

How We Think About Food Friend or Foe?

North Brisbane Partners in Recovery
Forum 2017

Shane Jeffrey

Accredited Practicing Dietitian

FMB Wellbeing – Food Mind Body

Overview

- Our initial relationship with food
- Influencing factors on our eating
- Mind over body
- Brining it back to where it began
- Unpacking nutritional messages
- Useful tools and strategies
- Referral to a dietitian

In the beginning



Influencing factors

- Parental beliefs
- Pre-school
- School
- Peers
- Media and Magazines
- Interest in health
- Body image and weight



Mind versus Body

- Analytical v natural approach to food
- Things become complicated
 - Good v bad
 - Healthy v unhealthy
 - Do v Don't
- Depart from intuitive eating

Things become messy

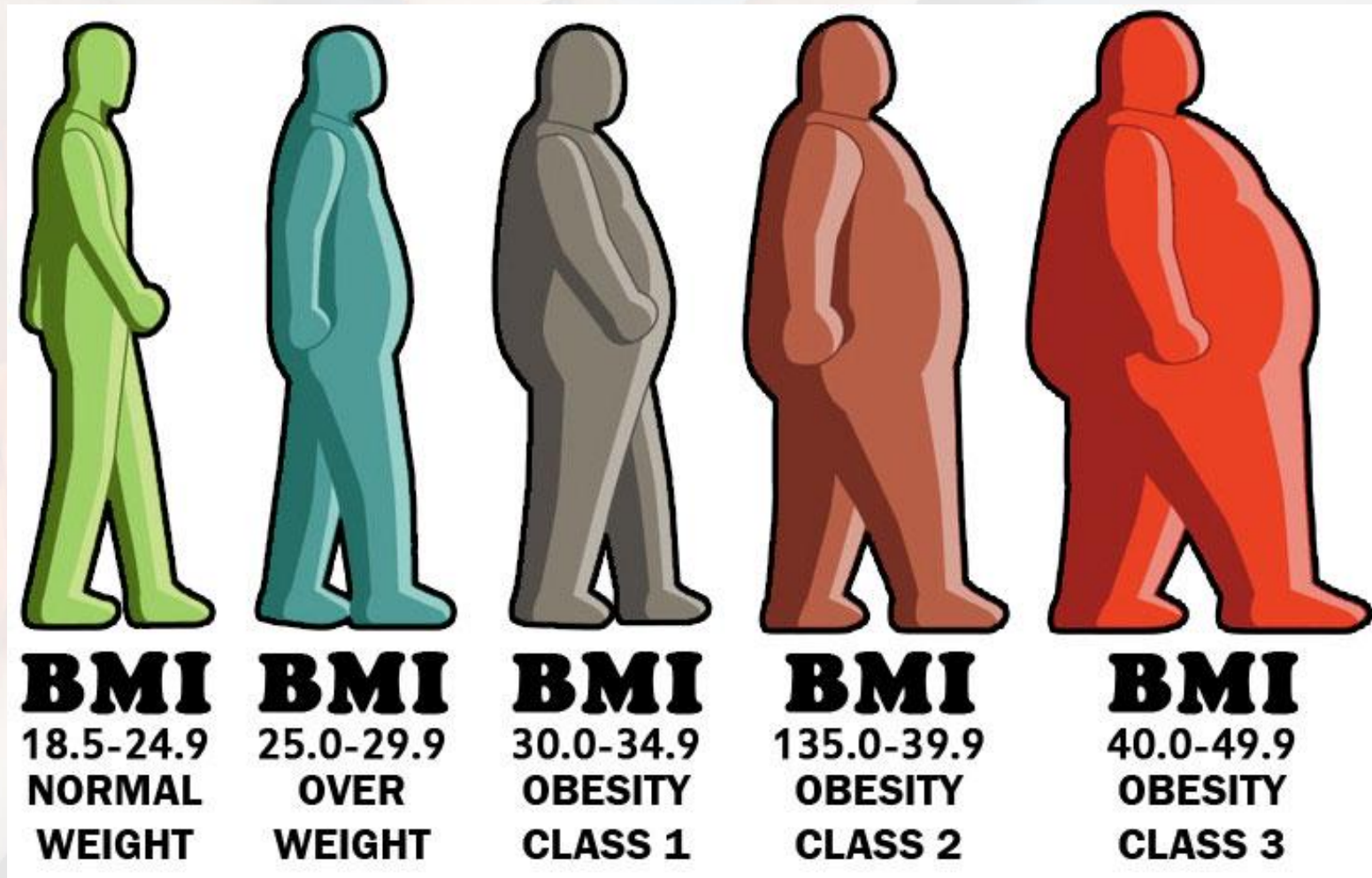
- Physically
 - Digestive function
 - Metabolism
 - Body trust
- Mentally
 - Rules
 - Guilt
 - Analytical



“Overweight and Obesity”

- Obesogenic culture – fear of weight
- Dieting makes people bigger
- Weight/Body Mass Index is not a predictor of health status

“Overweight and Obesity”



“Overweight and Obesity”

Animals in the wild – how many obese

- Humans tending to eat with mind v body
- Environment

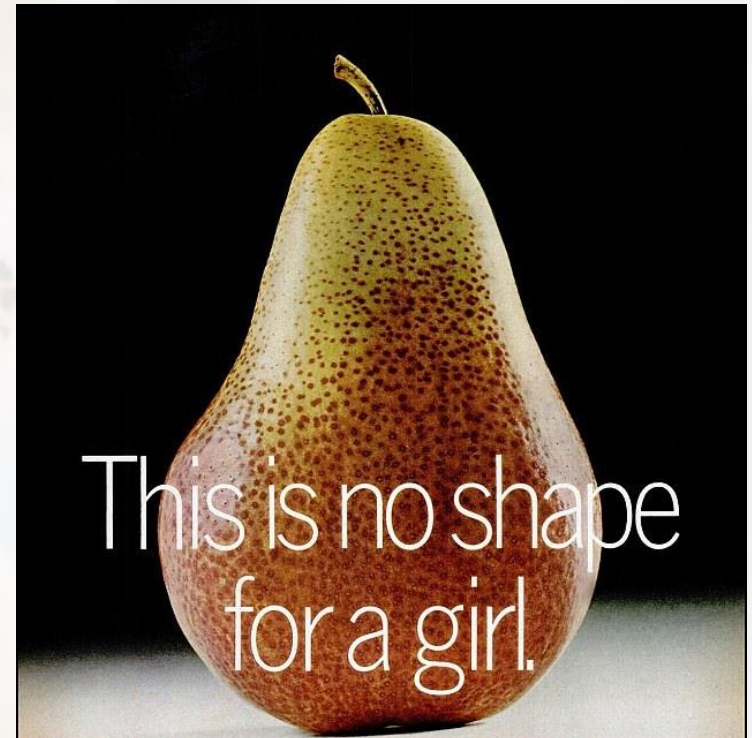
Our Toxic Culture

Promotes the thin ideal

Encourages dieting behaviour

Many mixed messages about nutrition

Our Toxic Culture



This is no shape for a girl.

That's why Warner's makes the Concentrate girdle and the Little Fibber bra.

Girls with too much bottom and too little top: Warner's® can reshape you.

We reshape you on the bottom with the Concentrate girdle: Its all-around panels do more for you than a little girdle (they're lined up to help you where you need help most), yet Concentrate doesn't squash you like a heavy girdle.

We reshape your top with the Little Fibber bra. The super-soft fiberfill lining doesn't make a big production out of you. It rounds out your bosom just enough to go with your trimmed-down hips.

All of a sudden, you've got a proportioned body, and your clothes fit better. Warner's calls this a Body-Do.™ You can get fitted for one in any good store.

© 1999 WARNER BROTHERS. THE LITTLE FIBBER™ CONTOUR BRA, \$1. THE CONCENTRATE™ GIRDLE, \$12. WARNER SLIMWEAR-LINGERIE, A DIVISION OF THE WARNER BROTHERS COMPANY.

Challenging the Culture

Weight loss of 5-10% yields
significant health gains
even if BMI remains overweight or obese

Focus on health, not weight or BMI

Bringing it back to basics



Starting again

- Start broad and taper as beneficial
- Feed self as would another
 - Bypasses rules
 - Reconnect with true beliefs and values

Rebuilding the system

RAVES model

- **Regularity**
- **Adequacy**
- **Variety**
- **Eating Socially**
- **Spontaneity**

Intuitive eating

Nutritional Management

- CPROEME
- Curiosity
- Permission
- Risk
- Opportunity
- Experiment
- Mindful eating
- Evidence

Weight Management

Limited evidence that diets work long term

Goal of preserving muscle mass and reducing body fat

Diet prevents further weight gain

Movement promotes loss of fat tissue

Positive Relationships

Goal of establishing positive relationships with food, mind, body and self

Care of self as would another

- Food: feed self
- Mind: respond to inner critic
- Body: respond to body image concerns
- Self: nurture self

Dietitian Referral

- No referral necessary for private dietitians
- Referral required for public hospital and community health consultation
- Limited rebates available through medicare and private health funds
- Dietitians Association of Australia

Medicare Support

- Medicare: rebate of \$52.95 on fee
 - GP referral: Chronic Disease Management
 - GP Management Plan – item 721
 - Team Care Arrangement – item 723
 - Enhanced Primary Care (EPC) referral form
 - Maximum of 5 sessions per calendar year
 - Referral must be accepted by the dietitian

A background image showing several hands of different skin tones stacked in a circle, symbolizing unity and support. The image is slightly faded and serves as a backdrop for the text.

Food

FRIEND

not foe

Discussion/Questions

Shane Jeffrey
Accredited Practicing Dietitian
FMB Wellbeing – Food Mind Body
0412777430

shane@foodmindbody.com.au

www.foodmindbody.com.au