

Developing consistent nutrition messages in Primary Care

10 steps to a healthier weight



- Developed in response to requests for resources to use in one-on-one consultations
- Generic messages for adults
- Sustainable lifestyle changes broken down into 10 stand alone steps
- Steps used individually or packaged into a weight loss programme



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Background- AFL

- **Part of the Appetite for life 3 year plan**
 - 6 week course for women
 - Website
 - 1:1 resources – for men and women
 - Health care pathway for overweight
 - Consistency with MOH clinical guidelines



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Background - Pegasus

- **Pilot identified lack of resources to support weight management**
- **Opportunity with AFL to work together**
- **Training provided for nurses as part of their education programme**



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Development Process

- **ING group formed**
- **Focus groups on initial concepts – general public and health professionals**
- **Alignment with MOH clinical guidelines**
- **Pilot for month with selected practices**
- **Launch April 2010**
- **Training for use**



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The 10 Steps



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Step 1

Fill up on breakfast



Step 2

Follow a regular meal pattern and prepare healthy meals



Step 3

Make healthier food swaps



Steps 4

Caution with your portions

20 Years Ago



333 calories

Today



??? calories



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Step 5

Be mindful when you eat and plan ahead



Step 6

**Include plenty
of vegetables
in your meals
and snacks**



Step 7

Get into the fruit habit



Step 8

Be smart with snacks



Step 9

Choose drinks wisely



Step 10

**Ditch the takeaways.
Be healthy in a hurry**



Introduction

10 Steps to a Healthier Weight is a resource designed to help you provide weight loss advice in one-on-one consultations.

It has been developed as part of the Appetite for Life (AFL) programme in response to many requests for resources for use in one-on-one situations.

What it's about

The 10 steps encourage patients to make small changes to their eating habits by changing less healthy food habits into ones that promote health and a healthy weight. It is not about dieting.

How to use the 10 steps

- In any combination and in any order
- Individually. For example, if you find out a patient drinks lots of sugary drinks, the step "choose drinks wisely" could be discussed and resource sheet given
- Together as a personalised weight loss programme. You would plan a series of consultations (1-2 steps per consultation depending on consultation time) and guide patient through the journey

Who it's for

- Patients who are above a healthy weight (BMI > 25kg/m²) and would like practical and general advice about healthy eating and weight loss
- Note: Patients with heart disease and diabetes will need specific additional advice for their condition
- Families / whanau or anyone seeking healthy eating advice

Which steps to use

You can use the 'choose your topic' page with patients to help identify the step/s they would like to discuss. Alternatively you can discuss the step most appropriate for patient's current eating behaviour. See chart below.

Steps	Appropriate for patients who
1. Fill up on breakfast	Do not eat breakfast
2. Follow a regular meal pattern and prepare healthy meals	Eat erratically and/or need ideas for breakfast, lunch and evening meal
3. Make healthier food swaps	Frequently choose foods high in sugar and fat
4. Caution with your portions	Choose large portions
5. Be mindful when you eat and plan ahead	Choose large quantities of individual foods e.g. bread Eat fast, on the run, in front of television Regularly eat second helpings
6. Include plenty of vegetables in your meals and snacks	Do not eat enough vegetables
7. Get into the fruit habit	Do not eat enough fruit
8. Be smart with snacks	Snack regularly or "graze" rather than eat regular meals
9. Choose drinks wisely	Drink sugary drinks and/or alcohol on a regular basis
10. Ditch the takeaways; be healthy in a hurry	Choose takeaways more than once a week Have limited cooking ability

Resource includes...



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10 steps to a healthy weight

Choose your topic



Step 01 /
Breakfast



Step 02 / Regular meals
and healthy cooking



Step 03 /
Making healthy choices



Step 04 / Portion sizes



Step 05 / Eating mindfully



Step 06 /
Eating more vegetables



Step 07 /
Eating more fruit



Step 08 /
Snacking



Step 09 /
Drinking wisely



Step 10 /
Takeaways

www.appetiteforlife.org.nz

Choose your topic sheet



Step 01

Fill up on breakfast

Use this step with patients who:

- Do not regularly eat breakfast
- Eat insufficient or an unhealthy breakfast

Aim:

By the end of this session patients will:

- Understand the role of breakfast in achieving a healthy weight
- Be aware of healthy breakfast choices
- Identify at least two goals to help improve breakfast habits

Background / Rationale

- People who do not eat breakfast are more likely to be overweight; eating breakfast assists weight loss
- Eating breakfast kick starts the metabolism and lessens the desire to snack midmoming (snack choices are often high in fat and sugar)
- A healthy breakfast provides an opportunity to get a head start on the nutrients needed for the day
- A healthy breakfast consists of
 - High fibre starchy foods, for example untoasted breakfast cereal with more than 7g fibre / 100g
 - Protein foods, for example green or yellow top milk, low fat yoghurt, egg
 - Fruit and/or vegetables

Consultation process

<p>Assess patient's current behaviour</p>	<p>Current breakfast pattern:</p> <ul style="list-style-type: none"> • How often they eat breakfast? • What foods they commonly eat? <p><i>Does their breakfast include:</i></p> <ul style="list-style-type: none"> - high fibre breads or cereals? - protein foods (green or yellow top milk, low fat yogurt, baked beans or cottage cheese or egg) - fruit or vegetables?
<p>Discuss handout sheet</p>	<ul style="list-style-type: none"> • Why eating breakfast helps with weight loss • What a healthy breakfast is. A recommended formula is starchy food + low fat protein food + fruit and/or vegetables • Ideas for breakfast that would work for them • How to choose a healthy cereal using food labels (as appropriate) • How to overcome barriers for not eating breakfast
<p>Agree and set realistic goals</p>	<ul style="list-style-type: none"> • Discuss strategies and ask patient what changes they could make • Set achievable goals and write on handout sheet <p><i>Examples of goals:</i></p> <ul style="list-style-type: none"> • I will compare labels and choose an untoasted cereal with more than 7g fibre per 100g • I will bring a healthy breakfast to work and make sure I have time to eat it • I will change from dark blue top to yellow top milk
<p>Arrange follow up</p>	<p>As appropriate</p>

Step 01 Fill up on breakfast




Do you skip breakfast believing this will help you eat less and lose weight?

Eating a healthy breakfast is one of the best ways to lose weight and gain health.

- ✓ Gets your metabolism going
- ✓ Reduces mid-morning cravings
- ✓ It gives you a head start on nutrients you need to stay well

Make a healthy breakfast

Include starchy food + protein + fruit and/or vegetables

STARCHY FOODS Choose one:	PROTEIN FOODS Include one:	FRUIT & VEGETABLES Include one:
2 Wheat biscuits Porridge 2 Wholegrain toast Untoasted muesli	Egg Green or yellow top milk Baked beans Cottage cheese Low fat yoghurt	Fresh fruit Canned (low sugar) fruit Dried fruit Sliced tomatoes Mushrooms
 <p>Wheat biscuits + Milk + canned peaches</p>	 <p>Toast + Baked Beans + Banana or Orange</p>	 <p>Untoasted Muesli + Yoghurt + Fruit Salad</p>

More breakfast ideas

At home:

- Toast with cottage cheese and tomato with fruit
- Scrambled egg and tomato on toast with a low fat milky drink
- Leftover rice or roti with vegetables and yoghurt

On the run:

- Piece of fruit
- A pottle of yoghurt
- Bananawrapped in wholemeal bread
- Smoothie or breakfast drink

Tip: Try mixing cereals (for example wheat flakes and untoasted muesli). It can be cheaper, healthier and just as tasty.

Step 01 | Fill up on a healthy breakfast

Choose a healthy cereal

Use the 100g columns to compare cereals

NUTRITION INFORMATION		
Serving size: 30g	Per serve	Per 100g
Servings per pack: 15		
Energy (kJ)	440	1480
(Cal)	106	354
Protein (g)	3.6	12.0
Fat – Total (g)	0.4	1.3
- Saturated fat (g)	0.1	0.3
Carbohydrate		
- Total (g)	2.0	67
- Sugars (g)	0.8	2.8
Dietary Fibre (g)	3.3	11.0
Sodium (mg)	84	280

Tip: Compare cereals in the supermarket and make a list of those that meet the criteria

Choose UNTOASTED cereals with:

- LESS than 10g FAT per 100g
- LESS than 15g SUGAR per 100g (or up to 25g if cereal contains dried fruit)
- MORE than 7g FIBRE per 100g

Can't face breakfast? Try the following...

- Eat your main meal earlier in the evening and avoid late night snacking. This will improve your appetite in the morning
- Get up earlier. Take time to sit down and enjoy your breakfast
- For early starters, take breakfast to work
- Eat something as soon as possible. Each day try eating a little earlier

Recipe: Easy overnight muesli

See www.appetiteforlife.org.nz/recipes for more easy and healthy food ideas.

Serves 4

Ingredients

- 2 cups rolled oats
- 1 ½ cups of green/yellow top milk or low fat yoghurt
- Fruit

Method

Soak oats and milk overnight. In the morning, spoon ¾ cup of the mix into a bowl, add chopped fruit and sometimes a tablespoon of chopped nuts or seeds. Add a little more low fat yoghurt to make it thick and creamy. Mix well and enjoy!

OR Make a fruit smoothie

Combine fresh or frozen fruit with low fat milk or yoghurt and one or two ice-cubes in a blender. Blend until smooth.



My Breakfast Goals:

Any Questions?



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