ↓ or eliminate a behavior
- Modify a behavior



Select a Behavior

Pick a behavior not a result

- Examples of behavior
 - I want to walk 30 min a day for 3 days/wk
 - I want to eat 4 servings of fruit/day
 - I want to eat 5 servings of veges/day
- Examples of Results
 - I want to lose 30 lbs
 - I want to lower blood sugars by 20 points
 - I want to lower my BP by 20 points



Select a Behavior

Antecedents

How often

Timing



Behavior



Consequences

Observe the Behavior

ABC Diary (See the workbook Part 1.3)

- Antecedent
- Behavior
- Consequences
- Include in homework assignment

Other measures

- Frequency
- Time of occurrence
- Rating scales (frequency or intensity)



Observe the Behavior

Make graphs

Establish a baseline

- Zero in my example



Select a Behavior

Personal Characteristics

Personality

- Extrovert or introvert
- Goal oriented

