

# Eating for Your Health

## Session 1

Welcome



March 2021



# Outline

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- Making Changes
- Importance & Confidence to Change
- Eating Awareness
- Non-hungry Eating
- Questions and feedback



# Whakawhanaungatanga

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- Your name
- Where you have come from today / where you are video conferencing from
- Something you hope to get out of these sessions



# Health & Wellbeing





# Reasons I Want to Make Changes

Check off all the advantages that apply to you. Use the extra blank spaces at the bottom to fill in others that are specific to your life.

Then, at the right of each advantage you choose, rate how important each is to you: somewhat important, important or very important.

## Advantages to making changes

## How important this is to you

<input type="checkbox"/> I will be proud of me	
<input type="checkbox"/> I'll sleep better	
<input type="checkbox"/> I'll feel better	
<input type="checkbox"/> I'll be fitter	
<input type="checkbox"/> I'll be able to do things I can't now	
<input type="checkbox"/> I'll be able to play with my grandchildren	
<input type="checkbox"/> I'll live longer	
<input type="checkbox"/> My diabetes might go away	
<input type="checkbox"/> I'll have more confidence	
<input type="checkbox"/> I'll feel more outgoing	
<input type="checkbox"/> I'll be able to do more things	
<input type="checkbox"/> I'll have more energy	
<input type="checkbox"/> I'll be able to walk further	
<input type="checkbox"/> I'll enjoy sexual intimacy more	
<input type="checkbox"/> I'll be less self-critical	
<input type="checkbox"/> I'll be able to find clothes to fit me	
<input type="checkbox"/> I'll be able to exercise	
<input type="checkbox"/> I'll feel more in control	
<input type="checkbox"/> I'll show myself that I can do it	
<input type="checkbox"/> I'll take better care of myself	
<input type="checkbox"/> I'll feel stronger	



# Other reasons

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## Digestive:

- Feel physically comfortable inside
- Stomach feels good inside when I go to bed at night
- Wake up feeling rested and ready for a satisfying breakfast

## Physical:

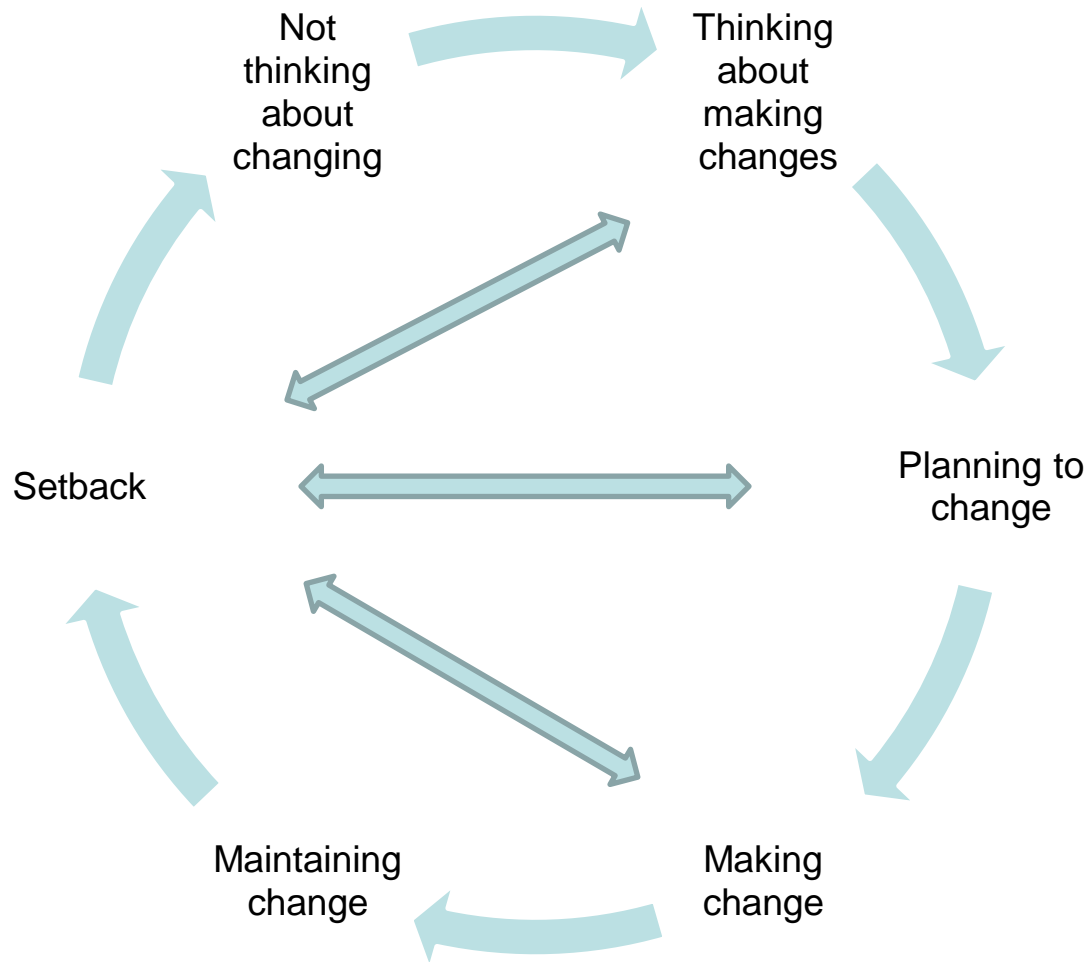
- Enjoy and appreciate what my body can do
- Have a life free from uncomfortable fullness and uncomfortable hunger
- Able to play with grandchildren
- Able to walk around the block

## Psychological:

- Appreciate all life has to offer without worrying about my weight
- Be free from worrying about food choices
- Be free of the feeling of inadequacy that frequent dieting brings
- Enjoy listening to and honouring my body signals



# Cycle of Change



# Eating for Your Health - Making Changes

Patient Name:

Date:

Health Professional Name:

Designation:

Contact:

How important is it to you to make changes to your lifestyle right now?

Place a circle where you think you are

1	2	3	4	5	6	7	8	9	10
Not Important			Somewhat Important				Very Important		
☹			☺				☺		

How confident are you that you could make a change right now?

Place a circle where you think you are

1	2	3	4	5	6	7	8	9	10
Not Confident			Somewhat Confident				Very Confident		
☹			☺				☺		

Do you feel you have enough confidence to make changes at the moment? If not, what needs to change in your life so you can feel more confident? Use the space below to list anything that makes it harder (barriers) for you to make changes. Then come up with some possible solutions to help you overcome these barriers.

Barriers

Solutions

_____	_____
_____	_____





# Eating Awareness

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Hunger is most trustworthy when we are:

- well-slept



- well hydrated



- without high stress



# Non-Hungry Eating

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## Common reasons for non-hungry eating:

- Boredom
- Social events
- Eating too fast
- Cultural expectations
- Emotions – sad, stressed, happy
- Enjoying the taste
- Availability – because it's there
- Habit - snacks with TV or at work desk
- Reward - went to the gym, productive day at work
- Parents told us to eat everything on the plate
- Confusing hunger with thirst
- Marketing/advertising
- Filling up but not feeling satisfied



# Overcoming Non-Hungry Eating

## Boredom:

- Plan B list of activities
- Change up patterns

## Seeing others eating:

Perhaps more a desire for social interaction?



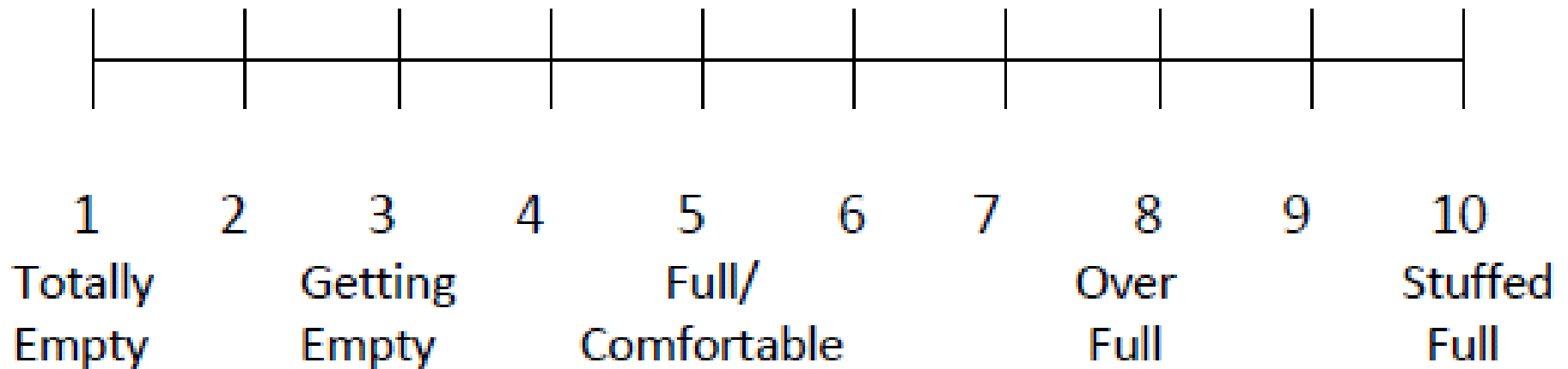
**Emotional:** What is it you actually need?

Are you redirecting feelings?



# Hunger / Fullness Scale

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# Eating Awareness Diary

Time/ date/ place/ activity	Thoughts & feelings before eating/ drinking	Hunger/ fullness scale before eating	Food/ drink consumed	Hunger/ fullness scale after eating	Thoughts & feelings after eating/ drinking	Speed of eating – slow/ moderate/ fast/ very fast
<i>e.g. 11am Work lunch room chatting/eating</i>	<i>e.g. Morning tea was provided and I ate it "because it was there"</i>	<i>e.g. 5</i>	<i>e.g. 2 pieces of slice, 1 piece of fruit, 3 small savouries</i>	<i>e.g. 10</i>	<i>e.g. I feel disappointed with myself for eating as much as I did. There were lots of choices and I had to try them all</i>	<i>e.g. Fast</i>
<i>e.g. 1pm Kitchen table by self</i>	<i>e.g. Lunch time – starting to feel hungry</i>	<i>e.g. 3</i>	<i>e.g. 1 tuna &amp; salad sandwich, 1 apple, glass of water</i>	<i>e.g. 5</i>	<i>e.g. Feeling satisfied and good about myself for eating when I am feeling hungry and not over eating</i>	<i>e.g. Moderate/fast</i>





# Homework & Session 2

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- Advantages card
- Making changes
- Hunger / fullness scale
- Eating awareness diary



Next time...

- Why diets don't work
- Thoughts
- When things don't go to plan
- Mindful eating
- Buzz foods



# Hunger-Fullness Scan

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*Waitemata*  
District Health Board  
Best Care for Everyone

# Questions & Feedback

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Acknowledgement: The Non-Diet Approach Guidebook for Dietitians ©  
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