Nutrition as Prevention

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Healthy Monday – Lunch and Learn
Objectives

• Defining health
• Interdependency of nutritional status and various behaviors/habits
• Common Nutrition Related Concerns
• Dieting related to Health
• Weight focused interventions
World Health Organization

Defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.
Health is...?

• ...when someone eats healthy and exercises
• ...when a person eats organic foods and is not fat
• ...being vegetarian and being active
• ...the doctor says I am healthy because my labs are normal and I am a healthy weight
• ...not having high cholesterol, BP or overweight
• ...I am healthy because I am an athlete and eat right
• ...being a healthy weight
Health is ...? (cont.)

Weight and Health
Nutrition and Health
Nutrition, Exercise and Health

Stress and Mental Health
Relationships and Mental Health

Sleep and Health
Stress and Health
Health is...!

Science tells us that we need
• ~7-9 hours of sleep per day
• Balance of calories, grains, protein, dietary fat, fruits, vegetables, fiber, fluid and micronutrients
• Stress management tools and habits
• Body movement – 30-60 min per day most days of the week is adequate to prevent disease
• Relationships with family, friends, co-workers, peers all play a major role in all areas of health
Common Nutritional Concerns

Dietary Fat
Carbohydrates
Protein
Total Caloric needs
Fiber
Fluid
“Dieting” as it relates to “Health”

- Calories In / Out
- 3500 calories = one pound
- Dietary Fat = Body Fat
- Weight Cycling
- Muscle
- Water
Metabolism

• “Fast” or “Slow”
• When it comes to food intake, it depends on how often and how much you eat
• Inconsistent food intake promotes the body to make metabolic adjustments to match the changing dietary intake.
Weight Gain and Why Diets Fail

• If metabolism slows due to irregular or restrictive eating then how do we lose weight?
• 95-98% of all dieting attempts end in full weight restoration (in some cases with an additional few pounds) within 5 years.
• Restricting food intake too much can provoke a starvation mode in our body which lowers the metabolism.
• The average dieting plan is 1500 calories. This level of restriction is adequate for the body to go into a semi-starvation mode which after the restriction period promotes the body to regain the lost weight.
Dieting & Binging are the Norm

Disordered Eating

- Chronic Dieters
- Binge Eaters
- Dysfunctional Eating
- Over Eaters
- Occasional Dieters

Eating disorders

Normal Eating

Nancy Clark, MS, RD
Sports Medicine, Brookline, Mass
Health Focus OR Weight Focus

- In charge OR In control
- Nourishment OR Diet
- Fuel OR Calories
- Healthy OR Skinny
- Aware OR Preoccupied
- Conscious OR Consumed
- Mindful OR Vigilant
- Guide OR Rules
- All foods fit OR Good/Bad
- Balance OR Perfection
- Variety OR Temptation
- Moderation OR Deprivation
- Choosing OR Earning
- Physical Activity OR Penance
- Effortless OR Willpower
- Trust OR Fear
- Enjoyment OR Guilt
- Pleasure OR Shame
- Freedom OR Bondage
- Self-Acceptance OR Condemnation
Weight-Focus

"Don't step on it... it makes you cry."
Weight focus...
The Freshman 15: A Critical Time for Obesity Intervention or Media Myth?

- Social Science Quarterly - Oct 2011
  Jay L. Zagorsky, Patricia K. Smith

- This is the first investigation of the “Freshman 15” to use a nationally representative random sample

- The NLSY97 panel consists of two groups: a nationally representative sample of 6,748 youths and a supplemental oversample of 2,236 black and Hispanic youth

- Freshmen gain between 2.5 to 3.5 pounds, on average, over the course of their first year of college.

- Among respondents ages 18 to 19, those who attended college gained about half a pound more than non-attendees

- Instead of a spike in weight during the freshman year, college-educated individuals exhibit moderate but steady weight gain during and after college.

- Repeated use of the phrase “The Freshman 15,” even if it is being used just as a catchy alliterative figure of speech, may contribute to the misperception of being overweight, especially among young women.
The Freshman 15: A Critical Time for Obesity Intervention or Media Myth?

• “This study has implications for media reporting on weight issues among young adults. Increased exposure to media conveying thinness as an ideal is associated with greater body dissatisfaction (Posavac, Posavac, and Posavac, 1998), increased negative emotions and self-objectification (Roberts and Gettman, 2004), and more eating disorder symptoms (Vaughn and Fouts, 2003). “

• “We recommend that media reports and campus communications reframe articles from concern about weight gain or overweight status to general healthy living or fitness tips and, when using the phrase “Freshman 15,” articles should clearly state that this phenomenon has little scientific basis.”
Freshman 15

• CDC Growth Charts 2-20 years
• On average 6 pound wt gain for women and 10 pound weight gain for men between the ages of 17 and 20 years old.
• More weight gain than this may be due to lifestyle changes that commonly occur when adapting to college life. (sleep, stress, social, diet and activity)
Is that a “Welcome to Campus” letter from the dean?

Sort of. It’s my first student loan statement. I already owe $15,000!!

THE REAL “FRESHMAN 15”
Nutrition related impact of Weight Focus?

• Promotes dieting that often ends in weight cycling
• Obsessive tendencies around food and exercise may contribute to psychological impacts including depression, anxiety and poor body image
• Due to varied levels of understanding with regards to biology of weight regulation among health professionals, confusion and myths are often created.
• Increased incidence of cardiac related abnormalities and eating disorders.
Health at Every Size® (HAES) is an approach to health that focuses on intuitive eating and pleasurable physical activity rather than dieting and weight loss.
Major Components of HAES®

• **Self-Acceptance** - Affirmation and reinforcement of human beauty and worth irrespective of differences in weight, physical size and shape.

• **Physical Activity** - Support for increasing social, pleasure-based movement for enjoyment and enhanced quality of life.

• **Normalized Eating** - Support for discarding externally imposed rules and regimens for eating and attaining a more peaceful relationship with food by relearning to eat in response to physiological hunger and fullness cues.
In Conclusion

• Disease prevention is an ongoing balancing act between managing stress, sleep patterns, dietary balance, activity, and our social needs.

• Trying to promote good health by placing focus on just one or two (such as diet and exercise) or especially just weight management will not lead an individual to the ultimate goal of good health.

• Understanding the barriers that an individual is facing such as stress, lack of sleep, isolation or even self loathing is just as important as diet and exercise in order to help an individual on a road to good health.
Please feel free to contact me if you have any questions about today’s presentation.

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