



May 2007

Dear Colleagues:

Welcome to the 5th issue of our 2007 campaign on ***Eating Together, Playing Together***. This issue focuses on concerns about dieting and the alternative approach of ***Health at Every Size*** (the philosophy reflected in every issue of ***Healthy Families***). The press release covers a brand-new review of diet research, while the handouts discuss how to move away from diets with ***The Joy of Movement*** and ***Feeding Your Body Well***.

The April 2007 review, published in *American Psychologist*, is authored by social psychologist Dr. Traci Mann and graduate students from UCLA: ***Medicare’s Search for Effective Obesity Treatments: Diets Are Not the Answer*** (Vol. 62, No. 3, 220–233). It is available for download at: http://mann.bol.ucla.edu/files/Diets_don't_work.pdf In summarizing their analysis of 31 long-term diet studies using the 4-point GRADE method (a system for grading the quality of evidence and strength of recommendations for all types of medical procedures), they note:

“In the studies reviewed here, dieters were not able to maintain their weight losses in the long term, and there was not consistent evidence that the diets resulted in significant improvements in their health. In the few cases in which health benefits were shown, it could not be demonstrated that they resulted from dieting, rather than exercise, medication use, or other lifestyle changes. It appears that dieters who manage to sustain a weight loss are the rare exception, rather than the rule. Dieters who gain back more weight than they lost may very well be the norm, rather than an unlucky minority. If Medicare is to fund an obesity treatment, it must lead to sustained improvements in weight and health for the majority of individuals. It seems clear to us that dieting does not.”

Fortunately, there is a research-based alternative to dieting, as outlined in a 2005 article in the *Journal of the American Dietetic Association* by Bacon, et al. ***Size Acceptance and Intuitive Eating Improves Health for Obese Female Chronic Dieters***. 2005;105:929-936. Copies can requested at: www.lindabacon.org/LindaBaconResources.html

Healthy Families packets are made possible with the generous support of agencies, organizations, and individuals. Please join us in thanking the 2007 sponsors listed on the left. If you utilize this information and can make a donation to support positive, practical messages for families, please contact ERM Chair Katie Bark at 406-994-5641 or kbark@mt.gov

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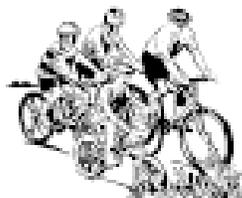
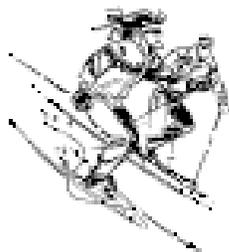
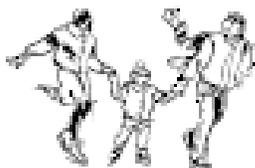
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Moving Away From Diets: The Joy of Movement



Moving your body means returning to the joy of childhood play. It means forgetting the 'shoulds' and rules about exercise. It means moving from a grueling workout to fun playtime. Moving your body joyfully is also one of the best ways to naturally lift sagging spirits.

★ Change the 'E' word from exercise to enjoyment.

Like diets, exercise fads come and go (remember mini trampolines!). When you think about a new activity, ask yourself: Is this something I really enjoy doing? Choose fitness activities that you love, like dancing or swimming. Then, you'll never have to exercise and you'll be enthusiastic about making fitness a priority.

★ Maximize your safety and comfort.

Search out the right stuff. Look for equipment that works for your body, clothes that move with you, and locations that feel safe. Pay special attention to your feet. With a pair of comfortable shoes, you can easily take a fitness break instead of a coffee break, or walk around the neighborhood after school or work.

★ Start slowly and stick with it.

Making drastic changes can be a recipe for failure. Small changes make a big difference, if they last. Research says that it takes about 21 days for a behavior to become habit. Pick one change, like family bike rides, and start with an easy 15-minute ride. Over the next 3 to 4 weeks, take longer rides to fun places.

★ Be flexible and creative.

Life is full of surprises, and plans often change. If you can't get to the gym or your yoga class, fit a 30-minute walk into a lunch break or walk a bit before you have dinner. It's always good to have options, like indoor ideas when it's cold. Make a list of all the ways you like to move, so you'll always have a fun option.

★ Forgive and congratulate yourself.

If you miss a day of activity, it's no big deal. Just put on your shoes and get your walk in today! The goal is at least 30 minutes of activity, at least 5 days a week. Getting active and fit can be challenging. Just think how long you've been sitting around. Give yourself a big pat on the back for any increases in physical activity.



EAT RIGHT MONTANA

a coalition promoting healthy eating and active lifestyles

Healthy Eating

Moving Away From Diets: Feeding Your Body Well

Feeding your body well means learning to eat based on your body's inner cues. It means learning to enjoy all foods in reasonable amounts – and to balance food with physical activity. Feeding your body well is all about the power of eating for health and well-being rather than eating for therapy or recreation.

● Recognize that diets are not the answer.

Diet fads come and go – without offering a permanent solution. When you hear about the latest diet, always ask yourself: Will I be able to eat this way for the rest of my life? Recent research suggests that dieters usually regain the pounds they lose (or more) – often because they return to their previous eating patterns.

● Listen to your hunger cues.

Humans have a natural ability to regulate food intake: inner signals of hunger and satiety. These days, we just don't listen very well, so we tend to eat all the food that is all around all the time. Getting over-hungry is also a problem. When you're really hungry, it's easy to overeat and hard to make healthful choices.

● Slow down and savor your food.

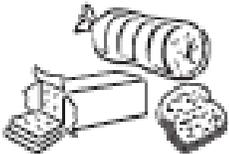
Treat every meal and snack like a gourmet feast in a fancy restaurant. The more time and attention that you give to food, the more satisfying eating is – and the less you usually eat. Make eating a pleasurable, guilt-free experience. Take the time to check out how you really feel after eating different foods and meals.

● Stop eating when you are satisfied.

Today's enormous portions (combined with lifetime membership in the Clean Plate Club) can make it a challenge to eat reasonable amounts. The key here is also listening carefully to what your body tells you. This can help you tell the difference between not quite enough, comfortably satisfied, and overly stuffed.

● Forgive and congratulate yourself.

Healthful eating doesn't have to be perfect. Everyone gets off track or overeats occasionally. Just refocus on the importance of eating well for your body – and listen carefully to your inner signals of hunger and satisfaction. It takes time to establish a new eating style, so congratulate yourself on any changes you make!





FOR IMMEDIATE RELEASE
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EATING TOGETHER, PLAYING TOGETHER
Celebrating Healthy Families 2007

May 1, 2007

Moving Away From Diets: Why and How

As swimsuit weather finally approaches, many people's thoughts turn to weight loss. *How can I quickly lose 10, 20, 30, 40 pounds or more? What diet program, pill, or plan will get me the results that I want as rapidly as possible?* If you're thinking about a new diet, you may want to think again. An analysis of 31 long-term diet studies (at least 2 to 5 years in length) by researchers at UCLA finds that diets do not lead to weight control for the vast majority of dieters. Even worse, Dr. Traci Mann found that many people actually end up heavier than they were before dieting.

"This very detailed review confirms what many nutrition experts have known for years," says Dayle Hayes, MS, RD (registered dietitian) and president of Nutrition for the Future in Billings. "While the conclusions aren't new, this comprehensive analysis is based on the GRADE system, used by Medicare to assess the quality of evidence and the strength of recommendations for all types of medical procedures. Sadly, dieting got a grade of F when it came to permanent weight control."

Here is a summary of the rigorous review published in the April 2007 *American Psychologist*:

- Sustained weight loss was found only in a small minority of participants, while complete weight regain was found in the majority.
- People on diets typically lose 5 to 10 percent of their starting weight in the first six months. However, at least one-third to two-thirds of people on diets regain more weight than they lost within four or five years, and the true number may be significantly higher.
- Several factors may make diets appear more effective than they really are. Many participants self-reported their weight by phone or mail rather than having their weight measured by a health provider. Also, the studies had very low follow-up rates. People who gain back large amounts of weight are generally less likely to show up for follow-up measurements.
- Dr. Mann concluded "most of them would have been better off not going on the diet at all. Their weight would be pretty much the same, and their bodies would not suffer the wear and tear from losing weight and gaining it all back."

So, what can you do if you want to improve your health and maintain a healthy weight over time? "The good news is that **Eat Right Montana** (ERM) materials have never advocated dieting as the healthy solution," says Hayes. "Since ERM began in 1999, we have promoted healthful eating and active lifestyles – without the downsides of dieting." ERM's philosophy has always been consistent with guidelines drafted by the Association for Size Diversity and Health:

- Promoting eating in a manner that balances individual nutritional needs, hunger, satiety, appetite, and pleasure.
- Promoting individually appropriate, enjoyable, life-enhancing physical activity, rather than exercise that is focused on a goal of weight loss.
- Promoting all aspects of health and well-being for people of all sizes.

Past and current issues of Eat Right Montana's monthly packets can be downloaded free at www.eatrightmontana.org/eatrighthealthyfamilies.htm