



# Obesity Prevention and Treatment: A Behavioral Approach

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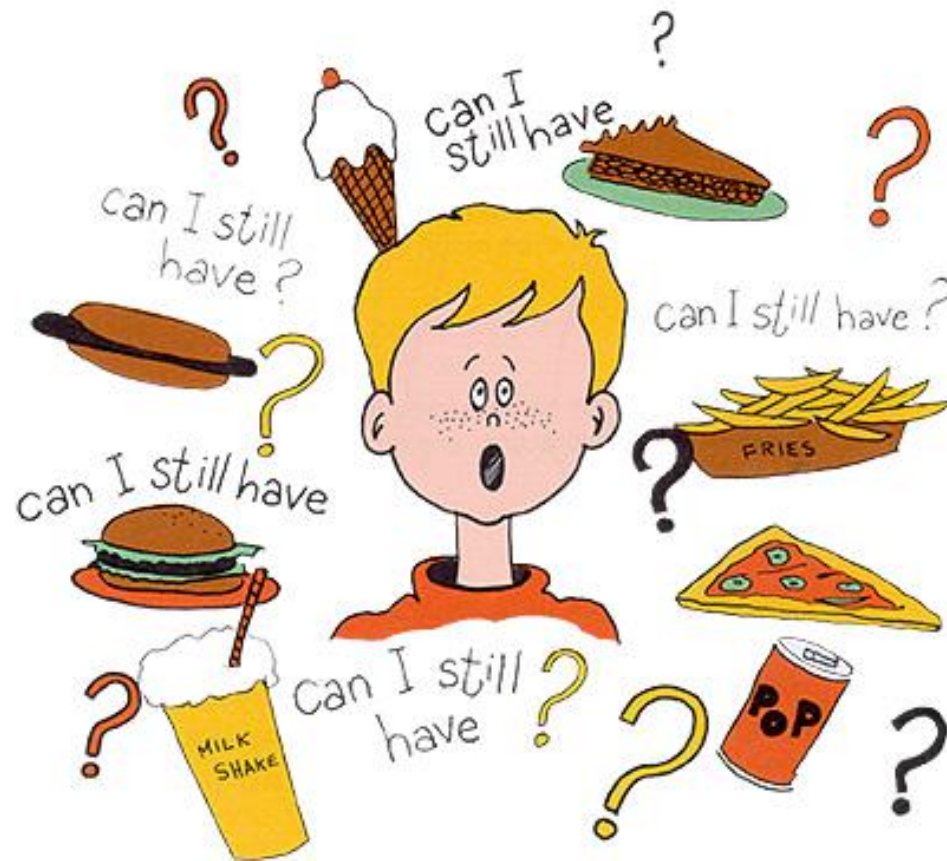
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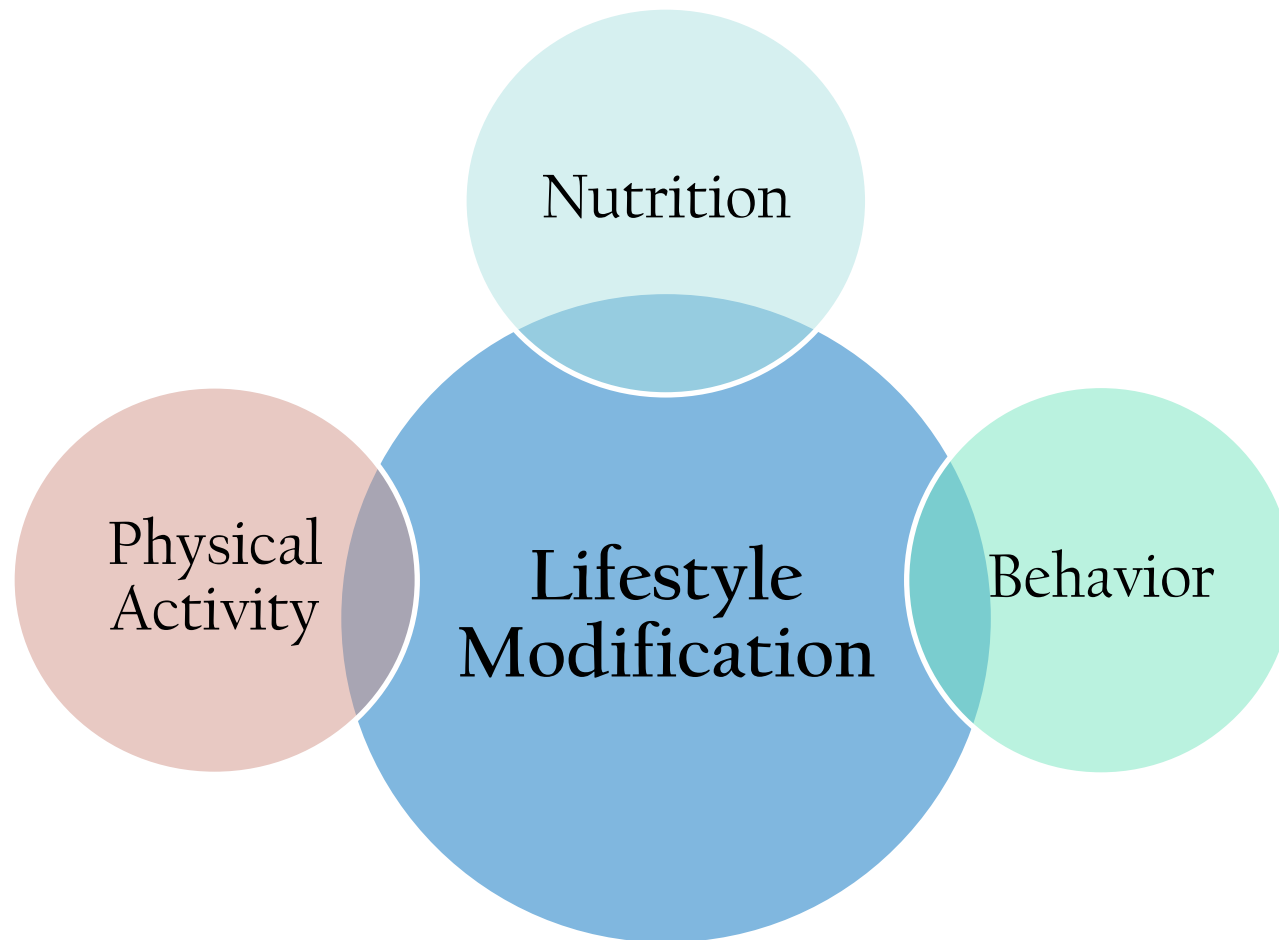
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# Diets



# Weight Management Cornerstones

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# Lifestyle Modification

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## CHANGE

- Combine nutrients for balance
- Have an eating schedule
- Alter your portions
- Need for sleep
- Gather information
- Exercise



# CHANGE

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## Combine Nutrients for Balance

- Combine carbohydrate, protein, and fat
  - Regulates blood sugar levels
  - Controls appetite
- Rule to Remember:
  - 3 food groups per meal
  - Snacks to include carbohydrate + protein



# CHANGE

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## Have an Eating Schedule

- Skipping meals = starvation
  - More likely to overeat
  - May slow metabolic rate
- Eat within 1 hour of waking up
- Space meals/snacks 4-5 hours apart
  - Promotes faster metabolism
  - Controls hunger
- Eat slowly
  - 20 minutes for the brain to recognize the stomach is full

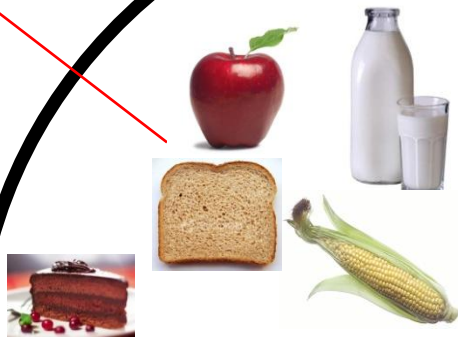
# CHANGE

## Alter Your Portions – The Perfect Plate

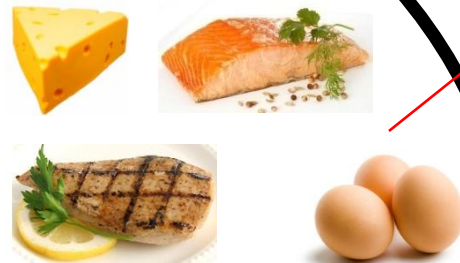
Size of fist



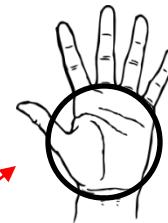
Carb



Protein



Size of palm  
(without fingers)



At least size of  
2 fists



Vegetables



Fats



# CHANGE

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## Need for Sleep & Stress Reduction

- Lack of sleep & increased stress have been linked to increased risk of obesity
- Can affect metabolism and hormone production
- Aim for 7-8 hours of sleep per night
- Find ways to reduce stress by engaging in activities you enjoy & taking time for self



# CHANGE

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## Gather Information – Self Monitoring

- Keep food, activity, and weight records
  - Keep food diary, lose twice as much weight\*
  - Weigh yourself once per week
- Set long-term and short-term goals
  - SMART goals
- Get a buddy
  - Support system & accountability
- Positive self-reinforcement



# CHANGE

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## Exercise

- Schedule it!
- Start slowly
  - Increase daily activities
  - Get a pedometer
    - Aim for 10,000 steps daily
- Have a goal
  - Ultimate goal 30-60 minutes moderate intensity most days of the week; combine cardio & weights
  - Break this up into 2 or 3 increments



**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

# National Weight Control Registry (NWCR)

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- Largest prospective investigation of long-term successful weight loss maintenance
- Only 20% of overweight individuals are successful at *long-term weight loss* when defined as losing at least 10% of initial body weight and maintaining the loss for at least one year
- Who are they?
  - Over 5,000 people
  - 30# loss maintained for at least 1 year
  - Average loss 66# maintained for 5.5 years

# NWCR

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- 98% modified their food intake and kept a food diary
- 78% eat breakfast every day, consume low cal/low fat diet & consume several small meals instead of a few large ones
- 75% weigh them self at least once a week
- 62% watch less than 10 hours of TV per week
- 90% exercise, on average, about 1 hour per day



# NWCR

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- The National Weight Control Registry: A Critique
  - “Permanent weight loss may be achievable if a person is willing to totally restructure behavior patterns in relation to food and activity.”
- NWCR Thoughts... EXACTLY!!

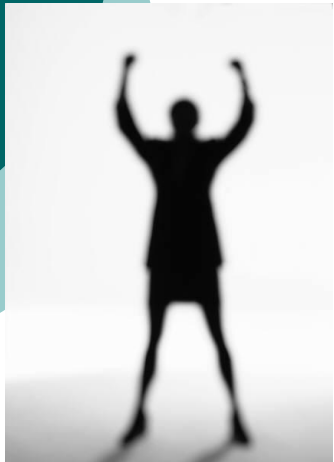
# So what if that's not enough?

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- Vary your exercise routine
  - Ultimate goal 30-60 minutes moderate intensity most days of the week
  - Combine cardio & weight training
    - Keep a fitness log
- Vary your diet
  - Seek advice of registered dietitian (RD)
- Further testing
  - Seek advice of RD or MD
    - Hormonal imbalances
    - Need for medication adjustment
    - Metabolism testing

# Metabolism Matters

A



B



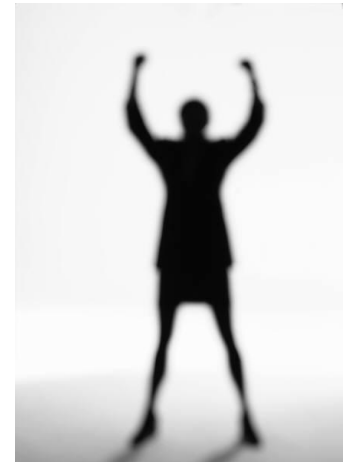
C



D



E



Predicted	1714	1740	1743	1744	1743
Actual	1263	1523	1778	1979	2152

Reference: Foster, G.D., et al. Resting energy expenditure, body composition, and excess weight in obese. *Metabolism* 37(5):467-472, 1988.

# Measure Your Resting Metabolic Rate

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- MedGem® Indirect Calorimeter
  - RMR measurement
- Activity Factor based on daily activities & physical activity
- Calorie level goal based on desired weight outcome
- Additional Services:
  - Meal Planning
  - Food Diary Analysis
  - Behavioral Counseling
  - Weight Loss Program





"I think it's called a scale,  
but mom calls it a @#\$% liar!"

# Questions?