



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.**

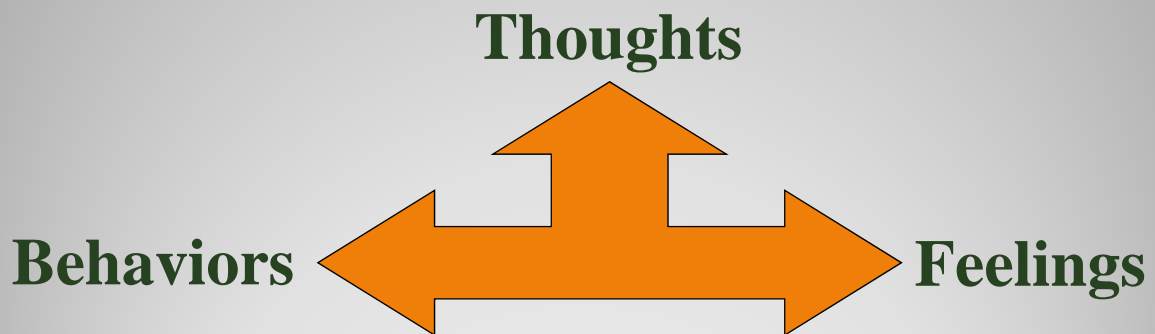
Emotional Eating

- **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”



Automatic Thoughts

- **Just below threshold of awareness**
- **Accessible**
- **Lead to emotion**
- **Can be positive or negative**



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

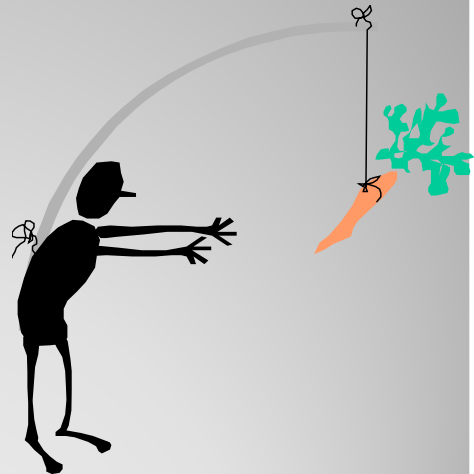
- **Must believe you have the needed skills to change behavior (self-efficacy) before you will take action**
- **Skill development comes through modeling**
 - **Modeling is most effective when it addresses**
 - **prior attempts to change behavior**
 - **strategies that were and were not successful**
 - **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**