



Northwest (HHS Region 10)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Achieving Healthy Weight for Mental Health Consumers

Dr. Gail Daumit

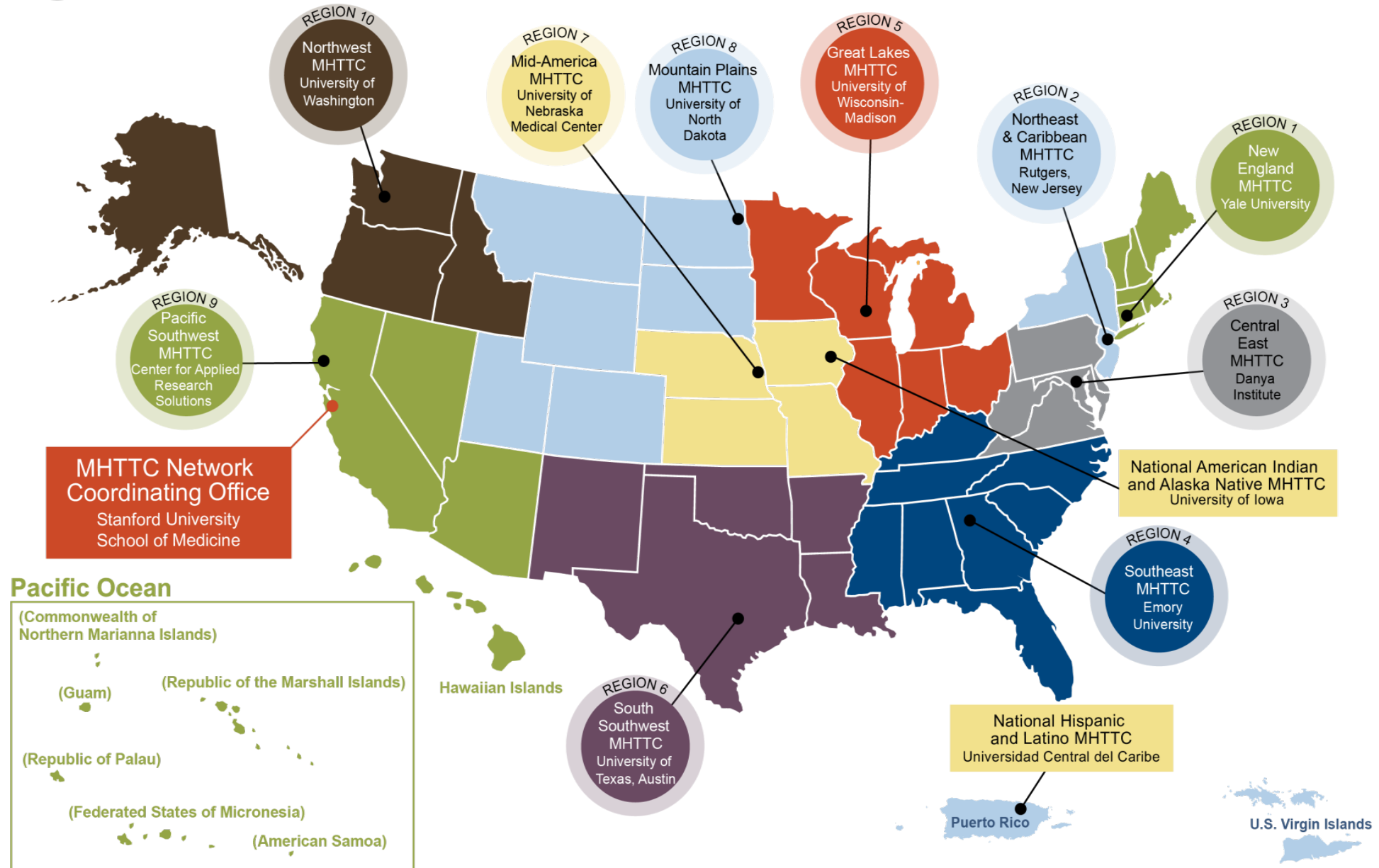


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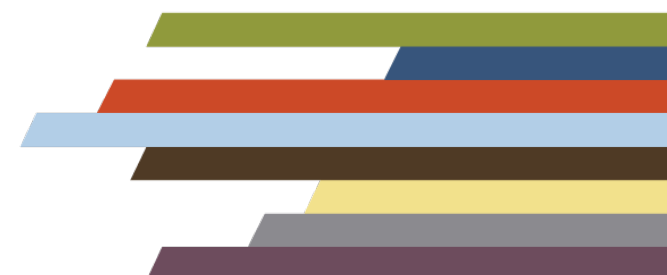
Northwest Mental Health Technology Transfer Center

Our Role:

Provide training and technical assistance (TA) in evidence-based practices (EBP) to behavioral health and primary care providers, and school and social service staff whose work has the potential to improve behavioral health outcomes for individuals with or at risk of developing serious mental illness in SAMHSA's Region 10 (Alaska, Idaho, Oregon, and Washington).

Our Goals:

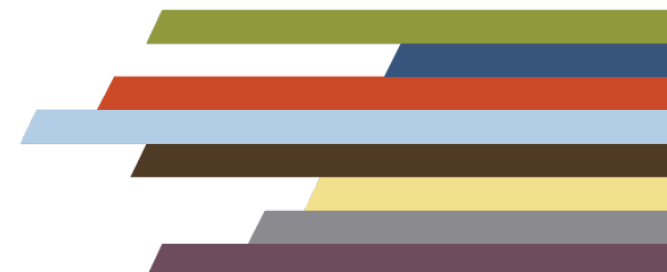
- Ensure availability and delivery of free, publicly-available training and TA to Region 10 providers.
- Heighten awareness, knowledge, and skills of the workforce addressing the needs of individuals with mental illness.
- Accelerate adoption and implementation of mental health-related EBPs across Region 10.
- Foster alliances among culturally diverse mental health providers, policy makers, family members, and clients.



Today's Presenter

Dr. Gail Daumit

- Johns Hopkins University School of Medicine
- Johns Hopkins ALACRITY Center for Health and Longevity in Mental Illness





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The Johns Hopkins ALACRITY Center for Health and Longevity in Mental Illness

Gail Daumit MD, MHS; Arlene Dalcin, MS, RD; and Stacy Goldsholl, MA

P50MH115842-02 Center to Accelerate Translation of Interventions to Decrease Premature Mortality in SMI

May 27, 2020



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Achieving Healthy Weight for Mental Health Consumers



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No disclosures to report.

By the end of this session, you will...



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- Identify key lifestyle behaviors for weight management
- Learn the importance of simple messaging and repetition for weight management in persons with serious mental illness (SMI)
- Understand the value of high impact behavior goal setting
- Know ways to increase accountability

Weight Management and SMI population

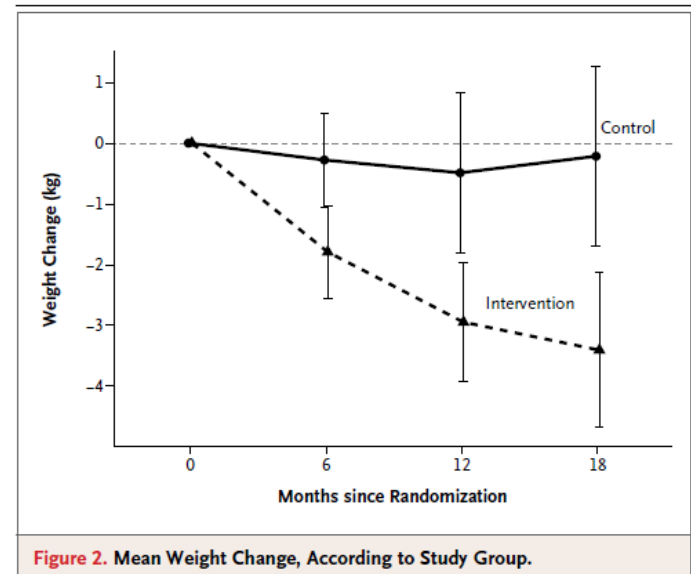
Persons with SMI can lose weight

The NEW ENGLAND JOURNAL of MEDICINE

ORIGINAL ARTICLE

A Behavioral Weight-Loss Intervention in Persons with Serious Mental Illness

Gail L. Daumit, M.D., M.H.S., Faith B. Dickerson, Ph.D., M.P.H., Nae-Yuh Wang, Ph.D., Arlene Dalcin, R.D., Gerald J. Jerome, Ph.D., Cheryl A.M. Anderson, Ph.D., Deborah R. Young, Ph.D., Kevin D. Frick, Ph.D., Airong Yu, M.S., Joseph V. Gennusa III, Ph.D., R.D., L.D.N., Meghan Oefinger, B.S., Rosa M. Crum, M.D., M.H.S., Jeanne Charleston, R.N., Sarah S. Casagrande, Ph.D., Eliseo Guallar, M.D., Dr.P.H., M.P.H., Richard W. Goldberg, Ph.D., Leslie M. Campbell, B.A., and Lawrence J. Appel, M.D., M.P.H.





Behavioral Lifestyle Changes for Weight Loss

- Weight loss occurs when you consume less calories than your body needs.
- Focus on behavioral lifestyle change rather than dieting as the approach to reduce calories.
- Diets tend to be too restrictive and not sustainable long-term.
- Behavioral lifestyle change for weight loss involves making gradual, lasting changes to your eating and exercise behaviors.

Core Lifestyle Behaviors for Weight Management



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- The goal is to create new, healthier habits.
- Healthy Eating:
 - Avoid sugar drinks
 - Avoid junk food
 - Eat smart portions
 - Eat more vegetables
- Exercise
 - Aerobic exercise for 30 minutes/day

Avoid Sugar Drinks

- Avoiding sugar drinks is an easy way to eliminate excess calories and lose weight.
- Sugar drinks include:
 - Soda
 - Energy drinks
 - Juice drinks
 - Coffee drinks
 - Sweet tea

Avoid Junk Food

- Junk food is very high in calories.
- Junk food contains a lot of sodium and unhealthy calories from saturated and trans fat, and sugar.
- Focus on two types:
 - Sweets
 - Salty/Greasy foods

Eat Smart Portions

- Another way to avoid the excess calories that cause weight gain is to limit portions.
- Smart portions are considered:
 - a) eating 1 serving as defined by the Nutrition Facts label
 - b) eating *less* than you would usually eat

Eat more Vegetables



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- Vegetables are low in calories and high in fiber and nutrients.
- Vegetables are filling and a great way to replace high-calorie foods and beverages.
- It gives clients a positive focus as they are avoiding junk food and sugar drinks.

Exercise for 30 minutes each day



- Exercise is a way to expend calories.
- Focus on moderate intensity aerobic activity.
 - Planned physical activity
 - Engages larger muscle groups (legs)
 - Heart rate and breathing increase but you should not feel out of breath
 - Remain in motion for at least 10 minutes



How to help clients adopt these weight loss behaviors

- Simple messaging
- Repetition
- Set high impact behavioral goals
- Accountability
 - Tracking
 - Goal setting

The simpler the better



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- Keep it simple.
- Focus on avoiding junk food instead of limiting trans fat, carbohydrates, or calories.
- Simplicity of messaging helps by not distracting consumers with unnecessary information.

The value of repetition

- Repetition of simple weight loss messages helps consumers learn.
- Consistency of messaging over time helps consumers adopt healthy eating and exercise behaviors.
- It's ok to be a “broken record”

Repetition of core weight management behaviors helps consumers learn

Set High Impact Behavioral weight loss goals

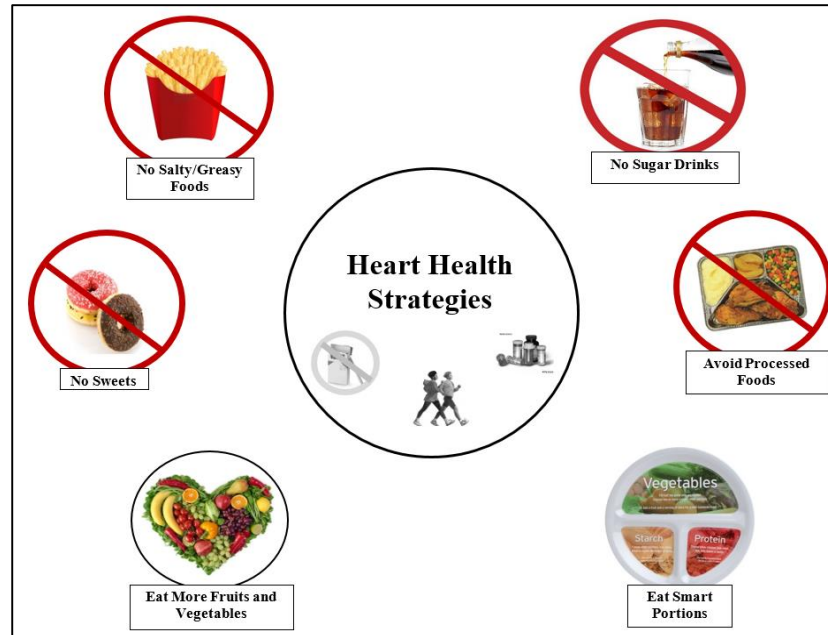


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- An eating or exercise behavior that will impact weight.
- Identify a high impact goal that the client is willing to change until the next time you see them.
- Start small to build confidence and self-efficacy.

Use an Options Tool

- A simple visual to help clients choose a high impact behavior goal




Accountability

- Monitor client progress
 - Weigh clients
 - Check in on progress towards goals
- Recommend tracking

Weigh your clients

- Establish a routine – clients should know what to expect
- Record their weights in a log or graph
- Look at weight trends over time
- Healthy weight loss is gradual and may fluctuate


Module ___ Weight Graph

Name: _____
I want to lose weight because _____
My start weight is _____ My "Focus on My First Five (Pounds)" weight is _____

	Week/Lesson 1	Week/Lesson 2	Week/Lesson 3	Week/Lesson 4
+5 lbs				
+4 lbs				
+3 lbs				
+2 lbs				
+1 lbs				
Start Weight				
-1 lbs				
-2 lbs				
-3 lbs				
-4 lbs				
-5 lbs				

Site: _____ Start Date: _____ End Date: _____

Check-in on progress

- Follow-up on high impact behavioral goals that you have previously set
- It may take a few weeks before they are able to fully accomplish their goal.
- Encourage the client to stick with their goal.

Tracking for weight loss

- Tracking can help:
 - increases self-awareness
 - identify eating and exercise patterns
- Encourage clients to track behaviors

Weight Management Tracker

DAY	MON		TUE		WED		THU		FRI		SAT		SUN	
Did you AVOID:														
Sugar Drinks	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Salty/Greasy Foods	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Sweets	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Processed Foods	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Did you EAT:														
Fruits & Veggies	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Smart Portions	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
Did you EXERCISE for 30 minutes?														
	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No

Weight: _____ lbs.

In Summary

- Focusing on key lifestyle behaviors for weight management can help mental health consumers lose weight
- Simple messaging and repetition are important strategies that help consumers learn weight management behaviors
- High impact behavior goal setting and accountability are important factors in consumers' weight loss success



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Thank you!

<https://www.jhsph.edu/alacrity>

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Get in touch with the Northwest MHTTC



Visit us online:

www.mhttcnetwork.org/northwest



Follow us on social media:

[@NorthwestMHTTC](https://twitter.com/NorthwestMHTTC)

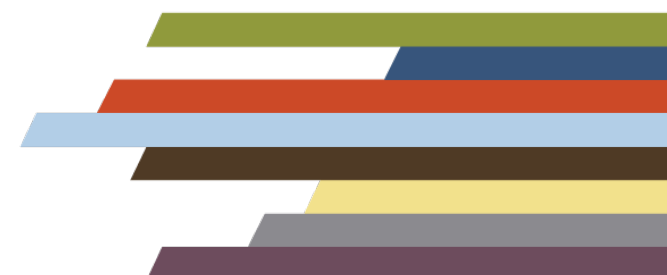


Email us:

northwest@mhttcnetwork.org

Find out about:

- Upcoming trainings
- New online trainings
- Resources and Research Updates



Thank You!



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