



## Winter 2000: WHI Weight?

**Nutritionist Note:** This session acknowledges participants' interests in weight management issues. The primary goal of this session is to help participants recognize that the WHI eating pattern is compatible with weight management, because it supports long term lifestyle changes necessary for successful weight management. It is critical that this session does not set up unrealistic expectations that WHI is the "answer" for weight problems.

### Nutritionist Guidelines

**Time:** 100-120 minutes

**WHILMA:** Enter session in WHILMA as: 7W

**Objectives:** In this session, the participant will:

(Key Points)

- Discuss weight management expectations and experiences.
- Evaluate the safety and effectiveness of "popular diets."
- Identify ways that meeting WHI goals can support healthy eating and weight management interests.

**Materials:**

- Self-monitoring tools
- Handouts on Popular Diets for evaluation (optional)

### Participant Resources:

- Where to Find Weight Management Advice (Resource Winter- 1)

**\*Optional – Nutritionists Background Reading**

- Nutrition and the MD, June 1999- George Blackburn and Yi Hui, The Changing Nature of Obesity in the US: How Serious is the Problem, and Book Reviews of Dr. Atkins' New Diet Revolution, Eat Right 4 Your Type, Sugar Busters and The Zone.
- Fine, Jenifer, Colditz, GA, Coakley EH et al, A Prospective Study of Weight Change and Health-Related Quality of Life in Women. JAMA 282:2136-2142.
- St. Jeor, ST, Brunner RL, Harrington ME et al, A Classification system to evaluate weight maintainers, gainers and losers. JADA 97:481-488.
- The Low-Carb Diet Craze and Weighing the Diets, Time Magazine, Nov. 1, 1999
- Nutrition Action Newsletter, May 2000 – Bonnie Liebman; Diet vs. Diet, Battle of the Bulge Doctors.
- Communicating Food for Health; March 2000 – Are High Carb Diets Bad for Your Health?; Jan 2000 – 10 Top Reasons Atkins is Wrong; July/Aug 99 – Variety is the Key to Weight Control; March 99- Control Your Weight w/o Hunger.

**\*Optional – Internet Resources:**

- Do High Carbohydrate Diets Increase Heart Disease? (Information on Syndrome X). <http://www.foodandhealth.com/cpecourses/stanford.shtml>
- Do High Glycemic Foods Cause Obesity and Diabetes? (Information on the Glycemic index and weight). <http://www.foodandhealth.com/cpecourses/giobesity.shtml>
- Research Points to a More Effective Strategy for Long-term Weight Control without Hunger. (Information on energy density). <http://www.foodandhealth.com/cpecourses/weightcontrol.shtml>
- Fad Diets
  - [www.aicr.org/faddiets.htm](http://www.aicr.org/faddiets.htm)  
The American Institute for Cancer Research has evaluated four of the most popular diet books of the moment. They analyzed the potential effectiveness and possible health risks associated with each plan.  
The books reviewed were:
    - ***Dr. Atkins' New Diet Revolution***, by Dr. Robert Atkins
    - ***The New Beverly Hills Diet***, by Judy Mazel and Michael Wyatt
    - ***Protein Power***, by Michael Eades, MD and Mary Anne Eades, MD
    - ***Suzanne Somers' Get Skinny on Fabulous Food***, by Suzanne Somers
  - [www.phys.com](http://www.phys.com)  
Reviews current reputable weight management books on the market, also includes information on fad diets (diet debunker - [www.phys.com/b\\_nutrition/02solutions/diet\\_debunker/diet\\_debunker.html](http://www.phys.com/b_nutrition/02solutions/diet_debunker/diet_debunker.html).) Excellent resource for participants (See Participant Resources).
  - [www.wheatfoods.org/nutrition/faddiets.html](http://www.wheatfoods.org/nutrition/faddiets.html)  
This web site includes comprehensive information on fat diets. Diets reviewed include: The Zone, Protein Power, Dr. Bob Arnot's Revolutionary Weight Control

Program, Sugar Busters, and Dr. Atkins' New Diet Revolution. "A Look at Nutrition Confusion" is a power point presentation which provides information on fad diets which you can download.

- [www.eatright.org](http://www.eatright.org)  
American Dietetic Association (ADA):  
Armed with five [fact sheets](#) and two [position papers](#), the ADA educates viewers on the importance of achieving and maintaining a healthy weight through sensible eating and regular exercise. Issues addressed are related to both overweight (etiology, incidence, treatment) and underweight (tips to add pounds).
- [www.navigator.tufts.edu](http://www.navigator.tufts.edu)  
The *Tufts University Nutrition Navigator* is the first online rating and review guide that solves the two major problems Web users have when seeking nutrition information: how to quickly find information best suited to their needs and whether to trust the information they find there. The *Tufts University Nutrition Navigator* is designed to help you sort through the large volume of nutrition information on the Internet and find accurate, useful nutrition information you can trust.

\*The information in these websites is not an endorsement by WHI of specific food products or information.

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**Peer Group Ideas:**

Here are a few suggestions for peer group activities/topics to follow-up on information provided in the Winter 2000 session:


- Form a Support Group for Weight Management
- Look for weight conscious ideas for quick and easy meals
- Create affirmations to post which keep up your motivation
- Review WHI recipes and look for lower calorie options
- Make a list of restaurants that offer foods which have less fat and fewer calories

Below is a list of the maintenance sessions planned for 2001. This information will help Nutritionists plan ahead when responding to participant requests for 'additional information.'

**Upcoming Maintenance Session Topics:**

- **7SP** - Spring 2001      Women and Heart Disease
- **7SU** - Summer 2001    Nutrient Density
- **8F** - Fall 2001        WHI Progress: Motivation and IIP

## Winter 2000: WHI Weight? (Facilitation Outline)

	<b>GROUP SHARING/NEXT STEPS FOLLOW-UP (20-30 minutes)</b>
(20-30 minutes)	<p><b>Objective:</b> Participants share experiences and strategies with other group members about how they increased their use of whole grain foods.</p> <p><b>Purpose:</b> Build group cohesion and self-efficacy.</p> <p><b>A. Group Sharing/Next Steps Follow-up:</b>  <u>Sharing Ideas:</u>  <b>Q/A:</b> Consider using the questions below, or develop your own:</p> <ul style="list-style-type: none"> <li>➤ During the last 3 months, what new whole grains did you try?</li> <li>➤ What was the most unusual grain food you ate?</li> <li>➤ What methods did you try to increase your grain servings?</li> <li>➤ If you were unable to increase your grain servings, what would need to change for you to be more successful?</li> </ul> <p>-----</p> <p><b>Peer Group Sharing</b> (If peer groups):  <b>Purpose:</b> Provide support and recognition of peer group activities and to promote interest:</p> <ul style="list-style-type: none"> <li>➤ During the past 3 months what types of activities have you done with other members of WHI?</li> <li>➤ In what ways have these activities helped you maintain your interest in WHI?</li> <li>➤ What other types of group 'get togethers' would be helpful?</li> </ul>
 <i>Notes</i>	

	<b>NEW MATERIAL (50-60 minutes)</b>
(5 minutes)	<p><b>1. Overview/Introduction</b></p> <p>A. Acknowledge that some participants may be wondering why we are talking about weight management now. Point out that there are many reasons, but first and foremost is that many WHI participants have asked to talk about weight management. Nearly ½ of the American population is on a diet. Every year Americans spend more than \$30 billion on weight loss products. In spite of these efforts Americans are getting heavier.</p> <p>B. Mention that millions of people every year change their eating patterns in an attempt to lose (or gain) weight and become “more fit.” Yet, most dietary changes are temporary and don’t provide the foundation needed for permanent healthy lifestyle changes.</p> <p>C. In this module, we’ll talk about how WHI can support your weight management interests, even though WHI is not a weight management program.</p>

(5-10  
minutes)

## 2. Weight Management Expectations and Experiences

Objective: Discuss weight management expectations and experiences.

Purpose: Identify interest areas for skill building to promote self-management and self-efficacy.

### A. Participants Discuss and Define Weight Management

**Q/A: Define weight management (Potential Questions)**

- ☛ How would you define weight management?
- ☛ How is weight management different from weight loss?
- Point out that weight management is more than just weight loss, it could be maintaining weight, preventing weight gain, or gaining weight.
- Weight management is usually a long-term rather than a short-term process (i.e., lifestyle vs. a temporary diet).

### B. Participants Discuss Weight Expectations

- Many people expect that when they change to a low-fat eating pattern, they will automatically lose weight. So, if they don't lose weight, there is confusion about why.

**Q/A: Weight Expectations? (Potential Questions)**

- ☛ What were your weight expectations when you joined the study?
- Reducing fat intake doesn't mean calorie intakes are reduced. United States Department of Agriculture statistics show that in the United States total daily intake of calories has risen by 150 calories a day, while the fat intake has decreased from 40 to 33 percent. An extra 150 calories a day, can add an extra 15 pounds a year.

### C. Participants Discuss Weight Experiences

- Add quick assessment: Ask for a show of hands:
  - ☛ How many women have tried to lose weight?
  - ☛ How many have tried to gain or maintain weight?
- Ask participants to share their experiences with weight management (losing, maintaining or trying to gain weight).

**Q/A: Weight Management Experiences (Potential Questions)**

- ☛ If you have been successful in losing weight, were you able to maintain your weight loss for one year?
- ☛ What helped you maintain your weight loss if you were successful?
- ☛ Why do you think you regained the weight if you weren't successful?

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#### D. Participants Discuss Popular Diets

##### **Q/A: Popular diets (Potential Question)**

- What popular diets have you read about that you are interested in learning more about?
    - Point out that it's important for consumers to be able to evaluate health information for themselves because the media can often make things, such as popular diets sound "too good to be true."
    - Ask participants if they would like to learn how to evaluate safety and effectiveness of some of the more "popular" diets.
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*Notes*

(25-30  
minutes)

### 3. Skill Building: Evaluating “Popular Diets”

Objective: Evaluate the safety and effectiveness of “Popular diets.”

Purpose: Promote self- efficacy and self-management.

*Group Nutritionist Note:* If participants ask about why WHI doesn’t have an exercise component.

WHI recognizes that regular physical activity is an integral part of a healthy lifestyle. However, WHI is a research study that is evaluating dietary changes. It is important that we don’t have an exercise component because changing physical activity levels could be a confounding variable that may make it difficult to test our hypothesis. (If women change both their diet and their exercise habits it may be difficult to separate the effects of diet from exercise.)

Discuss the long-term effectiveness and safety of popular weight loss diets compared to permanent lifestyle changes. Choose one or more of these options, or develop your own.

**Option 1** -Discuss the difference between dieting and a lifestyle change.

Ask questions to help the participants think about how diets differ from lifestyle changes.

- As discussed earlier, weight management is a lifestyle change not a “diet.” Weight management is a permanent lifestyle change that helps balance calorie intake and activity levels. Permanent weight loss is dependent upon developing new habits, rather than following a diet. Many diets for weight reduction are popular and produce successful short-term weight loss. However, often a person soon finds that she has regained the weight and must start another diet. Many people spend much of their lives going from one weight loss diet to another. Changing one’s body weight permanently is a complicated and difficult challenge that must involve changes in lifestyle.
- Discuss the difference between the motivation, attitude, behaviors and results of dieting compared to a lifestyle change. Refer to the participant materials as a review after participants have come up with their own ideas. (See page 4 Winter 2000 participant materials.)



**Q/A:** Compare diets to lifestyle change (**Potential Questions**)

- What motivates you to start on a diet?
- What is your attitude when you start a diet?
- How flexible are you about following a diet?
- How does being on a diet effect your behavior?
- What is the typical result when the diet is over?
- How does a lifestyle change compare to being on a diet? (Think about the differences in motivation, attitude, behaviors and results.)

**Option 2** -Discuss how to evaluate current popular weight loss diets.

- Ask participants to share their ideas about how to evaluate popular diets. Ask them to identify what claims diet books make that trigger cause for concern and what they look for that assures them that a diet is safe. Use the following questions to guide the discussion. Potential answers are in parenthesis ( ) after the question.

**Q/A:** How to evaluate Popular Diets (**Potential Questions**)

- ☛ What claims make you want to try a diet?
  - ☛ How would you decide whether a diet is healthy? (variety of foods, nutritional adequacy)
  - ☛ What claims make you concerned about the safety of a diet? (promises quick results, magic foods or combinations)
  - ☛ How do you decide whether a diet will fit into your life? (foods I like, available at grocery store, fits into my lifestyle, affordable)
  - ☛ How do you decide if a diet will work for you in the short run and in the long run?
  - ☛ How would you decide whether a diet is compatible with WHI dietary goals? (allows me to meet my fat, f/v and grain goals)
- Discussing these questions will help participants complete their small group activity, by helping them understand how to evaluate a “popular diet.” Introduce **Worksheet 1- Evaluating “Popular” Diets**, which includes Yes/No questions to complete. The more yes answers marked by the participant, the more likely the diet is safe and effective.
  - Form small groups (2-3 participants) and use these guidelines to evaluate current popular diets. Give each group two or more weight loss diets to evaluate – Optional fact sheets are available for the following diets – Atkins, Zone, Sugar Busters, Volumetrics, Eat More-Weigh Less and WHI.
  - After the small groups have completed their activity. Bring them back together and have each group share what they learned. Below are some potential questions to ask the participants.

**Q/A:** Popular diet analysis review (**Potential Questions**)

- ☛ Which diets did you decide were safe and effective?
- ☛ Why did you decide they were safe and effective?
- ☛ Which diets did you decide were unsafe and/or not effective?
- ☛ Why did you decide they were unsafe and/or not effective?
- ☛ Which of these diets would be compatible with WHI dietary goals?



*Notes*

(25-30  
minutes)

#### 4. WHI Dietary Goals Support Healthy Eating and Weight Management

Objective: Identify ways meeting WHI dietary goals support healthy eating and weight management.

Purpose: Increase participant self-efficacy (increase satisfaction, adherence and retention).

##### A. Discussion

- How does meeting WHI dietary goals support healthy eating and weight management. Encourage participants to think about what skills they have learned since they've joined WHI. Which of these skills have helped them meet their dietary goals. Encourage discussion by asking questions.

##### Q/A : (Potential Questions)

- How does meeting the Fat, F/V and Grain goals of the study help make your diet healthier?
- How does meeting the Fat, F/V and grain goals of the study support weight management?
- What skills have you learned in WHI that have improved your eating habits and could support weight management?
- Key points to have participants cover:

##### Meeting the dietary goals.

- Eating less fat is healthy because excess fat may add calories and increase cholesterol.
- Increasing F/V provide vitamins, minerals, phytochemicals and fiber. Most fruits and vegetables have high nutrient density.
- Increasing grains also provide vitamins, minerals, phytochemicals and fiber. Whole grains are high nutrient density foods.
- Variety, balance and moderation are cornerstones of healthy eating and the WHI eating pattern supports these.

##### Meeting the dietary goals of the study support weight management.

- Eating less fat decreases calories.
- Fruits and vegetables have fewer calories.
- Whole grain foods provide nutrients and fill you up.


##### Skills learned.


- Self-monitoring helps by increasing awareness, and measuring progress in meeting goals. Reading labels tells you the fat grams as well as the calories in foods. Limiting portion sizes helps reduce fat and calories.

- Communication skills – Assertiveness, saying no, asking for help, getting family support.
- Problem solving – planning ahead, budgeting fat and calories, strategies for eating out.
- Expectations – positive thoughts (self-talk), positive attitudes increase chances of success.



*Notes*

	<b>NEXT STEPS (15 minutes)</b>
(15 minutes)	<p><u>Objective:</u> Participants reflect on information and skills that may help them meet their WHI dietary goals.</p> <p><u>Purpose:</u> Increase likelihood that participants will use session information and skills to support WHI goals.</p> <p>A. Ask Participants to Share</p> <ul style="list-style-type: none"> <li>• Ask participants to think about what they heard and did in today's session and then share information about any of the following:</li> </ul> <p><u>Q/A:</u> Potential Questions: (Use any of the following or develop your own.)</p> <ul style="list-style-type: none"> <li>☛ How can you tell whether a diet is safe and effective?</li> <li>☛ What are some of the words that alert you that something is too good to be true?</li> <li>☛ How does being in WHI support good eating habits?</li> <li>☛ How does being in WHI support your weight management interests?</li> </ul>
 <i>Notes</i>	

	<b>FOOD TASTING (10 minutes)</b>
(10 minutes)	<p><u>Objective:</u> Participants taste new foods and recipes that support WHI goals.</p> <p><u>Purpose:</u> Increase likelihood that participants will use recipes and foods that support WHI goals.</p> <p><u>Suggestion:</u> Recipes for Winter: Hearty Soups (See session recipes)</p>
 <i>Notes</i>	

Winter, 2000 Reminder  
(electronic copy available)



## WHI Weight?

If you're one of the 58 million Americans who want to lose weight, you might be ready to try almost anything. If you're confused about which 'Diet Book' has the answers, you're not alone. A recent nutrition trend survey conducted by the American Dietetic Association (ADA) revealed that nearly one in four Americans (23%) is confused or frustrated about diet information.

Whether you want to lose weight, gain weight or prevent gain or loss, join us for the Winter 2000 session – "WHI Weight?" to find out how the WHI eating pattern is compatible with weight management. Learn how to evaluate whether a diet is safe and effective and how WHI can support your weight management interests.



## Where to Find Sound Weight Management Advice

### \*Internet Resources for Weight Management Advice

#### [www.phys.com](http://www.phys.com)

Fun, interactive site. Great dietitian written articles and five-step weight loss program you can download for free. Reviews current reputable weight management books on the market. Also includes information on fad diets.

(Diet Debunker: [www.phys.com/b\\_nutrition/02solutions/diet\\_debunker/diet\\_debunker.html](http://www.phys.com/b_nutrition/02solutions/diet_debunker/diet_debunker.html).)

#### [www.cyberdiet.com](http://www.cyberdiet.com)

The mission of this site is to help you succeed at weight loss. To this end, they provide you with all the necessary tools: 12-week meal plans (designed for specific calorie levels and dietary restrictions), recipe makeovers, exercise and motivational tips, online support groups, and more.

#### [www.efit.com](http://www.efit.com)

This upbeat site offers advice on how to start and stay with a sensible weight loss program. Readers can complete a short questionnaire in exchange for a profile of their "nutrition goals" and a week's worth of calorie-controlled menus. eFit also covers the basics on cooking, walking, yoga, and other parts of a healthy lifestyle.

#### [www.mealsforyou.com](http://www.mealsforyou.com)

This site has thousands of healthful recipes and meal plans. Search for recipes by ingredient, nationality, a category (weight management) or nutritional specification (low fat). Complete nutrition analysis for each recipe is provided and automatically adjusted if you add or delete ingredients. Print out shopping lists that contain all the ingredients in several recipes.

#### [www.nutrio.com](http://www.nutrio.com)

This site has lots of advice and resources available to people who want to develop and maintain healthy eating and exercise habits. Complete a free assessment to receive personalized menu plans and a fitness routine.

#### [www.aicr.org/faddiets.htm](http://www.aicr.org/faddiets.htm)

The American Institute for Cancer Research has evaluated four of the most popular diet books of the moment. They analyzed the potential effectiveness and possible health risks associated with each plan.

The books reviewed were:

- ***Dr. Atkins' New Diet Revolution***, by Dr. Robert Atkins
- ***The New Beverly Hills Diet***, by Judy Mazel and Michael Wyatt
- ***Protein Power***, by Michael Eades, MD and Mary Anne Eades, MD
- ***Suzanne Somers' Get Skinny on Fabulous Food***, by Suzanne Somers

[www.wheatfoods.org/nutrition/faddiets.html](http://www.wheatfoods.org/nutrition/faddiets.html)

This web site includes comprehensive information on fad diets. Diets reviewed include: The Zone, Protein Power, Dr. Bob Arnot's Revolutionary Weight Control Program, Sugar Busters, and Dr. Atkins' New Diet Revolution.

[www.navigator.tufts.edu](http://www.navigator.tufts.edu)

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### **\*Book Resources for Weight Management**

The American Dietetic Associations Complete Food and Nutrition Guide by Roberta Duff, MS, RD (Chronimed Publishing, 1996)

Intuitive Eating by Evelyn Tribole, MS, RD and Elyse Resch MS, RD (St. Martin's Paperbacks, 1996)

Eating Thin for Life: Food Secrets from People Who Have Lost Weight and Kept It Off, by Anne Fletcher, MS, RD (Houghton Mifflin, 1998)

Dieting For Dummies, by Jane Kirby, RD (IDG Books Worldwide Publisher, 1999)

\* The information in the above web sites and books is not an endorsement by WHI of specific food products or information.