

Small Changes – Big Difference

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What Changes do You Want to Make? Why?

- **Weight control?**
- **Healthier recipes?**
- **Be more active?**
- **Manage stress better?**
- **I want to: feel better,**
- **not get so winded**
- **play with my kids, grandkids**
- **feel better in my clothes**
- **enjoy my retirement**
- **get off medication.....**

Weight and Your Health

- **Health risks of overweight and obesity:**
 - **Cardiovascular diseases, mainly heart disease and stroke**
 - **Diabetes**
 - **Osteoarthritis**
 - **Some cancers (including endometrial, breast, ovarian, prostate, liver, gallbladder, and colon)**
 - **Lung function/respiratory disease (asthma, sleep apnea)**
 - **Depression**
 - **Quality of life**

How Can I Manage My Weight?



How Can I Manage My Weight?



Weight Management

- **Measure your servings**
- **Weigh your meats**
- **Keep a food diary**



Weight Management

- **Read the food label, including ingredient list**



Portion Distortion

20 Years Ago



3-inch diameter

Today



6-inch diameter



Twenty years ago
Coffee with milk and sugar
8 ounces
45 calories



Today
Grande café mocha with whip, 2% milk
16 ounces
330 calories

Portion Distortion



20 Years Ago



1.5 ounces

Today



4 ounces

Recipe Modification

- **Use spices, herbs, and/or lemon juice rather than butter or margarine on veggies**
- **Replace sour cream with low-fat sour cream or non-fat yogurt**
- **Reduce sugar in baking**
- **2% or skim milk instead of whole**
- **Change cooking technique: bake instead of fry, sauté in broth instead of oil**
- **Use a reduced fat alternative: lighter cheeses, salad dressings, yogurts**
- **Try whole wheat pasta, bread, rice**



Fit in Activity

Exercise does not have to be difficult!



Fit in Activity

Add exercise you are comfortable with!



Fit in Activity



Set “SMART” Goals

- **“SMART” goals are:**
 - **S = Specific**
 - **M = Measureable**
 - **A = Action-oriented**
 - **R = Realistic**
 - **T = Time-lined**



Set “SMART” Goals

The 4 “W”s:

- **WHAT:** What is it that you want to do? (i.e., start walking)
- **WHEN:** When will you do it? For how long?
When will you begin?
- **WHERE:** Where will you do it?
- **WHO:** Who will I do this with (if anyone)?

Small Changes – Big Difference

“The only person you should try to do better than is the person you were yesterday.”

What changes will YOU make?

