

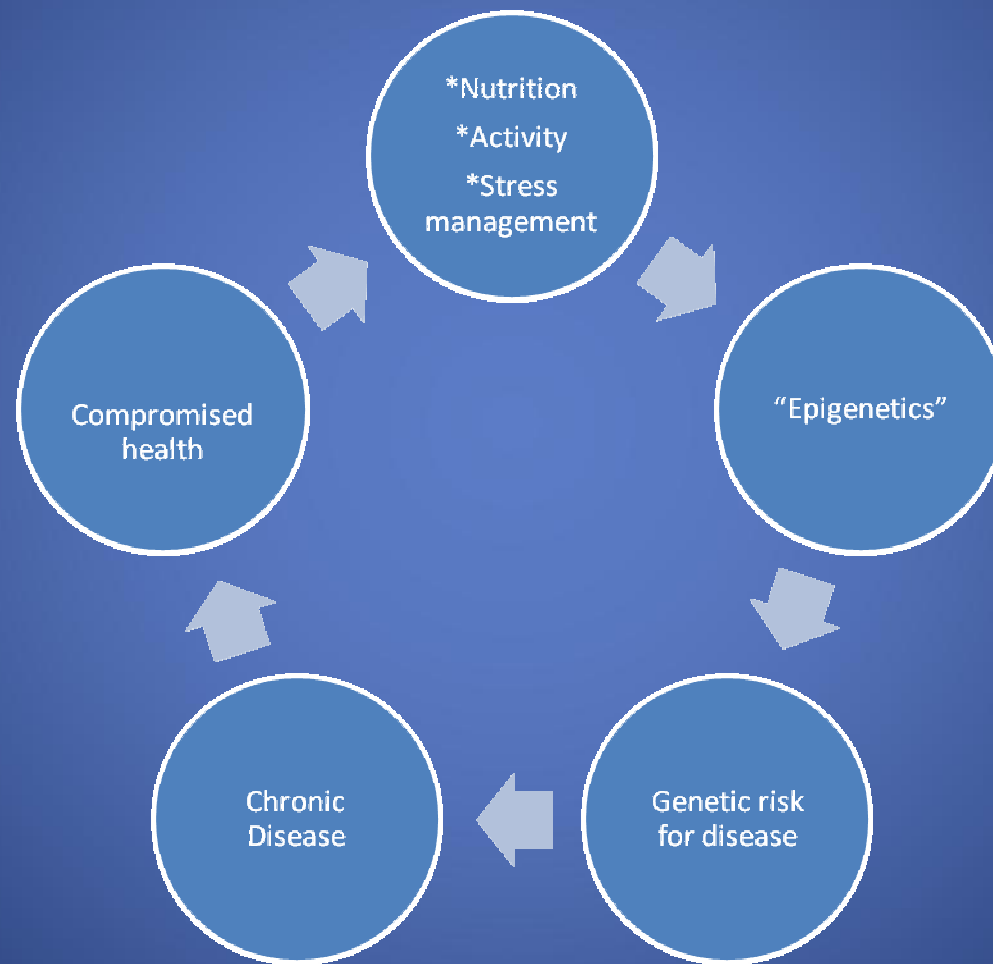
Nudging Grandkids Toward Healthy Living

Jeanine Stice, MPH RD
Nutrition Etcetera, LLC

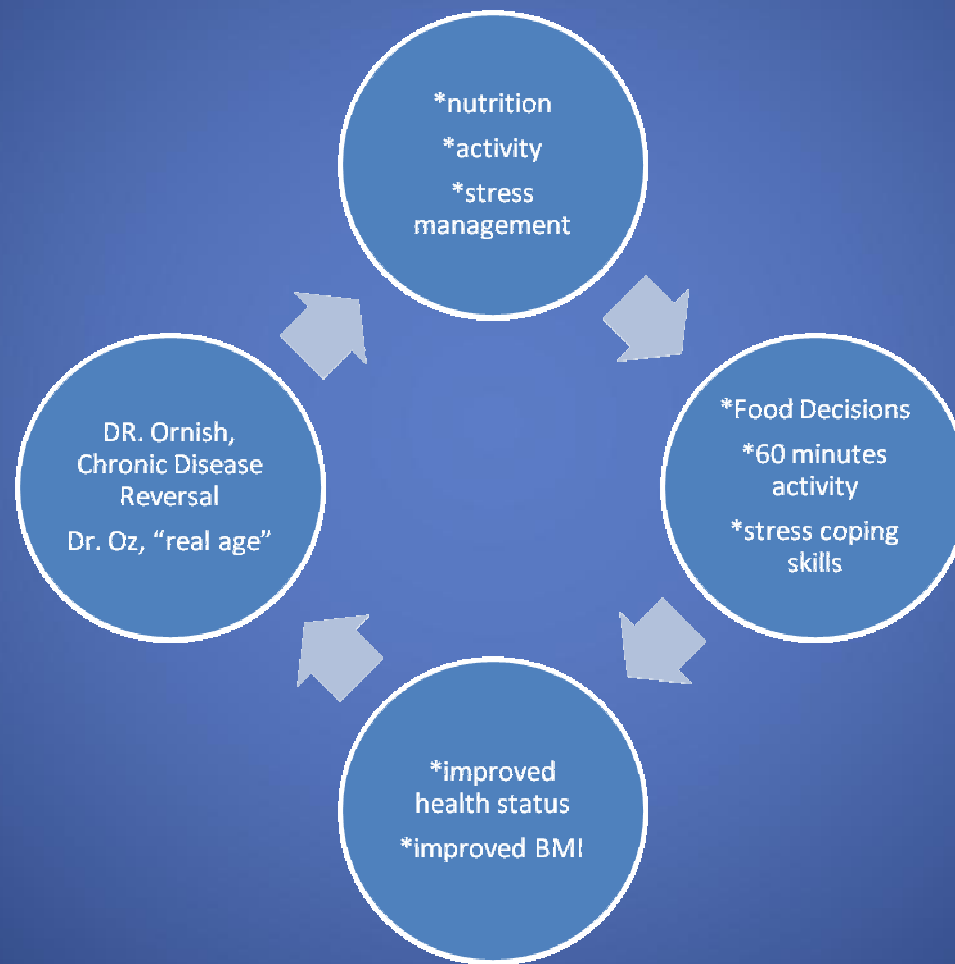
Aim for Healthy Living

One Decision at a Time

Impact of Lifestyle on Health



Impact of Lifestyle on Health



Daily Decisions Impact Disease Risk

Status Report Dietary Intake mid 1990's:

- 3% ate 3 servings of vegetables daily
- 7% consumed at least ½ their grains as whole grains
- 15% engaged in moderate daily activity defined as 30 minutes/day

Source: NCEP ATP III 2000



But, how do you get started?



One Daily Decision at a time

**“How to Get your Child to Eat...but not too much,”
by Ellen Satter, RD MSW**

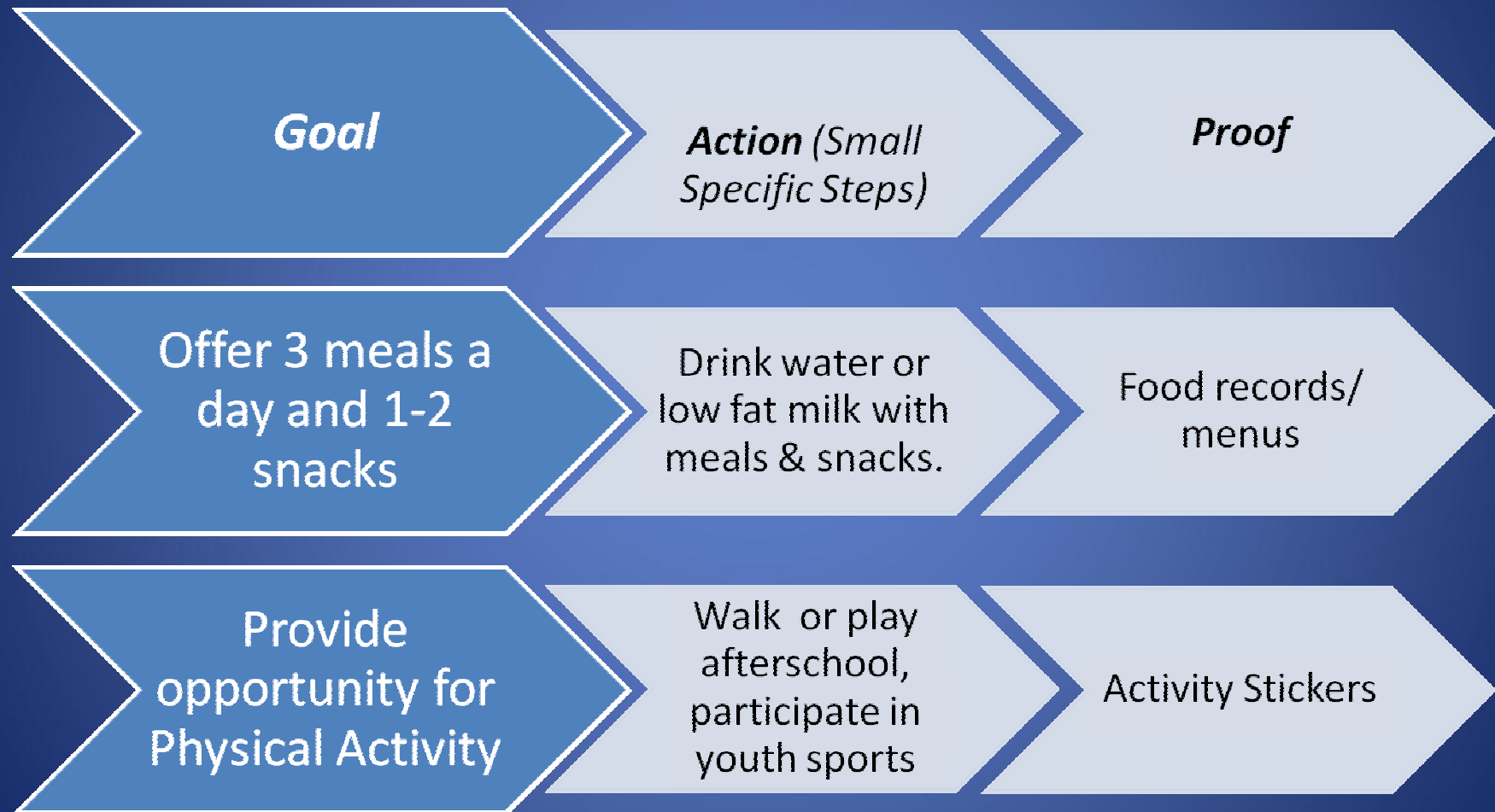
Care Provider’s Job

- Responsible for what is presented to eat and the manner in which is it presented.

Child’s Job

- Responsible for how much and even whether they eat.

Create Measureable Change:



Balanced Meals & Snacks prevent hunger and promote satiety

Food	Calories	Protein	Carbs	Fat	Fiber
veggies	+	+	+(C)		+
beans	+	+	+(C)		+
grains	+	+	+(C)		+
fruit	+		+(S)		+
nuts	+	+		+	+
Milk	+	+	+(S)	+	
Meat/egg s	+	+		+	
fat	+			+	
sugar	+		+(S)		

Balanced Meals & Snacks
Requires Planning

Planning requires a Frontal Lobe workout

- Frontal Lobe develops late (15-25yr)
- Development stunted in the presence of drugs or addiction, perhaps abuse and extreme stress.

Grandparents are Role Models

- This is why role modeling, not lecturing or perfection is important. Pushing someone through a new experience that has a positive reward associated with it can change behavior.
- Role Model: brainstorming, problem solving, prioritizing, selecting a target to change, follow up on the change, reward the process of trying. Small specific steps to better health works.

Aim for Health

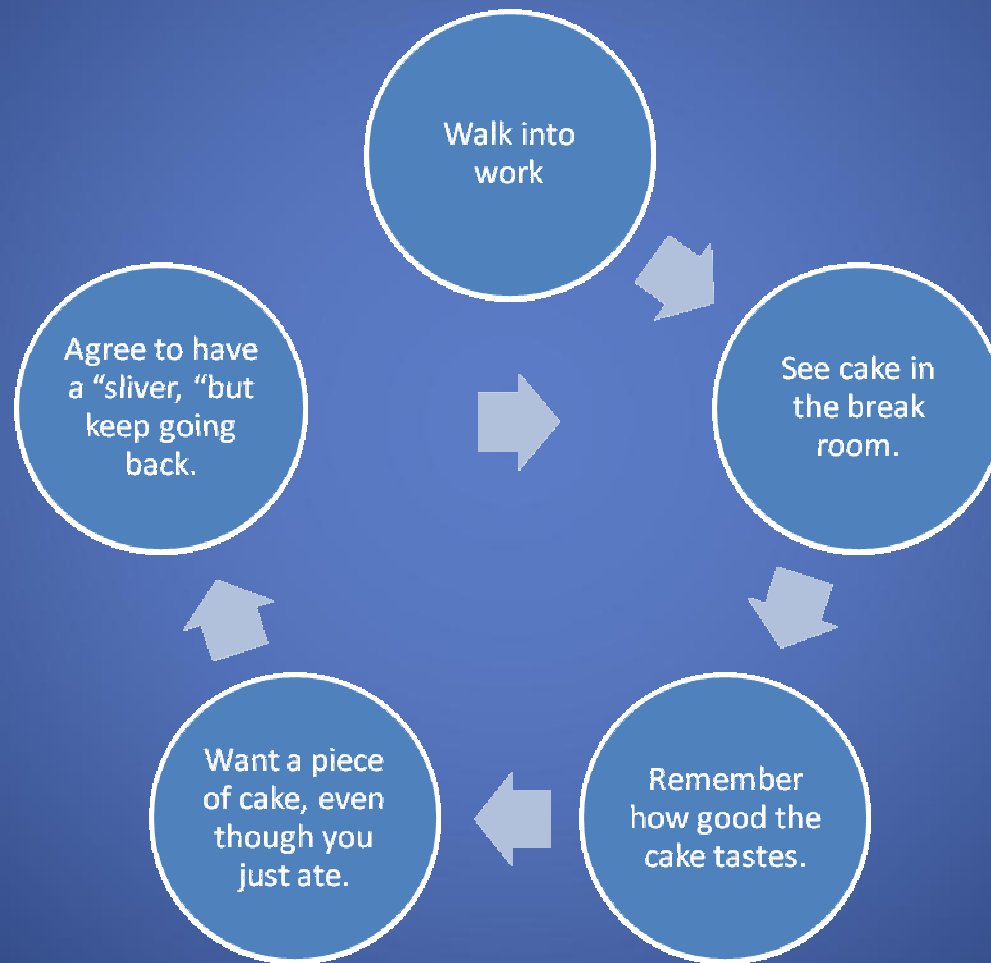
“Environmental Engineering”

Triggers and Habits

External Triggers: Environmental “cues” that keep a behavior or habit going. They tend to be trigger the sensory system (visual, auditory, smell etc) and link to emotional experience or expectations.

Internal Triggers: These “cues” frequently stem from emotional state, memory, and thought patterns.

Changing Habits involves breaking Behavior Chains and Conditioned Response



Engineer your environment to support your goals.

- Store foods you're trying to eat more of at eye level and make them convenient.
- Keep ingredients on hand so you can throw together healthy meals quickly (pantry to plate)
- Visual and social cues are strong triggers for behavior.
- Purchase higher calorie food in small packages and pre-portion them.
- Delink emotional eating (anger/anxiety, loneliness, tired)
- Increase structure of meals/snacks (choice of foods offered, standard portions offered and encouraged)
- Keep the television off while eating. Don't eat high calorie food while watching television.

Kitchen Makeovers

From Pantry to Plate

What's in the house will be consumed.

- Point of purchase decisions matter most.
- Processing can increase or decrease nutrients.
Added sugars dilute nutrients.
- Sometimes “healthy” foods aren’t that healthy.
Read the label.
- Generally the “grain” and group is the most processed.

Small Steps to Better Health

Setting individualized family goals

Small Steps to Better Health

Target:

- Visual cues in the home (TV, counters, fridge)
- Parenting style (“indulgent” vs. limits); parent eating patterns
- Stress busters (target emotional eating)
- Delink “conditioned” eating (car, walking & eating, television viewing/eating)

Small Steps State Specific Steps to:

- Increase whole fruit and vegetable intake
- Increase legume/bean intake
- Increase whole grain intake for refined grains
- Increase physical activity (play)
- Decrease sweetened beverage intake
- Decrease screen time
- Decrease use of food as treats/rewards
- Decrease parent's "controlling, negotiating"



Pass on healthy habits!