

Behavior Change

Part 2: Weight Management



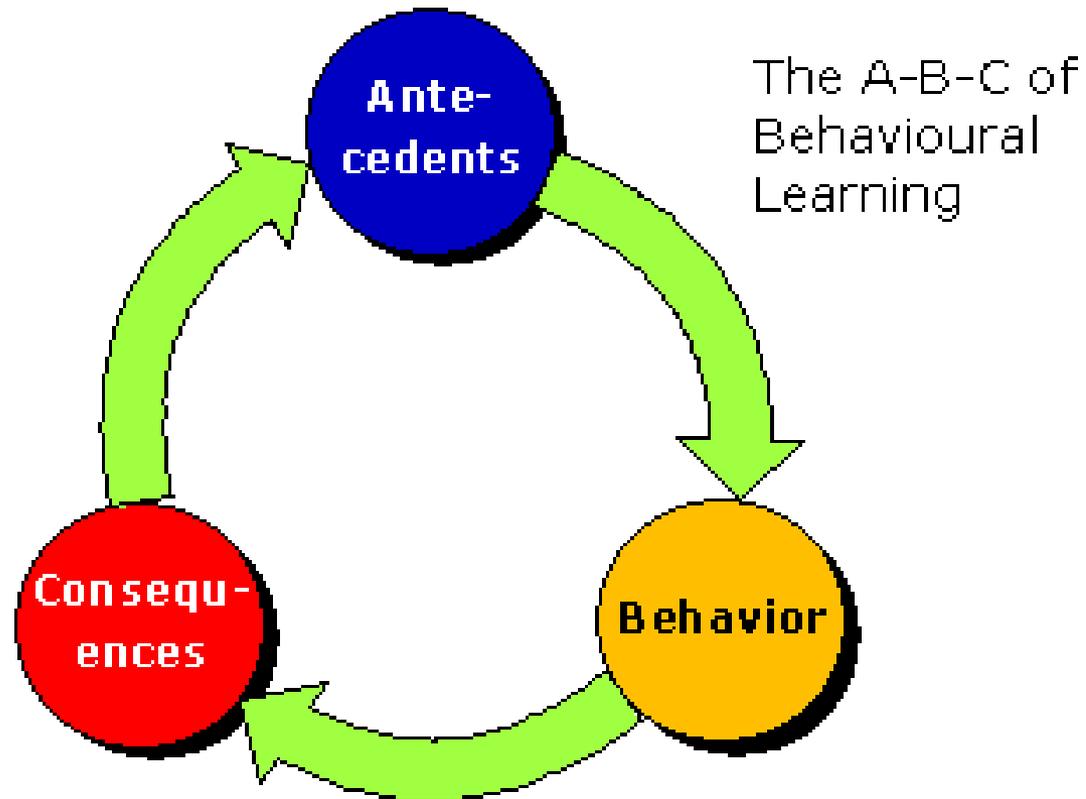
Lifespan Cardiovascular Institute

Rhode Island Hospital • The Miriam Hospital
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Review of the ABC's of Behavior Change



SLIDE 24/2008.01

Internal Antecedents

- Boredom
- Stress
- Loneliness
- Anxiety
- Depression
- Joy
- Fatigue

External Antecedents

- Environment (general surroundings)
 - Home, work, media
- Grocery Shopping
- Social Gatherings
- Dining Out
- People

Home Environment Tips



- Don't keep problem foods in the house
- Limit activities when eating (TV)
- Limit eating to 1 or 2 rooms in the house
- Plan and follow an eating schedule

Home Environment Tips



- Avoid cooking too much food or portion out your leftovers
- Leave serving dishes off the table
- Clear dishes immediately after the meal
- Throw away, freeze or give away leftovers

Grocery Shopping Tips



- Shop with a list
- Don't shop hungry
- Avoid buying foods that you tend to overeat
- Read labels
- Choose foods from the store's perimeter
- Don't be fooled by sales

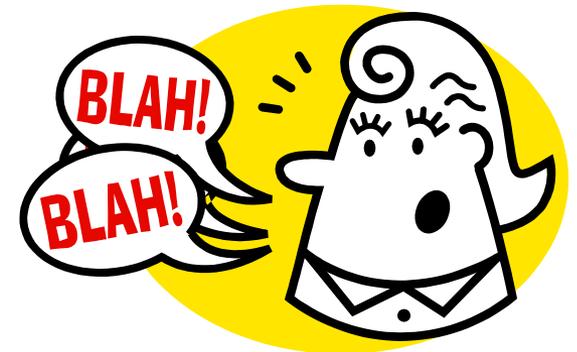
Tips for Social Gatherings



- Eat before you go
- Wear tight fitting clothes
- Bring a low calorie dish to event or bring your own food
- Get support from family or friends

Tips for Social Gatherings

- Be last in line at the buffet
- Avoid the room with the food
- Keep a beverage in your hand
- Eat food from a plate or napkin to control portion sizes
- Talk more, eat less



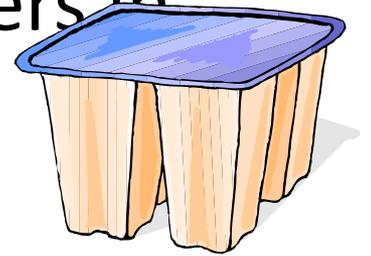
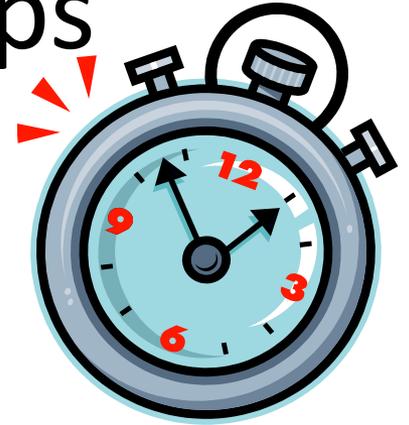
Dining Out Tips



- Look for heart healthy choices
- Order first
- Eat slowly, enjoy the taste
- Request a to-go container when ordering or a split a meal
- Don't be afraid to ask for modifications

Weekday / Weekend Tips

- Consistent eating schedule
- Cook large batches and portion leftovers in containers
- Prepare your own meals
- Keep a food diary
- Engage in activities



3 KEY POINTS: The ABC's

- **Antecedents**
- **Behavior**
- **Consequences**

