

Optimizing Family Health: The Role of the Behavioral Health Provider in the Obesity Epidemic

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Overview

- Purpose of Collaborating With Our Patients
- Recognizing Barriers to Change
- Keys to Effective Communication
- Assessing Readiness for Change
- Motivating Patients for Change
- Key Treatment Concepts
- Individualized Goal Setting
- Staying Aware of the Eating Continuum
- Resources



Barriers

- Physician
- Family
- Personal
- Sociocultural
- Communication

Assessment

- Eating habits
- Physical Activity/Exercise
- Comorbid Conditions
 - Medical
 - Psychological
- Family Functioning



Assessing Readiness for Change

- What we know about Behavior Change:

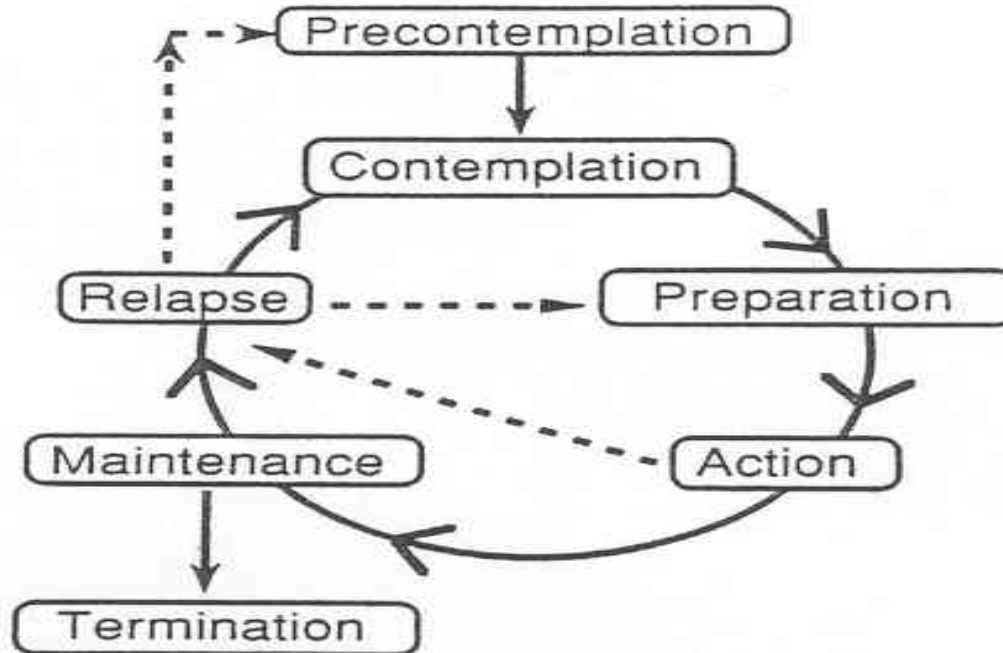
...information is a necessary but insufficient condition for change..



"Do you want that with or without angioplasty?"

Stages of Change

(Prochaska & DiClemente)



Motivational Interviewing

- Is more a style of being with a patient than a series of techniques to be applied



Collaborative

Evocative

Respectful of autonomy

Typical Course of Positive Health Behavior Change

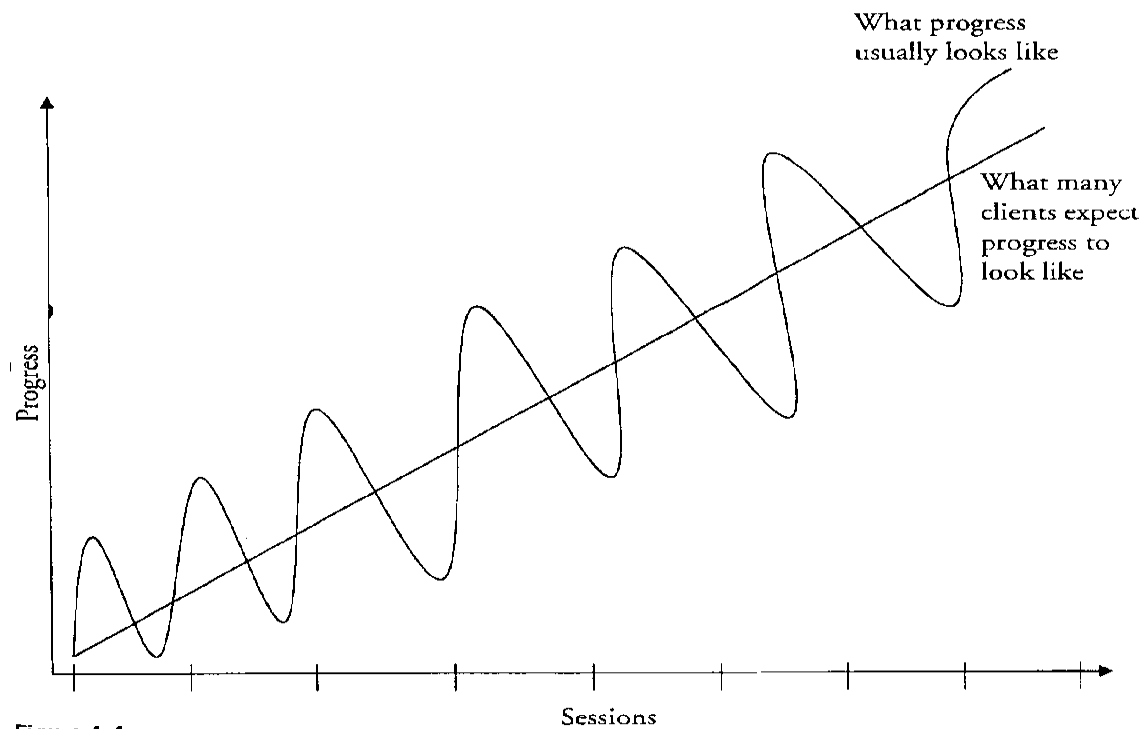


Figure 4.4.
Improvement Graph

Key Treatment Concepts

- Treatment must be family-centered
- Treatment must be developmentally appropriate
- Weight goals are complicated in growing children
- Malnutrition must be addressed and optimal nutrition maintained to continue normal linear growth and health
- Complications of obesity can be both medical and psychological
 - Must assess and intervene on effectively to optimize health and achieve goals in health program



The Eating Continuum

- Binge-eating disorder
- Anorexia
- Bulimia
- Eating Disorder NOS