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

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
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
  - The Healthy You Program produced by the Dietitians at the Hamilton Family Health Team, recently updated 2009.

Vitality…

Eating Well

Behaviours

Environment

Being Active

A Healthy You

Feeling Good About Yourself
From a Weight Centred Approach to the Vitality Approach

**Dieting**
- Restrictive eating
- Counting calories and prescriptive diets
- Weight cycling (yo-yo diets)

**Healthy Eating**
- 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**
- No pain, no gain
- Burn calories

**Active Living**
- 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**
- Unrealistic goals for body size and shape
- Preoccupation with weight
- Accepting the fashion and diet industries’ emphasis on thinness

**Positive Self and Body Image**
- 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
Why Do You Eat?

What Will You Eat?

How Do You Eat?

How Much Do You Eat?

Eating Patterns

Which has more fat?

Garden salad with vinegar/lemon juice and herbs
Cesar salad
Greek salad
Garden salad with Italian dressing

500 ml or 2 cups

0

5⅛

3

2¼
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

Negative Mindlessness  Mindfulness  Positive Mindlessness

Overeating  Reengineering  Better Eating

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

- Environment
- Diet/Nutrition
- Some Medications
- Certain Diseases
- Genes
- Metabolism
- Behaviours
- Ethnicity/Culture
- Physical Activity
- Sleep

The Model of Stages of Change

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

- Precontemplative: Not even thinking about changing
- Contemplative: Weighing up the pros and cons of changing
- Preparation: Getting ready for change
- Action: Putting change into practice
- Maintenance: Doing it consistently
- Relapse: Returning to previous behaviour

(Images of cars and cartoon characters representing each stage.)
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!