Using the Dietary Guidelines in Nutrition Counseling

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Presentation Description

• The premise for nutrition counseling is behavior change, yet many practitioners view their role as educator of nutrition facts and statistics.
• Learn techniques for advancing successful behavior change, health risk reduction, client satisfaction, and enjoyment of eating through translation and implementation of the Dietary Guidelines for Americans.
Behavior Change

• What: modification of behaviors that improve health
  • E.g. Eating healthfully
• Why: knowledge ≠ behavior change
  • If it is not a problem of knowledge, information won’t change things
• How: understand it is a process that needs attention to
  • Difficulty vs. pay off
  • Short term and long term perceived benefits
  • Resiliency
  • Stage of change
  • Social settings (cues, modeling, support)
  • Choice vs. will power
  • Self efficacy
• Considers: motivation to change and barriers to change

Nutrition Counseling Techniques

Traditional
• Paternalistic
• Healthcare provider acts as guardian
• Patient believes it is the practitioner’s responsibility to treat him/her
• RDN identifies the problem, sets goals, and provides information

Optimal
• Patient centered
• Relationship centered
• Shared decision making
• Collaborative care
• Client identifies the problem and sets goals
• RDN provides practical information, helps problem solve, and uses motivational interviewing
Dietary Guidelines to focus on

- Emphasize plant based foods: legumes
- Consume more fruits and vegetables
- Decrease added sugar

Using client examples to explain nutrition counseling techniques

- Grandma - 68 year old retired school teacher
- Mom - 45 year old graphic designer
- Daughter - 12 year old middle school student
Grandma

• Characteristics
  • 68 year old retired school teacher

• Lifestyle
  • Inactive other than shopping
  • Lives with husband

• Health
  • Recently diagnosed with high blood pressure
  • Seldom moves bowels

• Nutrition beliefs
  • Meat is the center of each meal
  • 3 squares

• Dietary Guideline translation and implementation
  • Emphasize plant based foods: beans and legumes

• Motivation to change

• Barriers to change

• Attention to
  • Difficulty vs. pay off
  • Short term and long term perceived benefits
  • Resiliency
  • Stage of change
  • Social settings (cues, modeling, support)
  • Choice vs. will power
Mom

• Characteristics
  • 45 year old graphic designer
• Lifestyle
  • Takes dog out after work
• Health
  • Overweight
• Nutrition beliefs
  • Believes eliminating gluten will help her lose weight and prevent disease
• Dietary Guideline translation and implementation:
  • Consume more fruits and vegetables

• Motivation to change
• Barriers to change
• Attention to
  • Difficulty vs. pay off
  • Short term and long term perceived benefits
  • Resiliency
  • Stage of change
  • Social settings (cues, modeling, support)
  • Choice vs. will power
Daughter

• Characteristics
  • 12 year old middle school student

• Lifestyle
  • Plays soccer and trumpet

• Health
  • Healthy

• Nutrition beliefs
  • None; typical preteen diet

• Dietary Guideline translation and implementation:
  • Decrease added sugar

• Motivation to change

• Barriers to change

• Attention to
  • Difficulty vs. pay off
  • Short term and long term perceived benefits
  • Resiliency
  • Stage of change
  • Social settings (cues, modeling, support)
  • Choice vs. will power
Provide appropriate resources

- www.health.gov
- www.nutrition.gov
- www.sparkpeople.com
- www.myfitnesspal.com

Thank you