



Premise Health presents:

Wellbeing 360°

A virtual mind and body expo

An Effective Lifestyle Approach for Weight Loss

Suzanne Reuter, RPAC, DipACLM

Premise Health.



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Suzanne Reuter, RPAC, DipACLM

Physician's Assistant

Suzanne Reuter is a Physician Assistant who has worked for Premise Health since 2014. After learning about Lifestyle Medicine in 2017 during a company Grand Rounds Presentation, she has adjusted her practice of medicine to a more holistic, preventative approach that focuses on the promotion of healthy lifestyles and assisting members with behavior changes. She became a certified diplomat of Lifestyle Medicine in 2018 and is an active member of the Lifestyle Medicine Advisory Board at Premise Health. Through the personal practice of lifestyle medicine, she lost 25 lbs and was able to come off of her anti-hypertensive medication. Now her biggest joy is assisting her patients on their own personal journeys to better health both during everyday office visits and through the several lifestyle change programs that she has run over the years.



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Session Disclaimer

This program is provided to you by Premise Health to support your overall wellbeing. Educational programs such as the one that follows are introductory in nature and are meant to encourage your further exploration and conversation with your provider. It is not a substitute for that relationship. You should consult the appropriate healthcare professional should you have a condition that warrants medical attention or advice and support.

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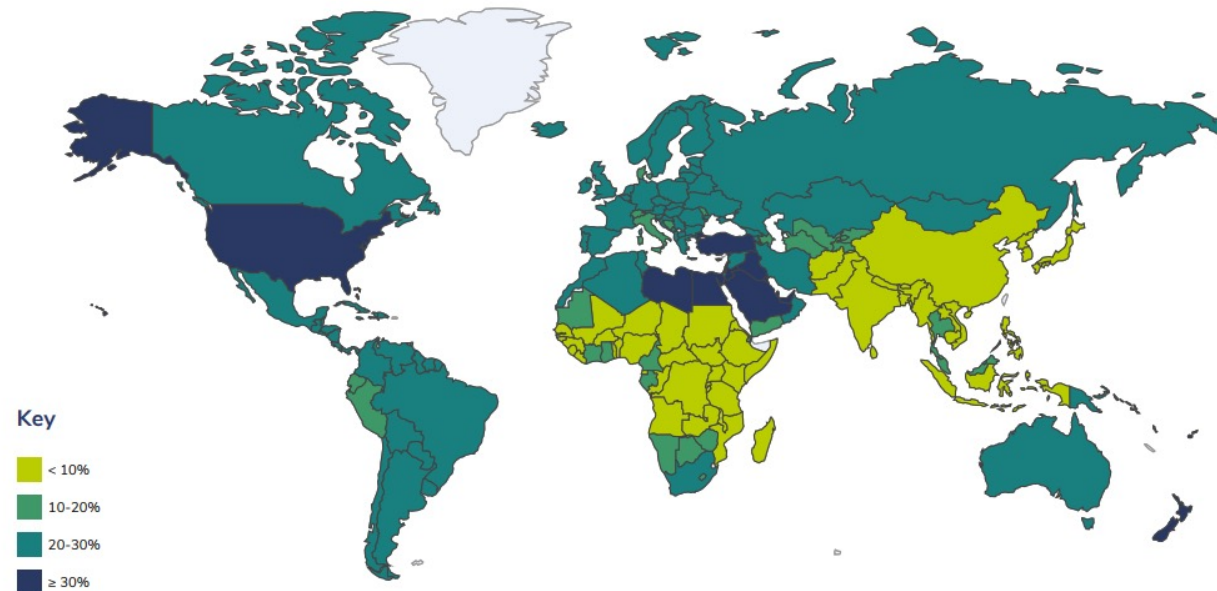
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WORLD
OBESITY

Estimates of prevalence of obesity in adults

Obesity BMI ≥ 30 kg/m²



Source: Global Health Observatory Data Repository <https://apps.who.int/gho/data/node.main.A900A?lang=en> (last accessed 14.06.21)

PDF created on August 4, 2021

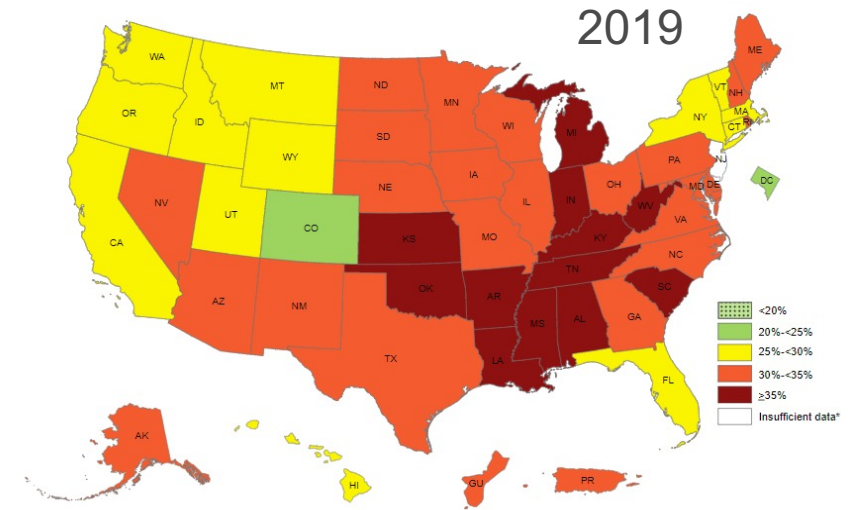
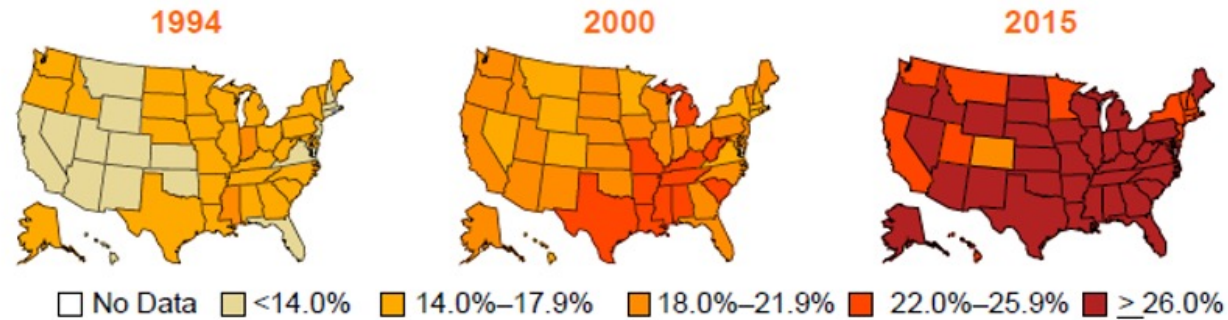
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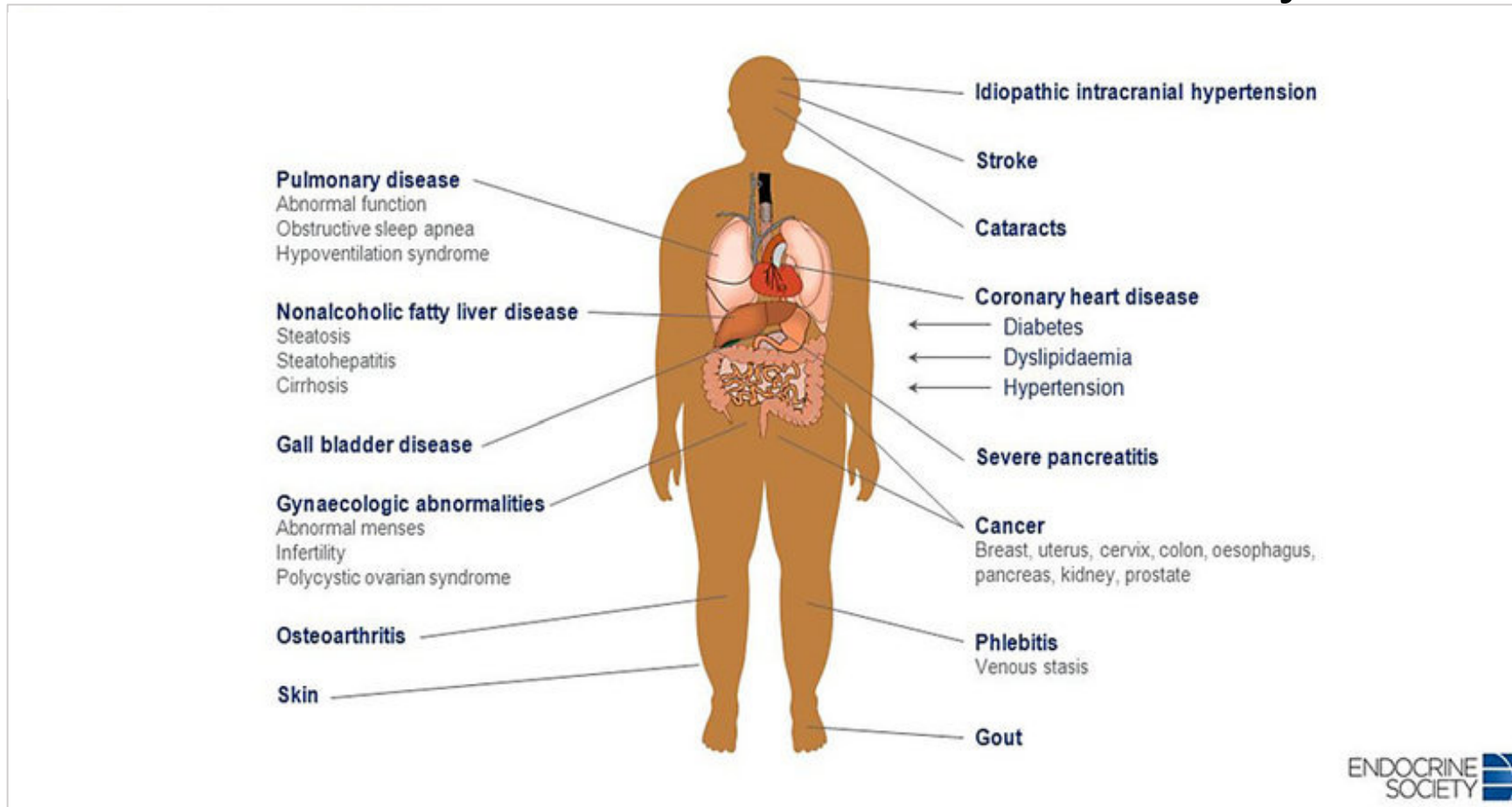
Growth of Obesity Among U.S. Adults in Last Few Decades

Obesity (BMI ≥ 30 kg/m²)



[2019 CDC Adult Obesity Prevalence Maps](#)

Comorbidities Associated with Obesity



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What is Fueling the Obesity epidemic?

- A. Genetics
- B. Decrease in physical activity
- C. Decrease in motivation
- D. Change in dietary intake

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Standard American Diet

- High in calories, sugar, cholesterol, and sodium
- High in processed foods
- Low in vegetables, fruits, and whole grains
- Low in fiber, antioxidants and phytonutrients



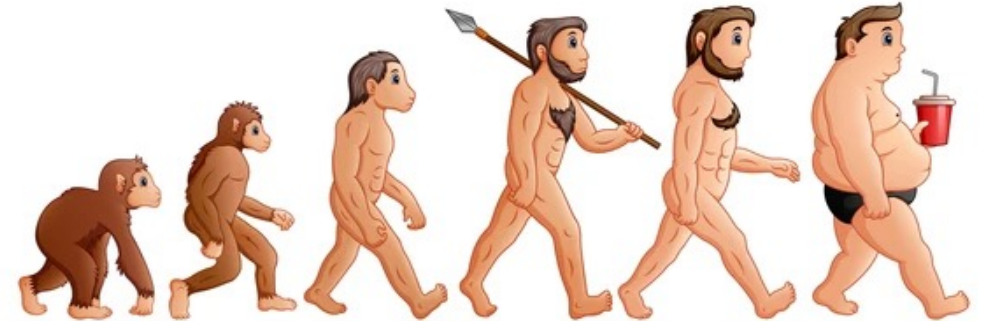
Image: Istock

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“Thrifty Gene Hypothesis”

- Obesity may be the normal response to an abnormal environment.
- Natural inborn preference for foods that are calorically dense (fatty/sweet/starchy)



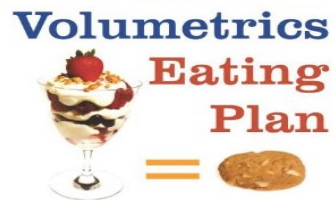
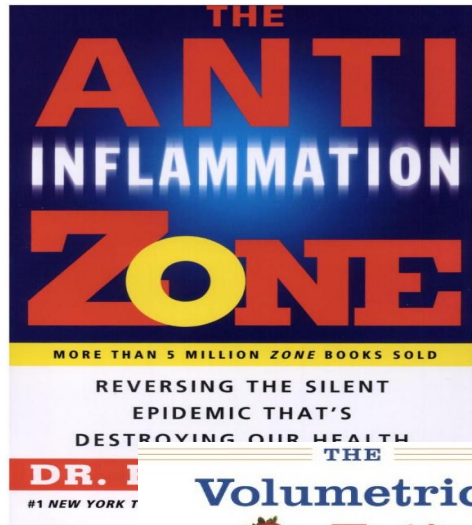
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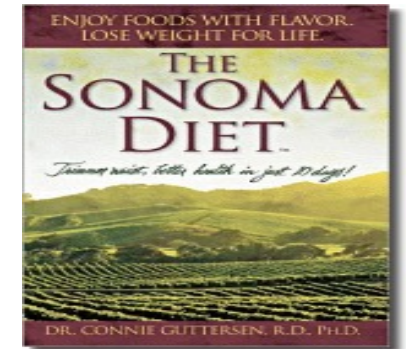
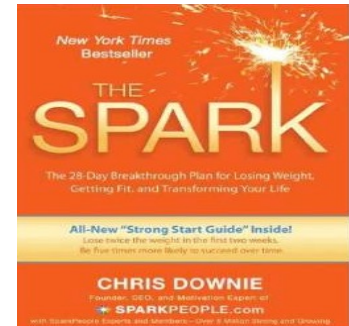
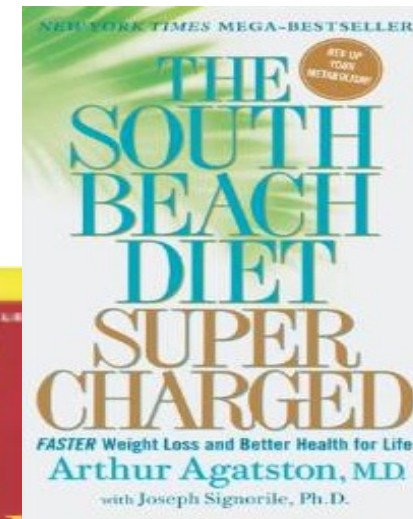
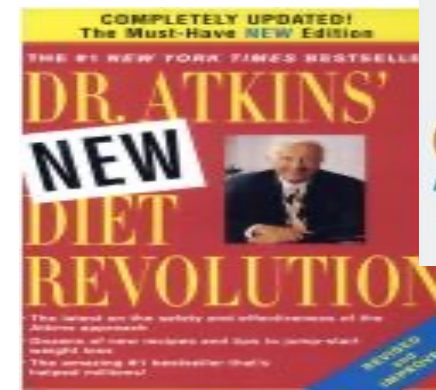
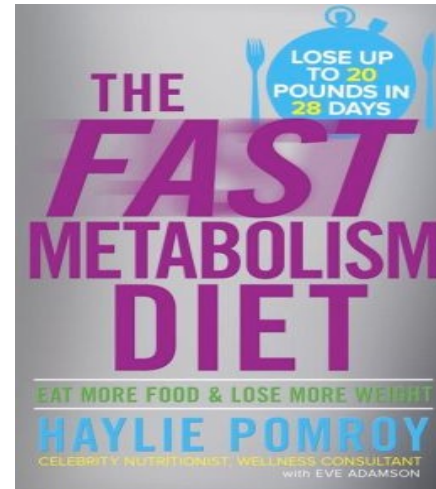
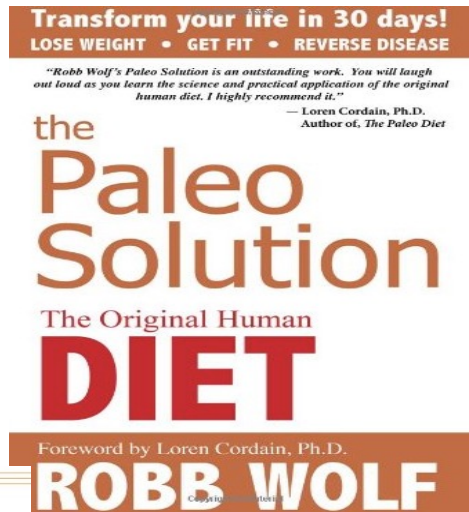
So many diets, what is best?



BARBARA ROLLS, Ph.D.

Author of the groundbreaking
THE VOLUMETRICS WEIGHT-CONTROL PLAN

Techniques and Recipes for
Feeling Full on Fewer Calories



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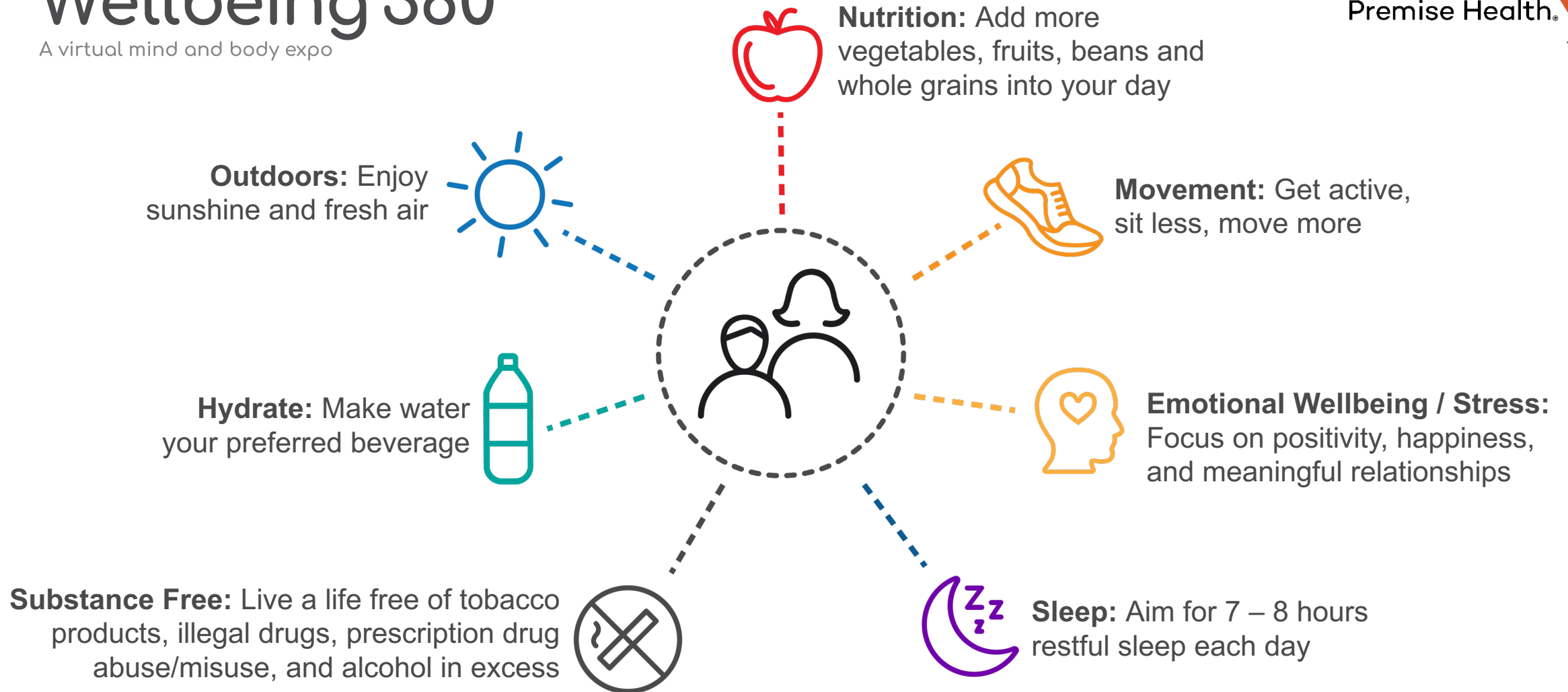
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Best Choice: Whole Food Plant Based Diet

Image: Diabetes.org

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WFPB diet for weight loss

Nutrition & Diabetes

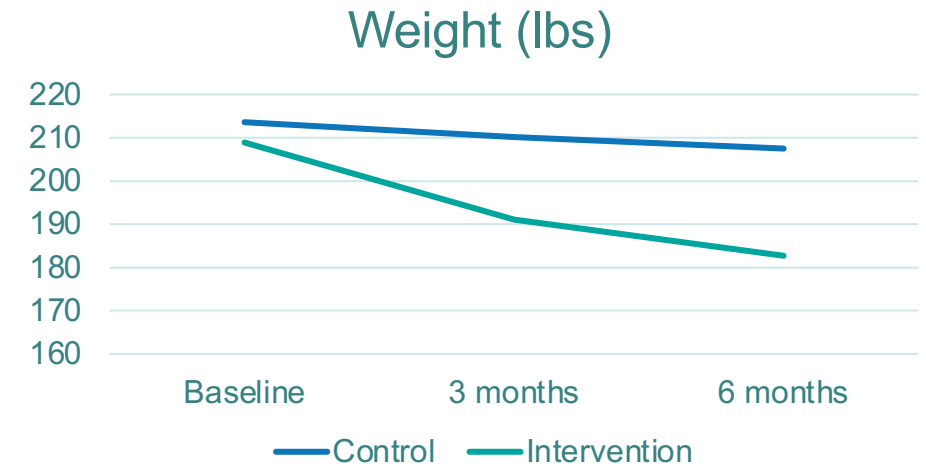
Original Article | [Open Access](#) | Published: 20 March 2017

The BROAD study: A randomised controlled trial using a whole food plant-based diet in the community for obesity, ischaemic heart disease or diabetes

N Wright , L Wilson, M Smith, B Duncan & P McHugh

Nutrition & Diabetes **7**, e256(2017) | [Cite this article](#)

32k Accesses | 24 Citations | 461 Altmetric | [Metrics](#)



	Control	Intervention
# meds at baseline	74	94
# meds at 6 month	80	74
# meds at 12 months	n/a	67

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Low Calorie Density

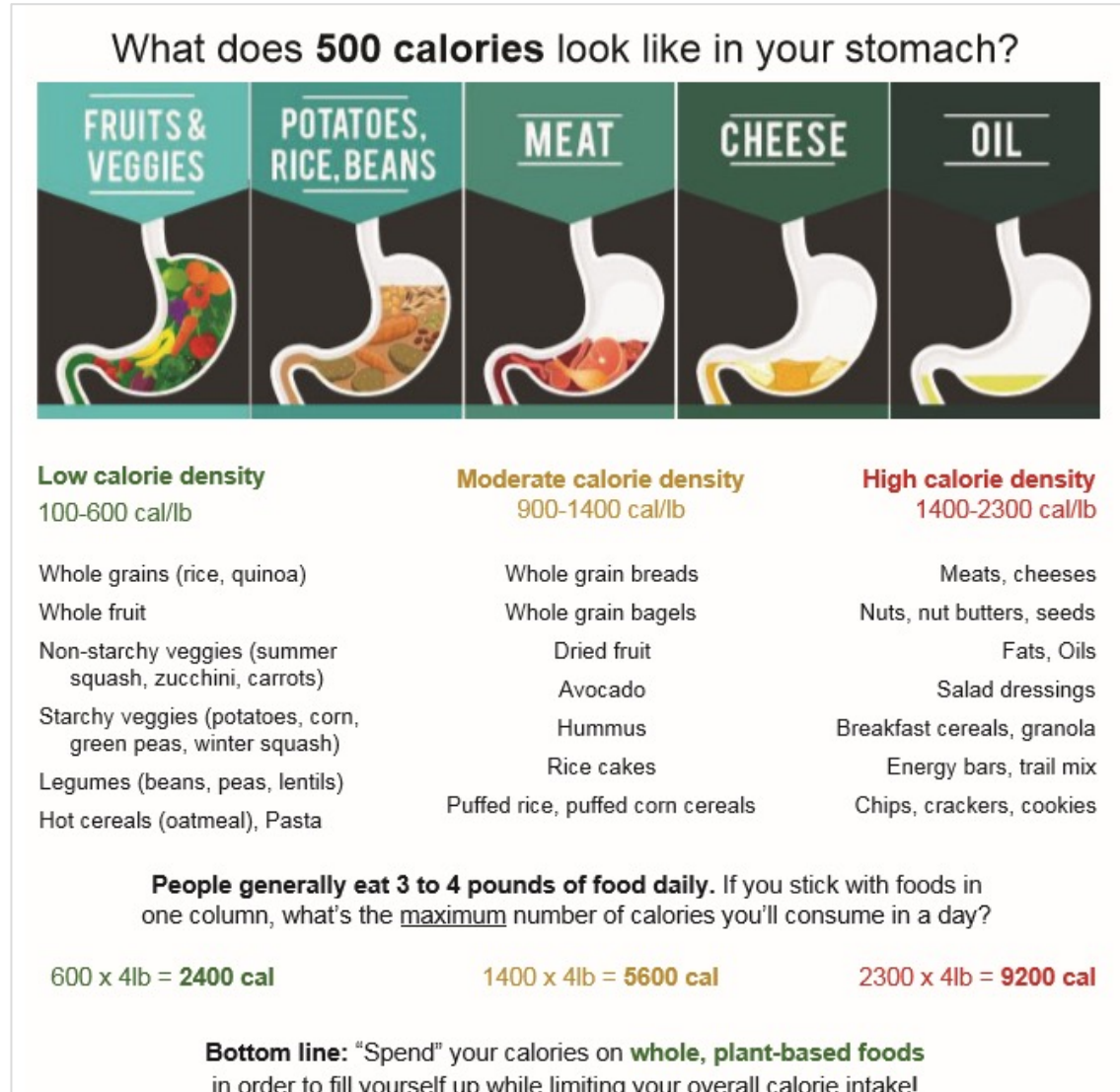


Image: ACLM

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Benefits of Fiber

- Increases satiety
- Helps with appetite suppression
- Slows gastric emptying
- Sticks to sugars, fat, and starch so less are absorbed which means fewer calories
- Decreases risk of cardiovascular disease and type II diabetes



Image: Pexels.com

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Incorporate More WFPB Meals:

- Try new recipes!
- Add fruits, nuts and seeds to cereal, salad, oatmeal.
- Have a supply of fresh and frozen vegetables and fruit.
- Plan meals around vegetables, then build the rest of the meal from there.
- Look for ways to add more herbs/spices to the recipes.



Image: Pexels.com

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Start by preparing plant-based meals you already enjoy

Examples:

- Whole grain salads
- Vegetable minestrone soup
- Pad Thai- Vegetarian
- Tofu and vegetable stir-fry



Images: Pexels.com

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Plant-based Recipe Makeovers

- Beef chili—›Three-bean chili
- Hamburger—›Black bean burger
- Scrambled eggs—›Scrambled tofu
- Chicken salad sandwich—› Chickpea salad sandwich
- Ground beef sloppy joes—›Lentil sloppy joes



Image: Pexels.com

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A few additional nutrition tips to help with weight control:

- 2 cups of water before each meal
- Enjoy a cup of green tea (be careful of caffeine)
- Add 1 tsp of ground ginger into your day
- Weigh yourself regularly
- Eat slowly – it takes 20 mins before you start feeling full

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Begin Incorporating Healthy Foods into Your Daily Routine

- Start where you are today!
 - Take the 4Leaf Survey (www.4LeafSurvey.com) to identify where you are on your journey and what steps you need to take
- Focus on progress!
 - Move along a spectrum over time until plant foods become the rule, and processed and animal foods become the exception
- It's about what you eat, not what you avoid!
 - Instead of focusing on what you're "giving up," focus on the abundance you're adding into your diet
- Set goals!
 - Every week, set a new goal. Write it down, and identify specific steps you will take to achieve it

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Where to find healthy recipes:

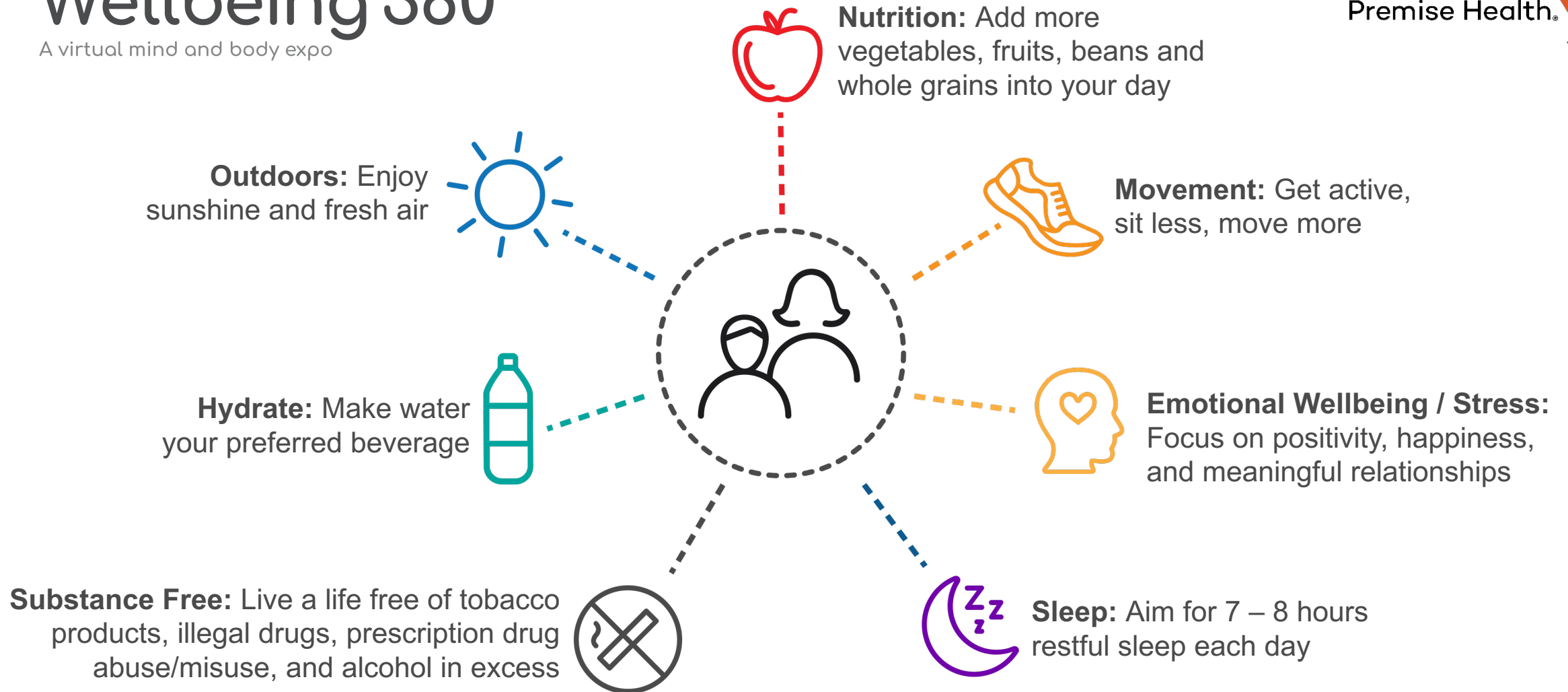
- Full Plate Living: www.fullplateliving.org
- Vegan Easy: <https://www.veganeasy.org/food/recipes/>
- Blue Zones: <https://www.bluezones.com/recipes/>
- Forks Over Knives: <https://www.forksoverknives.com/recipes>
- Skinny Taste: www.skinnytaste.com

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Websites

www.fullplateliving.org

www.Nutritionfacts.org

www.Forksoverknives.com/recipes

www.Bluezones.com/recipes



Books

How Not to Diet/How Not to Die by Dr Michael Greger

UnDo It – Dr. Dean Ornish

The China Study – T Colin Campbell and Thomas Campbell



Apps

Fooducate

MyFitness Pal

Dr. Greger's Daily Dozen



Podcasts

Plant Yourself – Howard Jacobson PhD

The Plant Proof Podcast – Simon Hill

The Exam Room - PCRM

Thank you for attending



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- The American College of Lifestyle Medicine: <https://lifestylemedicine.org/>
- The Office of Disease Prevention and Health Promotion: www.health.gov
- The Worlds Healthiest Foods: www.whfoods.org
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- Kaplan LM, Golden A, Jinnett K, et al. Perceptions of barriers to effective obesity care: results from the national ACTION Study. *Obesity (Silver Spring)*. 2018;26(1):61-69.
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