



Weight Management: Creating a new dietary lifestyle

Christine Tedjasukmana, MPH(c), CHES
Riverside County Human Resources
Occupational Health & Wellness



First Things First

- Please fill out:
 - Sign in sheets
 - Weight Management Questionnaire
 - Lifestyle Management Groups



Congratulations!

You are aware that you need some changes in your diet and you've taken the first step to making a positive step in your life!



Take the Long-term Approach

- It is virtually impossible to lose weight and keep it off if you don't modify your lifestyle. Diets are a short-term solution to a long-term problem. That is why most dieters regain their lost weight within a year.
- Make eating the right foods a permanent part of your daily life- this is the solution to weight management.



Committed to Health

You have to be committed to restructure your eating patterns and your lifestyle completely.

This is a commitment for better HEALTH.

Focus on better health and the weight will take care of itself!



Basic Concepts

- Identify reasons for losing weight
 - Decision Balance Worksheet
- Common eating problems
 - Food Journal Worksheet
- Serving size



Profile of an Overweight Person

- Breakfast skimper
- Takes big bit drink enough- eats too fast
- Doesn't drink enough water
- Gets little exercise
- Uses salt freely
- Likes caffeinated drinks
- Is a nibbler- constantly eating
- Eats mostly refined foods- white breads, white rice, juices, candies, ice cream, etc.



Myth: Skipping breakfast will help me lose weight...

Those who omit breakfast accentuate their hunger and eat more snacks and food for the rest of the day to make up for the lack. Suffer a significant loss of efficiency in the late-morning hours.



Jumpstart Your Day

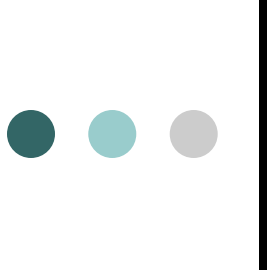
- Advantages of eating a healthy breakfast
 - Less irritable-better attitudes
 - More efficient problem solving
 - Improved memory
 - Increased verbal fluency
 - Improved attention span
 - More energetic
 - Less chronic disease
 - Reduces risk of heart attack
 - Increased longevity
 - Better overall health



Easy Ways to Start Changing Habits

Problem: Do you eat too fast?

- Serve yourself smaller portions
- Eat your soup with a teaspoon- it will slow you down.
- Use utensils for everything-even your sandwiches.
- Pick up the knife and fork. Take one bite. Put the knife and fork down. Chew completely before picking up the utensils again.
- Stop in the middle of the meal for two minutes. Your system will begin digesting, helping you know if you are full.
- Make an effort to double the amount of time it usually takes you to eat a meal.



Easy Ways to Start Changing Habits

Problem: **Do you eat too much?**

- Drink a big glass of water before each meal
- Begin the meal with bulky vegetables. Eat a big salad first or a bowl of vegetable soup.
- The moment you feel full-stop
- Use smaller plates for your meals. As soon as the plate is emptied, stop.
- Put leftovers away immediately
- Avoid serving “family style”- fill up a plate and leave the serving dishes out of sight
- Leave the table as soon as you are finished. Go for a walk. Brush your teeth, etc.



Easy Ways to Start Changing Habits

Problem: Have no time to prepare healthy meals?

- Buy frozen meals made for the calorie conscious
- Buy prepared salad fixings, pre-sliced veggies and fruit
- Stock up on low calorie soups (watch the salt)
- Ask the deli counter at the supermarket to slice lean meats. Add these to your salads.
- If you do order fast food, have a baked potato, grilled chicken breasts, lean burgers or visit the salad bar.



The Fact about Fiber

- Fiber is a natural safety mechanism that helps you feel full and keeps you from eating too many calories.
- Fiber/less foods lack this automatic shutoff- by the time you feel full- you've eaten enough calories for several meals!



10 Principles of Healthy Weight Maintenance

- Think long-term
- Do it for yourself
- Think fruits, grains, legumes, and vegetables
- Control portion sizes
- Eat 3 meals a day
- Maintain your program
- Exercise
- Don't overdo it
- When you think activity- think play



Hard Facts you can rely on...

- Always have breakfast
- Carry your lunch to avoid fast food
- Go outdoors for a brisk walk during lunch
- Eat before you go to a party at which dietary dangers abound.
- Find a support partner to collaborate in weight and exercise goals.



County of Riverside Wellness Program

- 1. Noontime Seminars
- 2. Healthy Lifestyle Reward Program
- 3. Lifestyle Management Groups
- 4. One on one consultation for High Risk Individuals
- 5. Health Fairs
- 6. Targeted Departmental Wellness Programs
- 7. Walking Clubs
- 8. Wellness website
- 9. Health Club Discounted Membership



Questions... Comments....

Please feel free to contact the
Wellness Coordinator-Dave Williams, MD, MPH

Campus Professional Center
14375 Nason Street, Suite 101
Moreno Valley, CA 92555-4727
davewill@co.riverside.ca.us
(951)485-5966