



McMaster University HEALTH SCIENCES  Department of Family Medicine

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An Idea is Born

- Dietitian had been offering a series of healthy lifestyle sessions called The Healthy You (program produced by the Hamilton Family Health Team)
- Dietitian and Social Worker co-facilitated a Body Image Session
- Participants requested more interdisciplinary sessions

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The Chicken or the Egg

- Social Worker- Self Esteem and Body Image
- Dietitian- Body Image and Self Esteem
- Similar topics
- Both focusing on behavior change
- Both promoting self management skills

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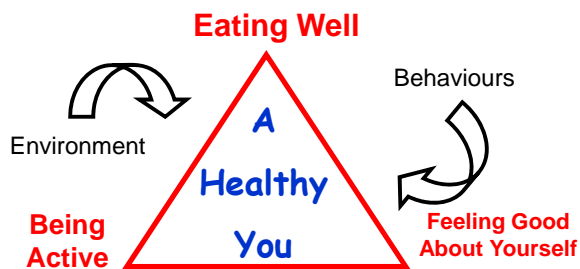
The Vitality Group is Born

- to help participants eat well, be more active, and feel good about themselves using an inter-professional collaborative approach designed for adult learners

From a Weight Centred Approach to the Vitality Approach

- A group program that focuses on a lifestyle approach to weight management.
- Provide an opportunity for education, skill building, community and peer support.
- Participant-centred approach
- Adapted from The Vitality Approach: A Guide for Leaders, Health Canada, 2000.
- The Healthy You Program produced by the Dietitians at the Hamilton Family Health Team, recently updated 2009.

Vitality...



From a Weight Centred Approach to the Vitality Approach

Dieting



Healthy Eating

- Restrictive eating
- Counting calories and prescriptive diets
- Weight cycling (yo-yo diets)
- Take pleasure in eating a variety of foods
- Enjoy lower fat foods and grain products, vegetables, and fruit more often
- Understanding your eating patterns, influences on food choices

From a Weight Centred Approach to the Vitality Approach

Exercise



Active Living

- No pain, no gain
- Burn calories
- Be active your way, every day
- Value and practice activities that are moderate and fun
- Enjoy physical activities as part of your daily lifestyle

From a Weight Centred Approach to the Vitality Approach

Dissatisfaction with self



Positive Self and Body Image

- Unrealistic goals for body size and shape
- Preoccupation with weight
- Accepting the fashion and diet industries' emphasis on thinness
- Accept that healthy bodies come in a range of weights, shapes and sizes
- Appreciate your strengths and abilities

Program Delivery

- Co-led sessions eg. Orientation, Emotional eating
- Social work led sessions
- Nutrition led sessions
- Peer led sessions
- Guest speaker session- eg. Activity
- Evaluation of program

Co Led Sessions

- Orientation
- Body Image
- Emotional Eating

Topics: Based on Participant Interest

- Self assessment
- Eating Patterns-media
- Journaling
- Stages of Change
- Goal Setting
- Nutrition Basics
- Challenges to healthy eating eg. Dining Out, Meal Planning, Supermarket Savvy
- Self/body Image
- Mindfulness
- Emotional Eating
- Self Talk
- Relaxation
- Community resources
- Active Living

Social Worker Led Sessions

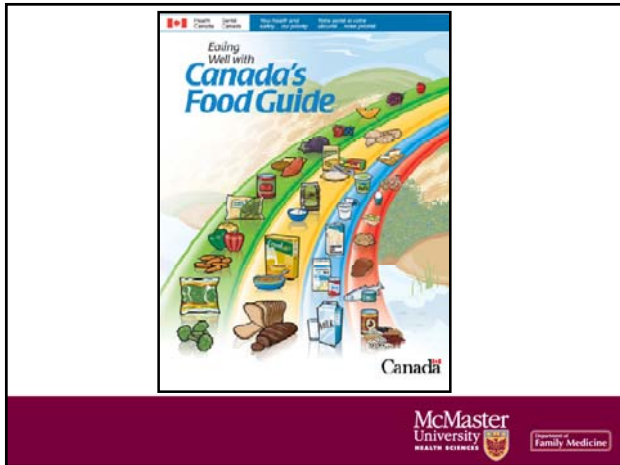
- Body image
- Cognitive restructuring
- Self acceptance
- Relaxation therapy
- Coping with the holidays

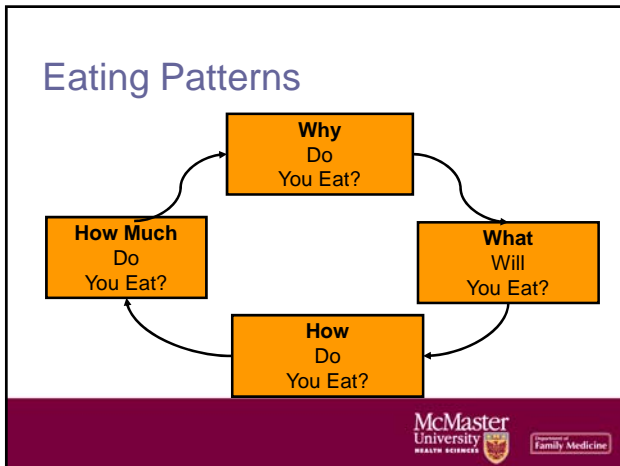
Nutrition Led Sessions

- Nutrition Basics
- Canada's Food Guide
- Intro to carbohydrates, fibers, fats, fluids
- Challenges to Healthy Eating
- Dining out, shopping, preparing meals
- Goal setting/action plan

Food is one of life's pleasures







Which has more fat?

500 mL or 2 cups

Garden salad with vinegar/lemon juice and herbs	Caesar salad	Greek salad	Garden salad with 15 mL Italian dressing
0	5 1/2	3	2 3/4

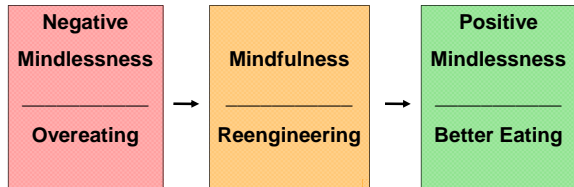
How would you lower the fat in this meal?

- Granola cereal (75 mL) with 2% milk (125 mL)
- 1 croissant
- Juice (125 mL)
- Coffee (250 mL) with cream (10 mL)



Contains about 26 grams of fat

Reengineering Your Food Environment



Goal Setting Practice: Set at least 1 small goal today

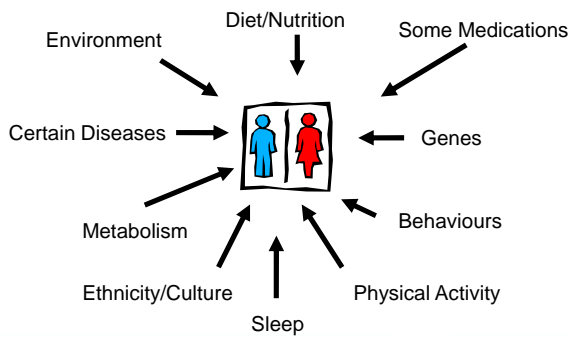
- *I will eat breakfast at least one more time than usual this week*
- *I will go for a 20 minute walk after dinner at least twice this week*



Similarities in Training

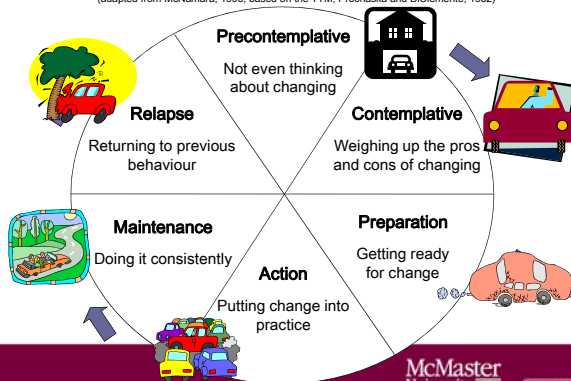
- Focus on behavior change
- Patient Centered
- Motivational interviewing
- Solution focused counseling
- Self management strategies
- eg. Self assessment, journaling, goal setting, developing action plan, weekly check in, review of goal challenges
- Group facilitation skills

Influences on Behaviour




The Model of Stages of Change

(adapted from McNamara, 1998, based on the TTM, Prochaska and DiClemente, 1982)



Goal Setting

S.M.A.R.T

-  Specific
-  Measurable
-  Action-oriented
-  Realistic
-  Time Framed



Differences in Training

Nutrition

Social Work

Physiotherapy- Activity

Helps us:

- control blood sugar,
- balance,
- stay strong,
- manage weight,
- raise our good cholesterol,
- improve self-esteem
- raise endorphins



Peer Led Sessions

- When and how
- Natural Leaders

Group Challenges

- Personalities eg. The pessimist, the interrupter
- Integrating new members
- Inclusion criteria eg. Age, gender
- Scheduling
- Benefits of cumulative sessions

Recruitment

- Posters- exam rooms, waiting rooms
- Provider reminders eg. MD, RNEc, Rph., staff
- Stonechurch Newsletter
- Website
- Challenges with recruiting

Feedback and Evaluation

- Oral feedback
- Written feedback- evaluation form
- Patient attendance
- Patient success with achieving goals
- Provider satisfaction
- Future evaluation

Feedback and Evaluation

- High satisfaction with program
- Increase in knowledge, skills, comfort level
- Reported more food enjoyment, less guilt, feeling more confident in dealing with challenges to healthy eating and with their ability to set realistic nutrition and activity goals
- Enjoyed group interaction
- Enjoyed having a dietitian/social worker team and the opportunity to choose the topics

Evaluation: Provider

- Opportunity to collaborate
- Learn about unique skill sets of other providers and commonalities
- Share in a new initiative in patient care

Unexpected Results

- Socially phobic patient
- Decrease in social isolation
- Ongoing open access
- Convenience
- Sense of hope, group support,
- Patient leaders
- Leader satisfaction

Steps to health



- > Enjoy being active.
- > Eat well.
- > Feel good about yourself.
- > Learn something new each day.
- > Stay socially and mentally engaged.

Thank you!
