Good afternoon everybody I hope you guys all had a happy New Year and welcome to the webinar today were talking about diet and giving you some research around diet weight loss and all the things that you might or may have been thinking about this January to get started I wanted to introduce myself my name is Christy Goff I'm a registered dietitian with the Living Well Alliance at pacmed our main goal for this program is to do Outreach for help learning about chronic diseases and really Empower you to have the education that you need to make those Healthy Living choices that help yourself but also you're the community that you're in so for the webinar I'll ask you to make sure your phones are you computer are on mute if you find that it does come off during the presentation just note by your name that it has the little symbol for mute additionally if you are watching it live you'll get a follow-up email that has the copy of the presentation a couple handouts and then some other resources if you're watching this on the recording you can email me directly if you want these extra things at the end so let's get started in today's presentation I would like to walk you have you walk away knowing what is a diet weight bias in the latest research on weight loss common fad diets and eating plans around weight loss typically or changing yourself. So look at mindful eating and additionally intuitive eating that can provide an alternative to that diet culture that diet mentality most importantly in this webinar I intend to provide some objective information around diets and diet culture so please try your best to be kind to yourself and remove judgements about what you've done in the past around weight loss and I'll try to do the same so our mission is to just be kind to ourselves and each other around this topic so I can be really sensitive the first one to say what is a giant we know about 45 million Americans set out on a diet each year and that number fluctuates depending on what force that you use however it seems that as few as 5% actually managed to keep the weight off long-term because of this it seems that there's always a new diet in the media app featured on the news or television magazines at the grocery store and there's always the thing that this one is going to be the final one that you ever have to be on it's going to answer all your prayers right think about your own definition of a diet and if you would like to use the chat bar and just offer some words that come to mind when you hear about diet that would be a great option when I think of diet this quote stood out to me a diet is this all-consuming obsession with the food you shouldn't have eaten yesterday but did the food you have eaten today but shouldn't have in the food you shouldn't eat tomorrow but probably will so usually when people China in about what is a diet it's typically a negative connotation some kind of restriction some kind of guilt and I know diet could be widely used as just what you're eating but our culture definitely takes that were diet and Spins it into a more negative connotation do we have to start restraining our thoughts about what we believe to be healthy and that means trying to change the bigger picture of diet culture this is a term that is recognized now and it's defined as a system of beliefs that worships tennis and a quits at 2 health and moral virtue pretty strong definition write it also means that you can spend your whole life thinking you're broken just because you don't look about like the impossible ideal so one of the four Front Runners on this diet culture is Katherine and I'm going to butcher her last name but Savannah did and she writes our bodies are not the problem diet culture is the problem need to peer pressure each other into diets into feeling like you're not good enough for the weight that you're at or the feelings that you have towards food so we'll have to talk about that today and a couple different mindsets and then also include some research around the weight loss industry and how it's not doing maybe what we thought it was going to do the Giants are complicated and unfortunately many only seem to work short-term there's a lot of studies out there that do a three to six months look at Weight Loss whereas we need more of a 225 year study to really determine the long-term effects so all these long-term effects seem to show poor outcomes for keeping that way especially if it was done quickly so a recent scientific review looked at several of the most popular diet and lifestyle modification methods and found that all of them were helpful in reducing weight but the weight seem to return after their effects were discontinued so once you got off the diet it seemed like it was hard to keep that way off and it seemed easier to gain weight afterwards we also know that again that slow weight loss is important for lasting changes so a lot of these studies aim to get the weight off as quick as possible and you'll notice in Magazine still see the 10-day diet or the 5-day diet because it seems easier right if it's short-term but we will look at why that can affect our metabolism a little bit differently and actually prevent weight loss in the future when thinking about words to describe a diet then we usually see these types of words and you can also chimed in to see if these are kind of relating to you so usually it's inflexible there's a perfectionist back to something that is good food versus bad food a lot of guilt shame potentially body hatred Temptation that will power word comes up often when you're talking about that diet Paradigm we as dietitians are moving towards a more non-diet approach that eliminates food called where Health Solutions are promised right away they're not always based on science and they get a following because they specifically say that this will do this and that's going to work for them and for everyone we know that a lot of people in the whole world follow a diet that prohibits certain ingredients so whether or not this is a diet for weight loss there's definitely a lot of fear around certain foods that we have and there's not always a great reason scientifically for why we have all that fear so this is the nine diet Paradigm we're hoping to bring in more flexibility into are eating accepted supporting qualities kindness feeling like you can eat something and not feel that guilt afterward trust-building is also things so I got a lot of this information from house not giants.com it's a site often used for dietitians but it has some good information around trainings around that non-diet paradigm so let's look at the biology when researchers and dietitians look at the science of weight loss it's still gets complicated it's not always just eating less calories than you are used to one of the gurus for the study of weight loss her name is a Lindo bacon and she's a researcher and author of body respect and health at every size and health at every size is an organization leading the body positive movement will talk more about that in a couple of slides so Lindo has studied the science of weight loss and has helped pave the way with some of the outcomes that we continuously see over time so she starts by saying biology lies in the drive to break your diet because several things happen when we are deprived first we see a decrease in left in this is a fullness hormone that tells us to stop eating so that's the one that seen on the picture there at the same time of decreasing are leptin we're actually increasing our Gremlin which is our appetite hormone and when this happens we also see an increase of Titans to taste of food the things taste better if we're actually deprived of them which is very interesting overtime with diet after diet we see the body slow down them are metabolism and this essentially means our body hold onto calories and to reduce the chance of further weight loss so this is an evolutionary trait that we have that we don't actually want our bodies to lose weight so it will do everything it can to hold on to that that weight as you're in that diet or not food restrict so it's a no wonder that there is it's not just willpower that we're dealing with around diet one of the bigger studies that show this was after a Biggest Loser competition so researchers followed and studied 14 contestants who completed the 30-week competition so the average and they followed them for six years after that the average weight of the contestant prior to the show was 328 lb the show on average they weighed 200 lb and then measured them all six years later the results were pretty astonishing so not only where most most people's wait either surpassed their original way or at least up from the original weight and we also saw something really interesting that happened with their metabolism so the most I'd say so they tested people on how many calories they need to maintain their weight so basically to stay that the wait wherever they are at and before the show had the on average people needed 2600 calories to maintain the weight that they were at at the end of the show they all dropped so they're Matata actually slow down so they only needed 2000 calories to maintain that same weight years later they tested it again and it still drop slightly so about a hundred more calories lower meaning that their metabolism didn't didn't reset over that. Of time who is one contestant that did maintain her weight but she would be considered one minor eating disorder from dirt doing research about how much exercise she's doing and how much fear around food that she still has so we might say Oh yay for her she's doing really great with her weight and then you look at her actual emotional health and it's really hard on her. Restriction and continue that diet regime overtime so this study is you can read about it on the link below that goes over all of the research that they did around this group particularly but we see this in a lot of those weight loss competition studies that the fast weight loss really has a reek havoc on the metabolism overtime and it's just hard to keep that weight off when do you lose it such significant weight this is just another way to look at that metabolism and it's considered or it's called often the yo-yo dieting since our bodies like to settle at a new hire way after each. Have weight loss and game so this is also known as a set point Theory and set point is a weight range in which your body is programmed to function optimally so it's again trying to resist weight loss because it wants you to maintain a certain weight range so some people have a higher set point to begin with and somehow it lowers that point but we see overtime was dying after diet that. Set point actually gradually increases this is still a Siri at this point which is called why it's called set point Theory but it we do see this and a lot of patients that have come back over time diet after diet and are still looking for the next diet the next weight loss so that was just some information briefly around weight loss there's a lot more that I could go into but now I want to just switch gears and look at some alternative so you're like okay she saying diets aren't so great and I'm not all diet can be ashamed or not to say that if you did go on when you're not doing well but there is an alternative to that diet culture and this is what we call Health at every side or we nicknamed at Hayes Hayes is a body positive approach like we said and it aims to take the pressure off weight as a sole measurement of health and instead dive into a more physical mental and social well-being so it's really tackling all the effects of not just about you guys we're hoping that with this Movement we can change our cultural treatment of those tagged as overweight so that they can still be considered having the same opportunities and same treatment at the doctor excetera there are three tenets of Hayes and that is respect critical awareness and self compassion so respect celebrates body diversity honors differences in size age race ethnicity gender sexual orientation religion class and any other Human After bit attributes the critical awareness piece is challenging scientific and cultural assumptions around the fact that certain weights always equal health so we know now that there's a quite a range of Weights that can be healthy which is why it's called Health at every size so it's not just about the actual weight it's about what's going on in the body and we can reduce the risk for disease without actually changing any numbers on the scale The Last Tenant is compassion compassion at self-care this is more around sing the joy and moving our bodies as opposed to getting on a vigorous exercise routine that you hate so it's about moving the body getting physically active but in a healthy more fun so eating it also means eating in a flexible and attuned manner that values the pleasure around eating and honoring those signals of hunger fullness appetite as well as having a great social environment while eating as well so Linda bacon says we've lost the war on Obesity fighting fat hasn't made fat go away and being sinner even though we knew how to escape even if we knew how to successfully accomplish will not necessarily make us happier or healthier the war on Obesity has taken a toll and results are expensive so that was just one quote from her and why her mission to start this movement and there's a lot of other women that are a part of this movement one of which is Lucy Amador she's a PhD that also promotes weight by a limited weight bias and health at every size so someone's much more likely able to take care of themselves when they feel valued respected and our current culture especially in the healthcare industry is really anti-obesity and this doesn't really do much for taking care of that whole person a lot of times we see people succeed even without weight loss when they feel respected by their physician valued and have a street plan and goals in place so I'm one of the common misconceptions about Hayes is that it maintains that everyone is healthy at any size or their bodies some people are not at weights that are optimal for them but we start from a place in Hayes of supporting people for good behavior Behavior as opposed to dressing addressing weight loss as problematic so some people may or may not lose weight when they change certain habits and that's okay we wouldn't focus on that we would focus on instead those goals so it's a concept that I am really near and dear to ice gets really promotion of just good mental health and I hope that you guys all take a look at what Hayes has to offer us so part of the Hayes movement is getting people back into house food and diet culture has change their behavior so just being aware of what has happened in your own life so good place to start with this is the awareness of your relationship with food and practice what we're calling a mindful eating so mindful eating is a practice of cultivating an open mind awareness of how the food we choose to eat affects all of us all three things so our body our feelings and our emotions this helps people recognize the difference sometimes between emotional eating vs. physical hunger and why were eating at that point and then some of the habits that we do on a daily basis so it's Sparks questions around are we even hungry are we eating because we're sad are we eating because we're stressed when are we actually satisfied after eating can we slow down and really taste the food that we're putting in our bodies and is the food that you're about to eat actually something that you need or is it trying to fulfill another he's my comfort support because it tastes good and all these things are just asking questions without judgment so some of the tenants of these are being more exploring your senses acknowledging responses to food specifically without judgment so even if I eat that cake cuz I'm stressed I'm not going to judge it I'm going to say thank you for making me feel happy while I'm eating that cake crate and then the last one is creating a healthy relationship with food so I put that picture of a child up because kids are usually really good at mindful eating knowing when they're hungry knowing when they're full and stopping and they don't have any judgment around food yet so we want to make that laugh as long as possible and not tell them that certain foods are good or bad for example so if you are interested in learning more about mindful eating on a registered dietitian by the name of Carrie Dennett has a great blog and she writes a lot about he's mindful eating intuitive eating and gives you some practical steps in a really scientific based way so I highly recommend her if you are looking for some more resources around this so mindful eating takes a lot of practice I am still practicing after about five years of implementing this in my own life so start with the simple tool this is called the hunger scale hunger scale and just right now find a number that works for you are you starving are you pretty full did you just eat are you neutral not really hungry or phone number is today typically you might start eating around a number for you have your hunger awake and you might smell things from the lunchroom that are triggering you to say food yum and typically we want to stop around 7 or 8 so this is when we are completely satisfied we're not over full and stuffed but know that it takes about 20 minutes for a body to send hormones to our brain that says were full so if we're eating really really quickly because maybe we started at A1 and are starving it's very easy to go all the way to a nine or 10 without realizing it because we eat a little bit faster than that 20 minutes oftentimes so that's just a reminder that take time but also just check in and just give yourself little q's and reminders that may you may remember during a meal though sometimes when eating really quickly I just have to say I just have to say oh my gosh I need to get back to you a slow down maybe I'll put my Fork down maybe I'll switch hands maybe I'll use chopsticks anything to just get you more aware of how quickly that you're eating and finally actually taste the foods that you're eating so long with mindful eating there's also intuitive eating and mindful eating is one of the principles of intuitive eating so I know that's kind of confusing but this is another guideline for having more of that he's mentality in your lifestyle so there's 10 principles and they don't have to go in order but if you're interested and what they all mean and I would check out the intuitive eating. Org link below but the first in 4 months is that kind of rejection of diet mentality diet culture then maybe tune into that mindful eating with honoring your hunger feeling fullness that sort of thing is important to give yourself unconditional permission to eat so if you have been in the diet after diet after diet it's really important to start making peace with food right and you could need a dietitian or counselor to do that or maybe you just get a friend to join you and again there's work books and resources on that website challenging the food police is challenging the thoughts in your own head that declare Foods as either good or bad and the feelings of guilt that are associated with eating some of those quote-unquote bad foods number 5 discover the satisfaction Factor so looking again around what kinds of pleasure and satisfaction can be found in the eating experience and then when you eat what you really want and environment that's inviting the pleasure you derive will hopefully be powerful enough to help you feel more satisfaction more happiness around food and hopefully in your life again full message about the mindful eating peace coping with your emotions with kindness so mindful eating allows you to kind of gauge if you are eating because you're really stressed out you gravitate towards certain foods because of certain emotions so having some kindness when you're assessing that can be really important to this and I'll put it into a positive spin so that you're not again judging yourself shaming yourself providing yourself lips. Guilds respecting your body this one can be really challenging after many many years of diet culture ingrained in your head so accepting that genetic blueprint that you have respecting your body so you can feel better about who you are today so you're not waiting to do something when you have a different body or a different look you're doing it because it's making you feel good you can celebrate all that it provides you to do movement is the next one so against shifting our focus on how we like to move our body regardless of how many calories were burning so I know some people will choose different activities because of the calories that they burn from it so they can eat more later or that they can feel better about themselves so finding something that just gives you some joy and that you can do year after year and not get bored of it the last one is intentionally last because I think we get caught up in what is the best nutrition for ourselves and I think it's specially as dietitians we definitely go towards the nutrition peace over a lot of the other ones but gentle nutrition essentially is saying that certain foods do it make you feel better maybe acknowledging and honoring your health and what foods are going to provide nourishment but you don't have to eat perfect right so it's a more about a diet Trend or what you're eating over time that's going to matter and it's not about that cookie or that bad food that you ate yesterday so thinking about progress but not Perfection around when we talk about nutrition so with all that new information I wanted to end with how to spot a fad diet because there's a lot out there I haven't seen any brand new ones this January but I know that these are common to start in the new year as you can kind of cleanse your body so to speak from the winter months and all of the holidays so I wanted to provide you a checklist of items to remember when doing internet research on diet first try your best to avoid the loggers or science people sometimes doctors can even be a component of this overly hype scientific information or very little science behind their claims these was this is what we would call a moor of a food called right so they have a lot of jibber jabber and explanation for things but they're not citing anyting the articles that they may cite you want to look at them and see if they are actually legit and if they have a really good double blind placebo-controlled study for example so it's just nice to check on where they're getting their information from the second one is if the diet is telling you to avoid an entire food group just be curious about why so as a dietitian we know that all foods are going to provide us something so when you take out a whole food group there's a lot more risk for being deficient in certain things because that's a name for so for example taking out all of our carbohydrates we actually lose quite a bit of fiber and we lose some vitamins like 9 cesium and B vitamins that we may or may not get in other places if your diet is saying that you have to buy the specific supplements that is on the website that's usually a warning size sign that it is maybe not from renowned dietitian or medical provider right if they're gaining from your weight loss then it's probably not the best route to go and I would just question that or just see what they are if they're that specific other side diet I've seen out there promote lack of exercise so there's a couple out there that they like doing exercise for this many days while you're in this part of the diet and any diet that's going to read time tell you that exercise is it beneficial for the body I would just be wary of right short-term maybe is not so bad but we know that exercise does a lot for our bodies around preventing chronic disease and how good it makes our mental health that I would be just curious about that and again quick weight loss so looking at how fast you're supposed to lose weight and if you can slow it down at all that would be great I know that quickly weight loss is usually temporary and a lot of it is starts out as water weight and also you're usually first to lose muscle on certain diets depending on what they're saying so this could all be part of that quick weight loss that isn't really getting rid of the fat stores that we have so ask yourself does your article site any challenges particularly around nutrition. Something good to know or you can ask your doctor or dietitian about that what is a source of funding of the site or the research study that you found and then if you're looking at a study is it done on humans or on animals so there's still a lot of differences between mice and humans as you may have guessed so some of the things that we find in Rat studies aren't always the same in human so it's just nice to know if the research is in the human level yet or if it's still in the Plymouth area stages Toby amidor is another dietitian that I go to a lot and she does little blog entries about some of the fad diets out there so she has one on intermittent fasting paleo Whole 30 answering questions like probiotic supplements are collagen so I really enjoy her website and she's a great public speaker so if you want to learn about 20 20 diet are the 2019 top diets she probably has an article about it and she's great for just that really concise short articles that show research and kind of a recommendation so that. That will be in your follow-up email as well lastly is there anything that stuck out to you in the presentation are there areas for your own in provement around participating either in diet culture or weight by age or weight loss for example I thought it was so interesting to learn more about weight bias in our culture because of how our framing weight loss and diet so if you are curious there is a weight-loss bias exercise that you can do from Harvard and they do a lot of other ones like on raised on just gender differences in that sort of thing so it's a quick little quiz that will tell you how by if you are about certain subjects it's a really great one if you are curious about that so I think I thinking again about those areas of improvement or areas that sparked your interest I would love you guys to either make now or after the presentation a smart goal so this is a specific measurable attainable relevant and timely goal so instead of saying I'm going to lose weight I want you to think about okay I'm going to assess my Hunger using the hunger scale after two meals per day to understand my motivations for eating in the next week so it's long but it's really specific I'll know whether or not I can meet that and I'm going to know it was in the next week if I need to adjust that goal so again it doesn't have to be a girl that sticks around forever and can't be changed but it can be really helpful to do small really specific goals alrighty so with that here are some additional resources around diet culture Health at every size some bloggers is Christy Harrison not me don't be confused has a podcast it's called food psych and it talks a lot about intuitive eating and diet culture so if you're curious about that but like to listen more than read that's a really great place to go she does a lot of interviews with other Professionals in the field if you're interested in all books there is an intuitive eating book and also a workbook that you can purchase that kind of guide you through stages that they use either in a group setting or for individuals so I can answer a couple questions if you want or you can email me at the address below you can also write your question in the chat bar or come off of the microphone