

How did the week go for you?

Did you use any strategies for work/life balance?

What positive impacts did you notice from using new tools and strategies?

Stress and Resilience in a COVID World

5-part Webinar Series



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Stress and Resilience in a COVID World: Healthy Habits, Nutrition

Healthy Habits, Nutrition
Dr. Karen Plawecki, PhD, RD
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Today's Time

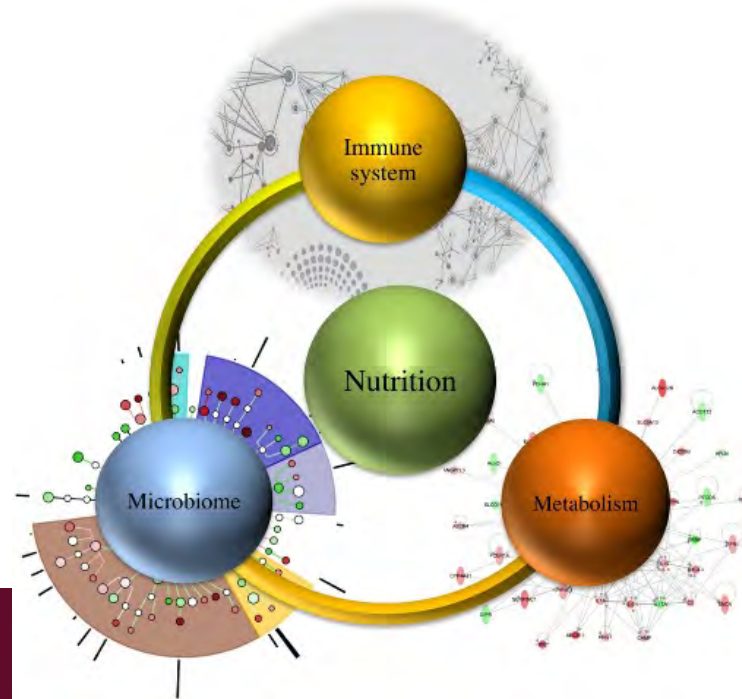
- Nutrition = foundation for health
 - Healthy relationship with food
 - Myths
- Health vs. Weight
- Beyond the Plate
 - Instuitive Eating
 - Non-Dieting
 - Blended approach with structured approach
- Holidays



Nutrition = Foundation for Health

- Nourishing

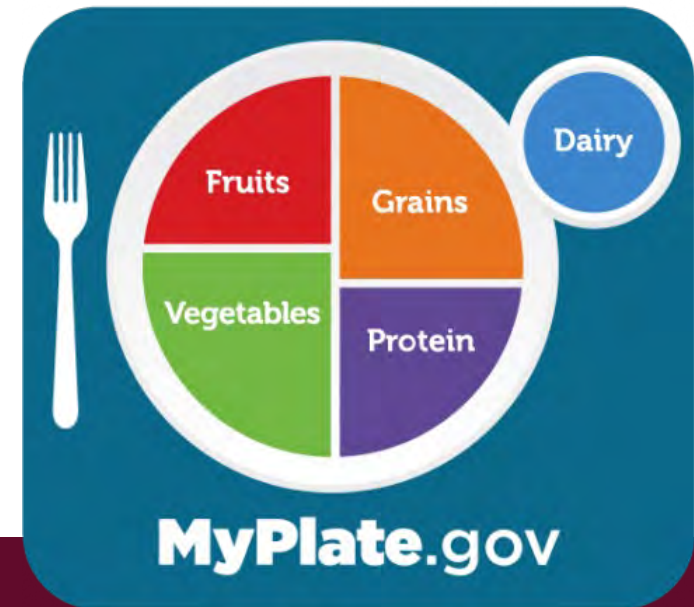
- Fuels (via calories) the body to operate, play and work
- Nutrients for key roles for efficient daily operation + health promotion



Nutrition: The Basics

- Nutrients have an identified role or roles
 - Carbohydrates = quick energy
 - Fats = structure in the body, more energy dense (great for physical activity)
 - Protein: structures, immune, enzymes, energy
 - Vitamins
 - Minerals
 - Water

- Plus: healthy relationship with food



The “Bad Foods” Label



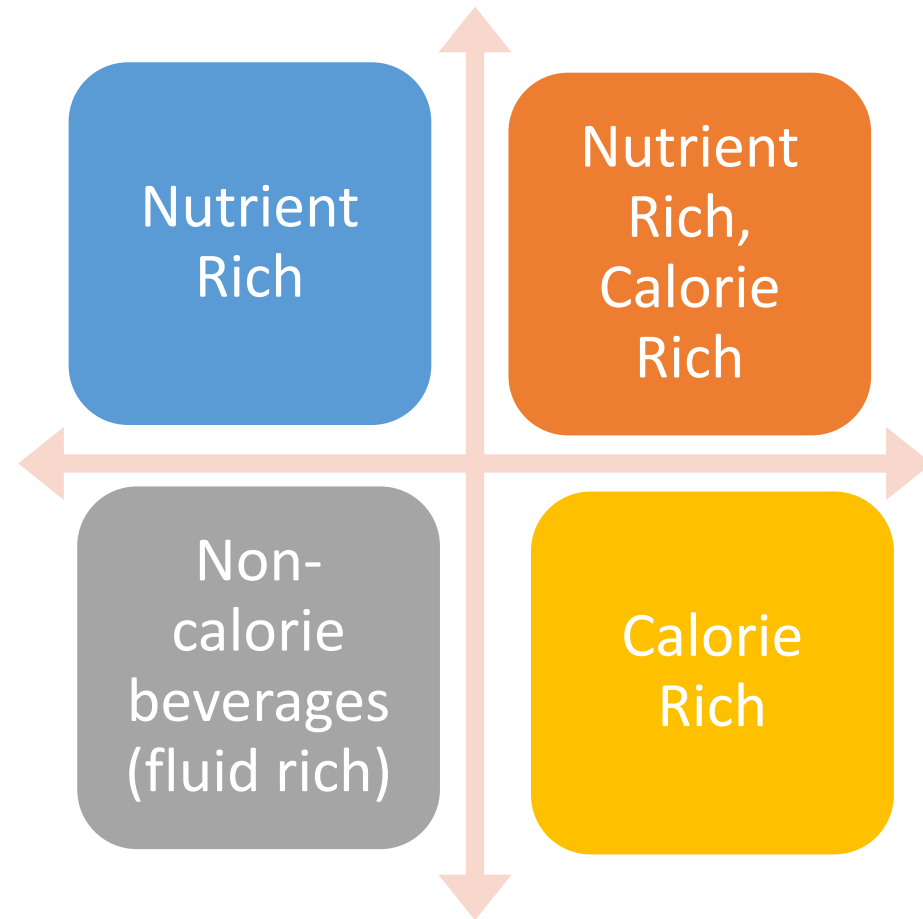
Chat question:

- Provide examples of “bad” foods



Don't think of a pink elephant!

All Foods vs. Good and Bad Foods



Patterns and Quantity Matter

- *All things are poison, and nothing is without poison; only the dose permits something not to be poisonous.*
- — Paracelsus

- Aka: Dose makes the poison
 - Dependent on the food and person

<https://www.chemicalsafetyfacts.org/>

Weight-neutral vs. Weight-centered

Health

- Nutritional needs covered
- Blood pressure
- Lipid levels
- Glucose levels
- Resting pulse rate
- Energy
- Stress level
- Sleep patterns
- Activity

Weight

- Scale



Evidence-Based Guidelines

- National Institutes of Health

Reduce kcal intake with increased physical activity



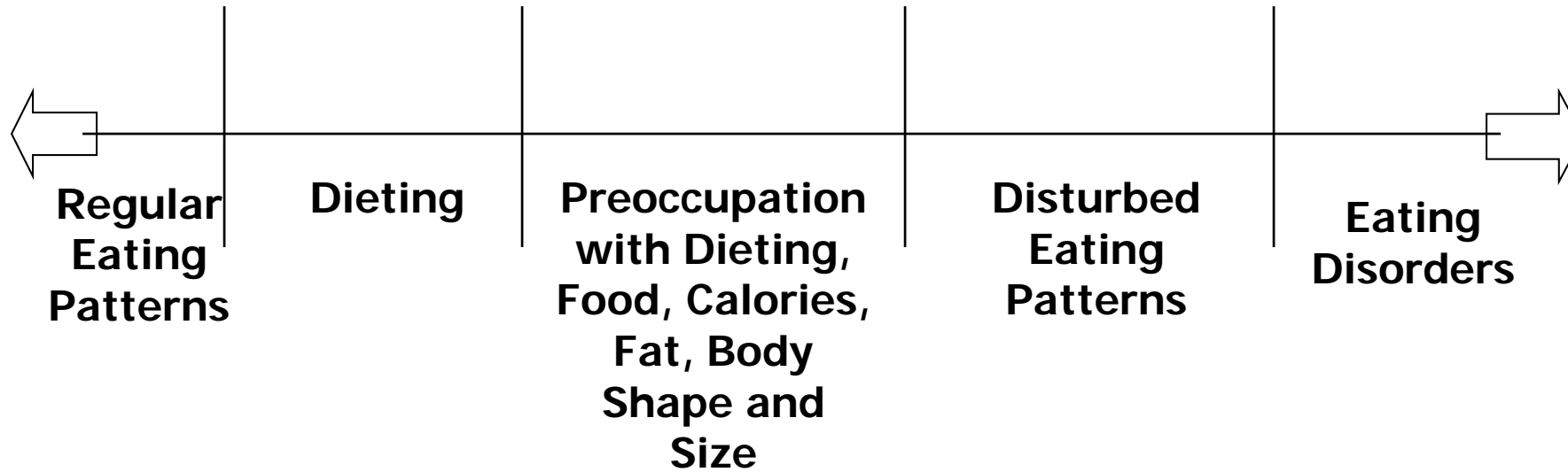
Achieve 5-10%
with loss & long-term maintenance

- 5-10% loss over six months
 - Via caloric restriction, increase physical activity and behavior changes
- Maintain new weight for six months & reassess

Ancel Keys study: Effects of Human Starvation

- 32 healthy men, study design:
 - 3 months control
 - 6 months semi-starvation
- 1570 kcals vs. 3492 kcals
- required intense physical activity
- required 19-24% weight loss
 - 3 months re-feeding
- Result: physical, social, mental deterioration

Eating Behaviors Continuum



Diets (low calorie) Aren't Terribly Successful

- The majority of people regain the weight within 1 to 5 years
 - The more rapid the weight loss, the more rapid the regain
 - Fad diets produce rapid weight loss
- Bottom line:
 - Most diets, fad or not, will be lower in calories than current intake
 - Weight loss occurs with most diets
 - Maintenance of lost weight is the rub
 - Need to have a lifestyle approach to weight loss and management



Move More!

Physical activity:

- Increases metabolic rate
- Strength training major bonus

Caloric Restriction:

- Decreases metabolic rate
- Starvation mode activated
- More difficult to get nutrients

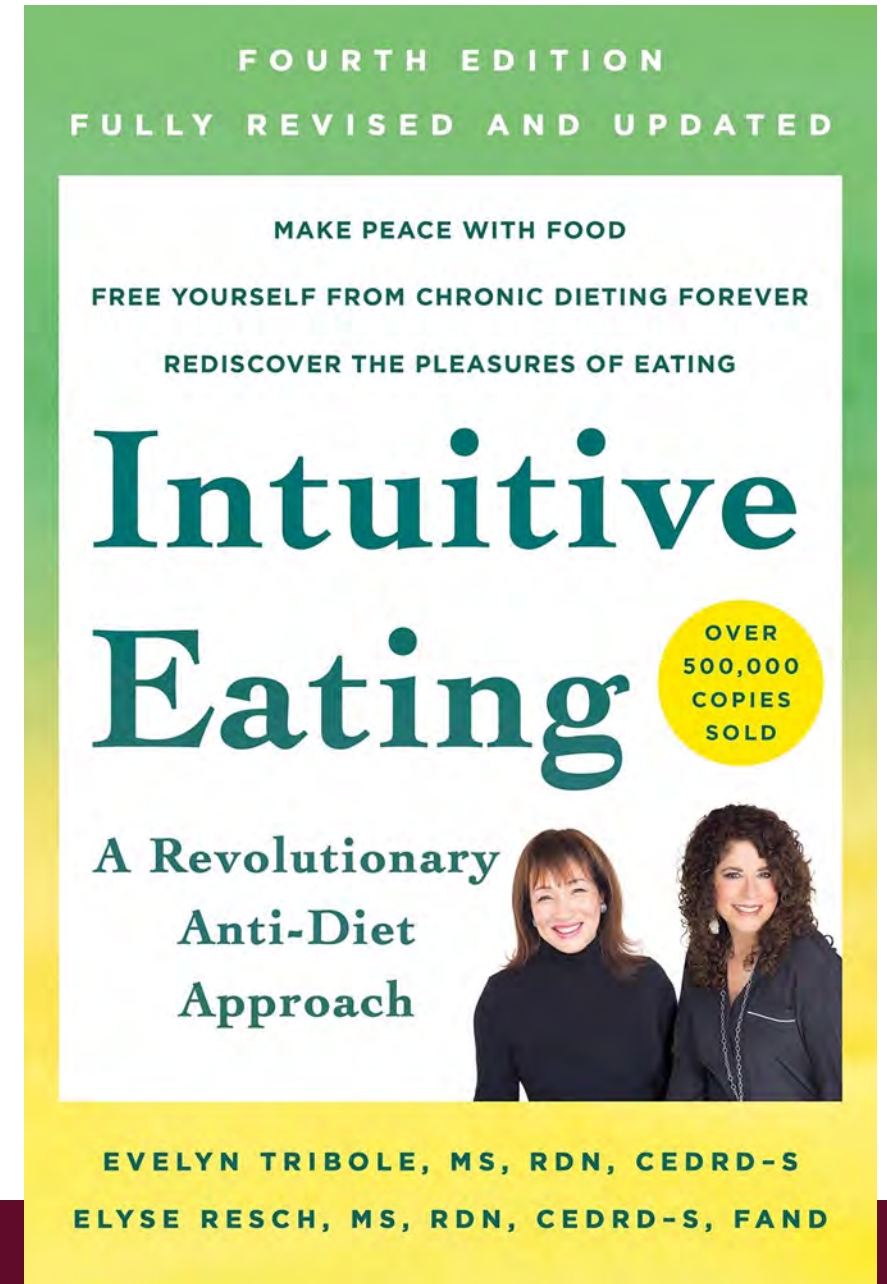


Counter Message to Restrictive Diets for Healthy Relationship with Food

Intuitive Eating
Health at Every Size
Non-Diet

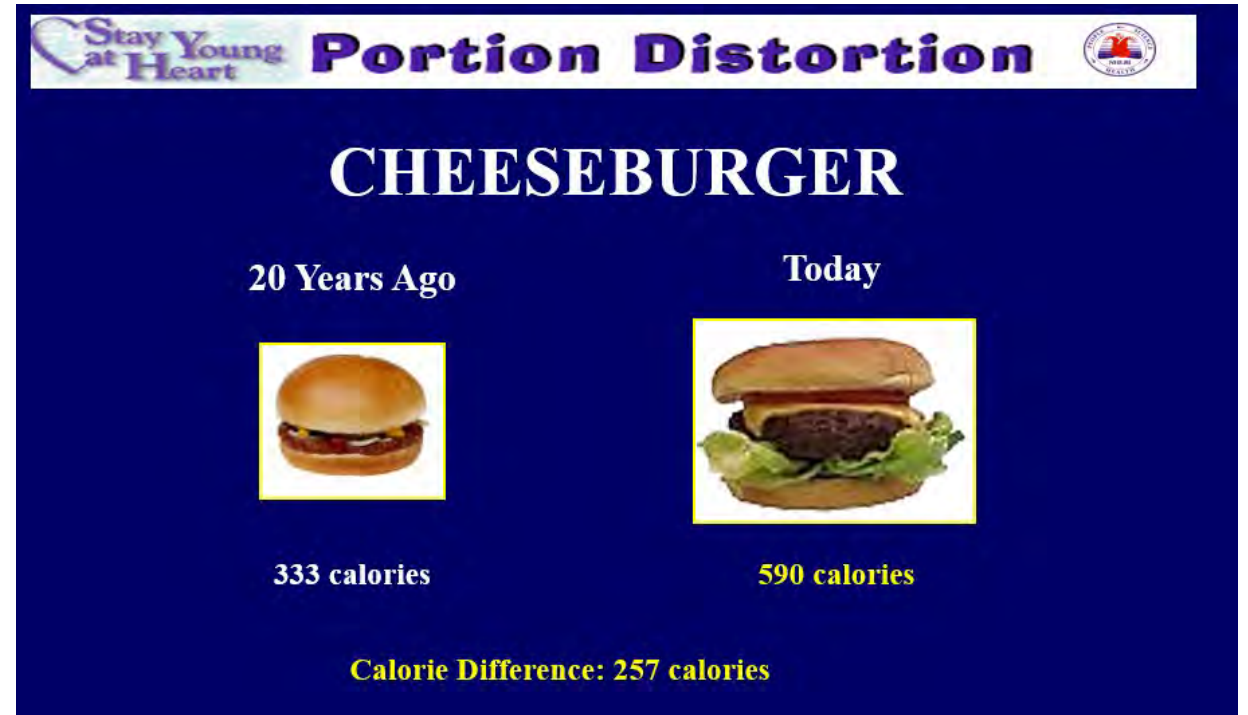
Intuitive Eating

- Bring back enjoyment of foods
- You're in charge
- Useful with most situations and conditions
 - Possible hurdle for those with limited access to foods
- Fends off portion distortion



Portion Distortion

- Increase in portion sizes over 20 years
- People tend to eat what is in front of them or easy access versus basing on physical hunger
 - Mindless vs. mindful eating



<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

Intuitive Eating: 10 Principles

1. Reject diet mentality

2. Honor your hunger

3. Make peace with food

4. Challenge the food police

5. Discover the Satisfaction Factor

<https://www.intuitiveeating.org/>

Intuitive Eating: 10 Principles cont.

6. Feel the Fullness

7. Cope with your emotions with kindness

8. Respect your body

9. Movement-
feel the difference

10. Honor your health – gentle nutrition

<https://www.intuitiveeating.org/>

Intuitive Eating: Research

- Intuitive Eating is Associated With Higher Fruit and Vegetable Intake Among Adults¹
 - Women and men in the top intuitive eating quartile ate more fruits & vegetables
- Health At Every Size (HEAS) incorporating intuitive eating vs. control group²
 - increased their intuitive eating score
 - significant improvement in diet quality was also observed in the HAES[®] group ($p=0.0139$)
 - intuitive eating score and the HEI score were positively associated in the HAES[®] group at post-intervention ($r = 0.20, p = 0.0237$) and one-year follow-up ($r = 0.22, p = 0.0359$)

Health at any Size Concept (HAES)

HAES philosophy suggests that once diet restrictions and barriers to activity have been removed, individuals will develop healthier eating and activity patterns that lead to a naturally healthy weight.

Tenets:

- Health promotion programs focus on the benefit of a healthy lifestyle not necessarily weight loss
- Promote body satisfaction, positive self-esteem
- Good **health** is not defined by size, weight or body shape

Diet vs. Non-Diet (HAES) Defined

	Diet Paradigm	Non-Diet Paradigm
Weight	<ul style="list-style-type: none"> • Achieve ideal weight • Lose 5-10% of current wt. 	<ul style="list-style-type: none"> • Body will seek its natural weight when eat in response to cues
Hunger	<ul style="list-style-type: none"> • Attempt to suppress or ignore hunger (will power) 	<ul style="list-style-type: none"> • Physical cues to eat are valuable and relied upon
Exercise	<ul style="list-style-type: none"> • Exercise to lose weight 	<ul style="list-style-type: none"> • Listen to the body, seek play and natural movement- not connected to weight loss
Food	<ul style="list-style-type: none"> • Good/bad, legal/illegal, should/shouldn't • Quantity/quality determined by external source • Cups, ounces, calories, exchanges, food groups 	<ul style="list-style-type: none"> • ALL food is acceptable • Quantity/quality are determined by responding to physical cues (hunger/fullness, taste, well-being, blood glucose)
Self-Esteem	<ul style="list-style-type: none"> • Self-esteem will improve with weight loss (doesn't happen though) 	<ul style="list-style-type: none"> • Self-esteem will improve with self determined eating/movement • Bodies come in all sizes and are naturally beautiful

The Non-Dieting Approach

- Feeding Your Body
- Moving Your Body
- Accepting/Respecting Your Body

Hunger or Appetite?

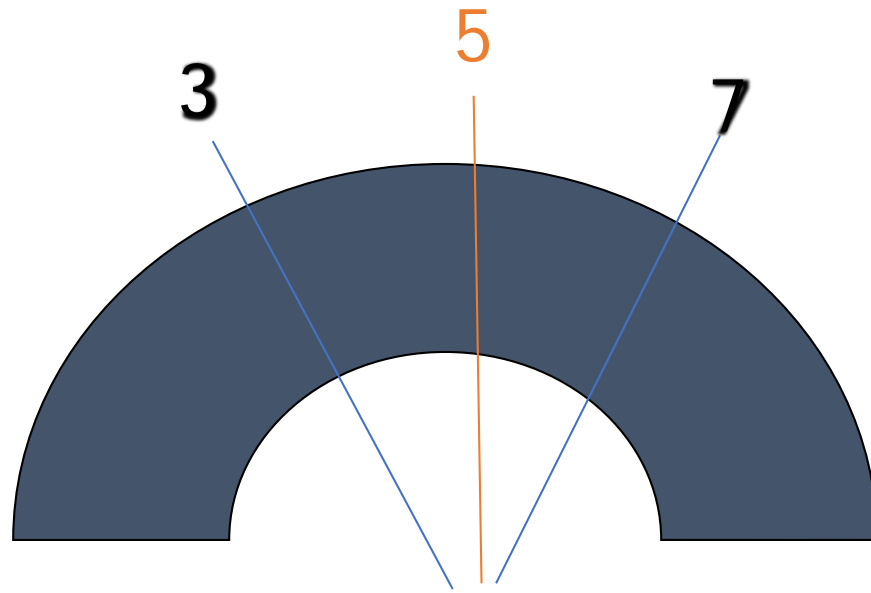
Am I really hungry?
The apple test



Feeding the body

Internal regulation:

Hunger Satiety Scale (scale 1-10)



Snacks vs. Grazing

Mindful Eating

www.eatingmindfully.com



Evidence Supporting Non-Diet

- Mann and colleagues reviewed the 7 long-term diet studies
 - 3 found significant weight loss in the intervention group
 - Average weight loss: 1.1 kg (2.4 pounds)
- Bacon conducted a randomized controlled trial comparing diet to non-diet approach
 - Participants in diet program lost wt, gained it back
 - Participants in non-diet approach didn't lose wt, yet witnessed improved blood lipids and BP
- Physical & psychological damage caused by weight cycling

Non-Diet Summary

- It doesn't mean “eat indiscriminately”
- It doesn't mean “don't exercise”

- The focus is **internal regulation** and enjoyment of eating and activity to enhance self-esteem and wellness
- With a healthier attitude and less punishment, people often eat better and move more.

Redefining Success

- Decreased medical conditions or medication use
- Increased physical activity
- Improved health risk
- Positive shift in relationship to food
- Improved energy level

(regardless of weight loss)

Holidays



Chat Session: Ideas for holidays
(food, resources or places providing traditional
dishes). Include local options.



<https://www.readyseteat.com/recipes-Peanut-Butter-Snails-7374>



Holidays & Intuitive Eating

Including HAES philosophy & strategies

Holidays and Intuitive Eating

- Keep food stored and out of sight
- Plan for attending the functions
- Use smaller plates
- Plan for seconds (vs. filling the plate)
- Parties: Walk away from the food table
- Reduce stress (enjoy food):
paper plates, team effort in food, blend family favorites with other options, use slow cookers

5 INTUITIVE EATING TIPS to Surviving the Holidays

1



EAT WELL BEFORE THE BIG MEAL

When we restrict what we eat in order to "prepare" for a holiday meal, we often end up overcompensating and bingeing instead.

3



PUT SECONDS IN A DOGGY BAG

When you're getting pressure to eat more and a "no thank you" won't work, ask to pack it to go. Even better, ask for the recipe too.

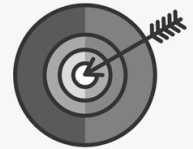
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AVOID EXTREME HUNGER

Intense feelings of hunger can lead to feeling out of control around food. When we avoid the point of extreme hunger, we make better eating decisions.

2



GIVE YOURSELF UNCONDITIONAL PERMISSION

To choose the foods you're craving, without guilt or shame.

There are no good and bad foods, just like there are no foods that will make you skinny or fat after one meal.

4



BE KIND TO YOURSELF, NO MATTER WHAT

Everyone overeats sometimes.

If you find that you've eaten past the point of feeling comfortable, stop eating and wait for signs of physical hunger to return.

Nutrition Cheat Sheet

Remember-Honor you! Progress, not perfection!

- Nourish and empower yourself!
- Listen to yourself!
- Treat yourself well!

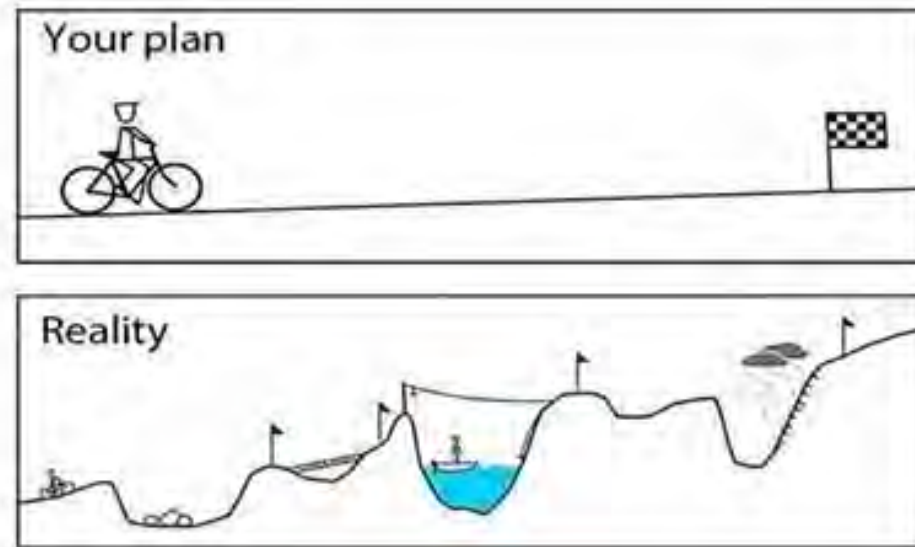


Image credit:

https://www.reddit.com/r/Construction/comments/k9d383/project_expectations_versus_reality/

Session 4 Survey

https://acesnmsu.az1.qualtrics.com/jfe/form/SV_9EISTmUn9EmWYAu

Next week:

Session 5, 10/27/21

**Stress and Resilience in a COVID World:
Healthy Habits, Physical Activity**

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