


# HEALTHY HABITS SUCK

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## ADDITIONAL RESOURCES



<http://www.newharbinger.com/43317>

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## ADDITIONAL RESOURCES

Session	Topic	Related chapters from the book
Session 1	Healthy habits suck; SMART goals	Intro; Chap 2
Session 2	Values	Chap 1
Session 3	Managing thoughts	Chap 3
Session 4	Managing feelings	Chap 4
Session 5	Mindfulness: Present moment awareness	Chap 5
Session 6	Self-compassion	Chap 6
Session 7	Managing other people	Chap 7
Session 8	Getting back on track and next steps	Chap 8 and 9

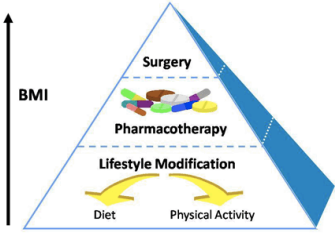
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## OBESITY AS A CHRONIC DISEASE

- Definition of obesity: excess weight causing medical or psychological complications
- Weight (or BMI) is not the best indicator of health
- Obesity management should focus on health and well-being and not simply weight loss
- Managed as a chronic disease

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### Obesity Treatment Pyramid



MedscapeCME

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Source: Wharton, 2019

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## WHY ARE HEALTHY HABITS SO HARD?

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## HEALTHY BEHAVIOUR IS HARD

All prescriptions written for chronic disease

70% will be filled

50% of those will be taken as prescribed

0% 100%

Costs \$290 billion per year!

References: Tamblyn, et al. Ann Int Med 2014;160:441-50. Balkrishnan R. Medical Care 2005;43(4):517-20. NEHI Research Brief, August 2009.

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## HEALTHY BEHAVIOUR IS HARD!

Retrospective database study  
AAS, angiotensin II receptor blocker; OAB, overactive bladder

Source: Yeaw et al. Manag Care Pharm 2009;15:728-40

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## HEALTHY BEHAVIOUR IS HARD!

- Healthy lifestyle can be defined by:
  - Not smoking
  - Being a healthy weight
  - Being physically active
  - Eating 5 daily servings of fruits and vegetables
- What percentage of US citizens engaged in all 4 behaviours?

3%

Source: Reeves & Raftery, Arch Int Med, 2005;165:854-7

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## HOW HUMANS ARE WIRED

Source: Evolution of the Mind by Russ Harris on YouTube

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## HOW HUMANS ARE WIRED

We have evolved over time to:


- seek pleasure
- avoid pain
- do the thing that takes the least amount of effort
- live for today

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## HOW HUMANS ARE WIRED

Healthy behaviour requires us to:

- avoid pleasure
- accept pain
- do the thing that takes the most amount of effort
- live for the future
- **Healthy behaviour is abnormal!**

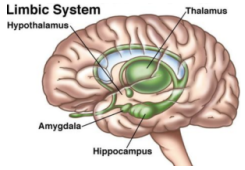


*"Something's just not right—our air is clean, our water is pure, we all get plenty of exercise, everything we eat is organic and free-range, and yet nobody lives past thirty."*

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## CAVEMAN BRAIN

- Paleomammalian brain
- Built for survival
- Functions automatically and unconsciously

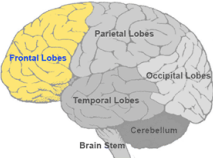


Source: Roxo et al, 2011

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## FRONTAL LOBE

- Pre frontal lobe
- Controls behavior
- Like a battery



Source: Lowe, Reichelt, & Hall, 2019

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## COVID-19

Caveman brains are on fire

Frontal lobe batteries are spent

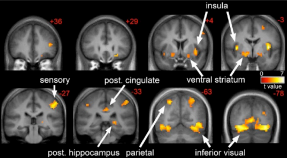
COVID-19

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## THE NEURONAL RESPONSE TO VISUAL FOODS CUES

**Thin Subjects**

**Weight Reduced Subjects**

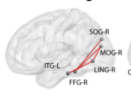


Source: Cornier et al. PLoS ONE, 4:e6310, 2009.

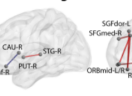
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## FUNCTIONAL CONNECTIONS SHOWING SIGNIFICANT DIFFERENCES BETWEEN NEONATES BORN FROM NORMAL & HIGH BMI MOTHERS

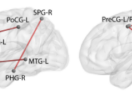
**Sensory Cue Processing**



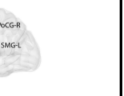
**Reward Processing**



**Cognitive Control**



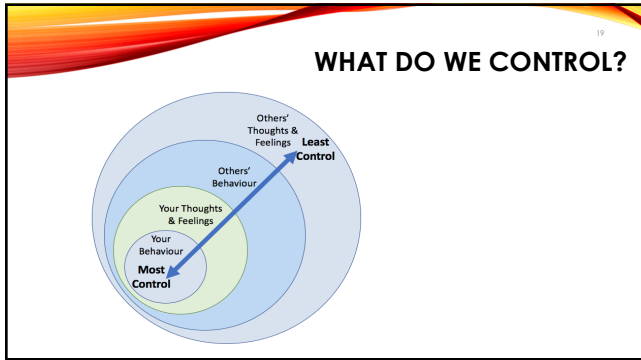
**Motor Control**



h-BMI > n-BMI    n-BMI > h-BMI

Taken from Sabwadi et al., Frontiers in Human Neuroscience (2018) 12:514

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### THE ADAPTIVENESS OF WEIGHT

"No Roofs, No Roads, No Bread: Cyclone Causes Emergency in Southeastern Africa"

**The New York Times**  
March 25, 2019

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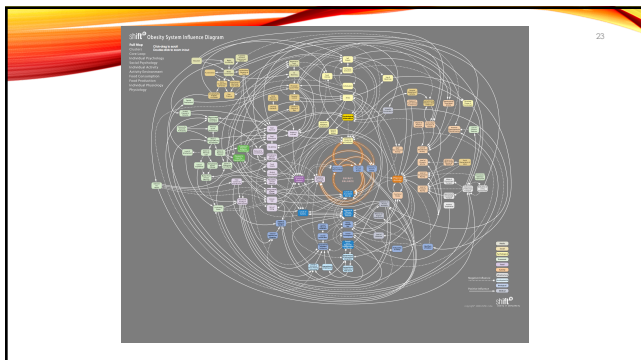
- Tomorrow: weigh 395 lbs
- Next day: weigh 179 lbs
- Next day: weigh 205 lbs

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- Tomorrow: drink 1L of water
- Next day: walk for 10 minutes
- Next day: eat 1 cup of something green

*We don't control our weight:  
We can influence our weight but  
we don't control it.*

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### HEALTH BEHAVIOURS

- Walking
- Reduce processed foods
- Hydration
- Sleep routine
- Mindfulness
- Stress management

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- **A behavioural goal:**
- Choose a behaviour (something that someone else can see you do)
- Not a feeling or a thought

Source: Ramnero & Torneke (2011)

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- **The 90% goal:**
- Break down a large goal into smaller pieces.
- Success breeds success.

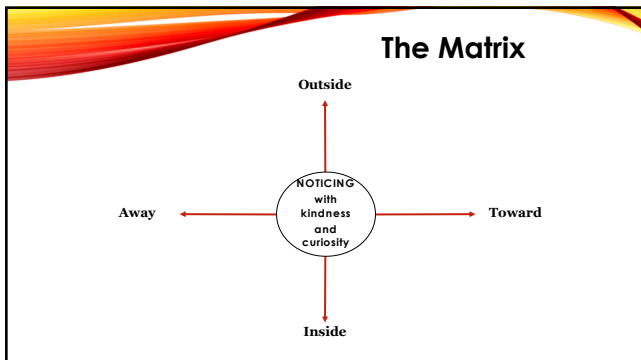
Source: Ramnero & Torneke (2011)

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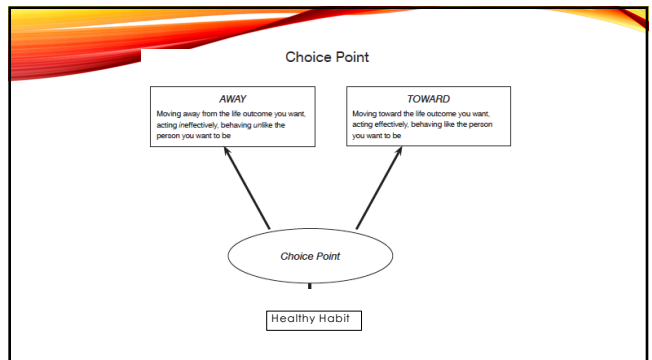
- **The "do instead" goal:**
- Pink elephants.
- Add instead of take away

Source: Ramnero & Torneke (2011)

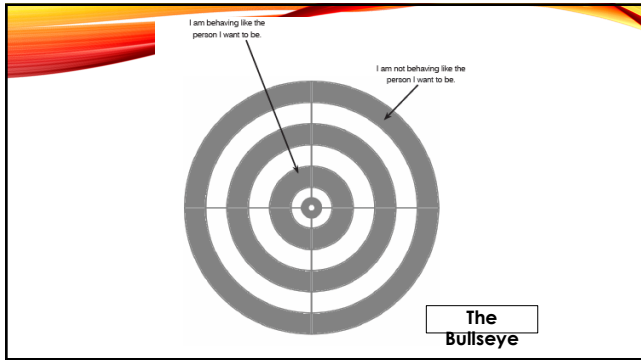
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## SUGGESTED PRACTICE

- Read Intro and Chapter 2
- Complete handout "Do It Anyway: Committed Action"
- Complete Bullseye

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*Thank you*

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