Afraid of Cookies?
Exploring Relationships with Food and Body

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The Problem
American’s Are Obese!

The Solution
American’s should lose weight, diet, count calories, watch portions, eat healthy, exercise...

Success is Measured By
Weight loss, of course!

“I dieted and lost and I can do it again.”

The NEJM reports that "the cure for obesity may be worse than the condition."

Problems with Diets

- Biology of low carb / low cal diets
- Impact of menstrual cycle
  - Externally-regulated eating (Weight Watchers)
  - Internally-regulated eating (Intuitive Eating)
- Dieters gain weight

Dieters Get Heavier

- Those who diet are three times more likely to become overweight
  - even if that dieting is simply "eating healthy with the intent to lose weight"!!!!!
  - J American Dietetic Association, Apr, 2005
We Have Core Needs That, When Not Met, Have Predictable Consequences

- Sleep
- Warmth
- Air
- Water
- Food

Needs Deprivation Results In

- Preoccupation with ______
- Hard to concentrate on anything else
- Powerful cravings for ______
- Feel irritable, and self centered
  - hard to think about other’s feelings
- At the end of the deprivation, more than a normal amount is needed


Redefine The Problem

Dieting Causes Food Preoccupation and Food Cravings. Focus on Food and Weight Seems to Be Making Things Worse

Offer a Solution That Works

Internally-Regulated, Non-Restrained Eating
Joyful Movement
Self/Size Acceptance

New Measure of Success

- Metabolic Fitness
  - Healthy levels of blood lipids, blood pressure, glucose
  - Healthy VO2 (aerobic)
- long-term amelioration of medical problems, health risks, and improved quality of life
- changes in health-related behavior patterns
- shift in relationship with food
- decreased reliance on medications
- improved self-esteem

What is a Healthy Body Mass Index (BMI)?

- weight (kg) / height (in meters)²
- BMI of 18
- BMI of 22
- BMI of 25
- BMI of 30
- BMI of 33
“Obesity represents a much greater risk to Americans than any chemical or biological weapon that Saddam Hussein might be hiding underneath one of his sprawling compounds.”

- U.S. Surgeon General
- Dr. Richard Carmona

"300,000 people die each year of obesity"

- First used by C. Everett Koop
- “Blatant scare tactic”
  - No one bother to check the source
- Actual quote is
  - “300,000 die of diet/activity patterns”
  - JADA (1993)

400,000 death/year

- CDC recalculated statistics
  - Woops - the real number is 25,814
  - Woops – being moderately ‘overweight’ is associated with lower risk of death than being ‘normal weight.’
  - Woops - let’s pretend that didn’t happen

“Although people think there’s all this evidence out there showing a high mortality risk associated with overweight, in fact the literature doesn’t show it.”

Katherine M. Flegal, PhD
Senior Research Scientist
National Center for Health Statistics
Center for Disease Control (CDC)
JAMA 2005;293:1861-1867

Some Research is Definitive

- Physical activity and sound nutrition are critical
  - Fat people can be healthy with it
  - Thin people cannot be healthy without it
- Resources
  - Google Health At Every Size (HAES)
  - Big Fat Lies by Gaesser
  - The Diet Myth by Campos
  - www.gurze.com
From Exercise to Joyful Movement

- **Traditional Exercise**
  - Body centered approach
  - Clinical/diagnostic
  - Awareness/fear of disease themes
  - External expert
  - Competitive emphasis
  - Conformity encouraged

- **Joyful Movement**
  - Mind/body approach
  - No clinical/diagnostic
  - Experiential/pleasure themes
  - Internal expert
  - Cooperative emphasis
  - Individual empowerment encouraged

Jennifer Portnick
5’8”, 240 pounds
BMI = 36

Marilyn Wann
5’4”, 270 pounds
BMI = 46

<table>
<thead>
<tr>
<th>Fitness vs Fatness: Relative Risk of All-Cause Mortality</th>
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<tbody>
<tr>
<td>Healthy Weight</td>
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<tr>
<td>Overweight</td>
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<tr>
<td>Obese</td>
</tr>
<tr>
<td>Smokers</td>
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<tr>
<td>Chow diet</td>
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</table>

**Externally-regulated, non-restrained eating**
- Intuitive Eating
- Attuned Eating
- Mindful Eating

### Need Control
- Structure your environment so you only eat at certain times (Volumetrics, 2000)
- “If I had a bowl of chocolate chip cookies in front of me, I’d be nibbling on them now,” admits Foreyt.
- 1997 ADA AME
  - “I would never tire of chocolate.”

### Intuitive Eating
- Women who accept their bodies and who eat intuitively
  - have lower BMIs
  - are more optimistic
  - have better coping abilities
  - higher self esteem
  - *J Counseling Psychology, 2006, 53:2*

### Intuitive Eating
- Those who scored higher on an intuitive eating scale had
  - more pleasure and enjoyment when eating
  - lower BMI scores
  - fewer dieting behaviors
  - less anxiety
  - *American J Health Promotion, May/June 2006*
- Intuitive eaters have significantly improved health
  - dieters in the study regained all lost weight and showed no health improvements at one year follow-up
  - *J American Dietetic Association, June 2005*
Good Food / Bad Food
Healthy Food / Unhealthy Food
- Identify food to avoid
- Have to watch out for it
  - Become hypervigilant
  - Think about it more
- Begin to fear it
- Must create safety
- Feel guilty

“Food Guilt is rampant… and we eat every day, what does that say about our mental and physical health?

Miss a rich source of body “feed”back
- …if label
- …if judge
  - Don’t listen if already “know” the result
- Become closed off
- Cannot learn

Key Questions to Ask During Assessment
- Are you in touch with hunger and satiety?
- How do you know when to start eating?
- How do you know when to stop eating?
- How do you know when you are hungry?
- How do you know when you are full?
- How do you know when you are satisfied?
  » What is the difference between full and satisfied?

Getting in Touch with Hunger and Satiety
- Become aware of body sensations before, during and after eating
- Use a HungerScale

Download at www.NourishingConnections.com
Getting in Touch with Hunger and Satiety

- Become aware of body sensations before, during and after eating
- Use a Hunger Scale
- Use a Food Journal and rate hunger/satiety

<table>
<thead>
<tr>
<th>TIME</th>
<th>FOOD AND QUANTITY</th>
<th>QUANTITY</th>
<th>HUNGER SCALE</th>
<th>MOOD, THOUGHTS AND FEELING</th>
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<td>Apple of size</td>
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<tr>
<td>4:00</td>
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But I still feel fat!
Decode “I Feel Fat!”

- Do not be fooled by “I feel fat.”
- Fat is not a feeling!
- Reuben’s era
- Theory of Expando Thighs

We cannot change anything unless we accept it, condemnation does not liberate, it oppresses.
- Carl Jung

Determining “Appropriate” Body Weight

- Find “natural” weight
  - Eat when hungry most of the time
  - Quit eating when satisfied most of the time
  - Rarely eat when not hungry
  - Go outside and play
  - Oh, and eat your veggies!
- “Personal weight is not something to be achieved, it is discovered.” Unknown

Books and Resources

- Big Fat Lies - Gaesser
- The Diet Myth - Campos
- Intuitive Eating – Tribole
- Breaking Free from Compulsive Eating - Roth
- Moving Away from Diets - Kratina
- Rules of Normal Eating – Koenig
- Check out www.Gutze.com
- Google Health At Every Size (HAES), nondiet
- www.NourishingConnections.com

It takes courage to grow up and turn out to be who you really are.

~ e.e. cummings