

# Wellness for the Behavioral Health Professional

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# Introduction

According to the CDC, overweight and obesity are labels for ranges of weight that are greater than what is deemed healthy for a given height.

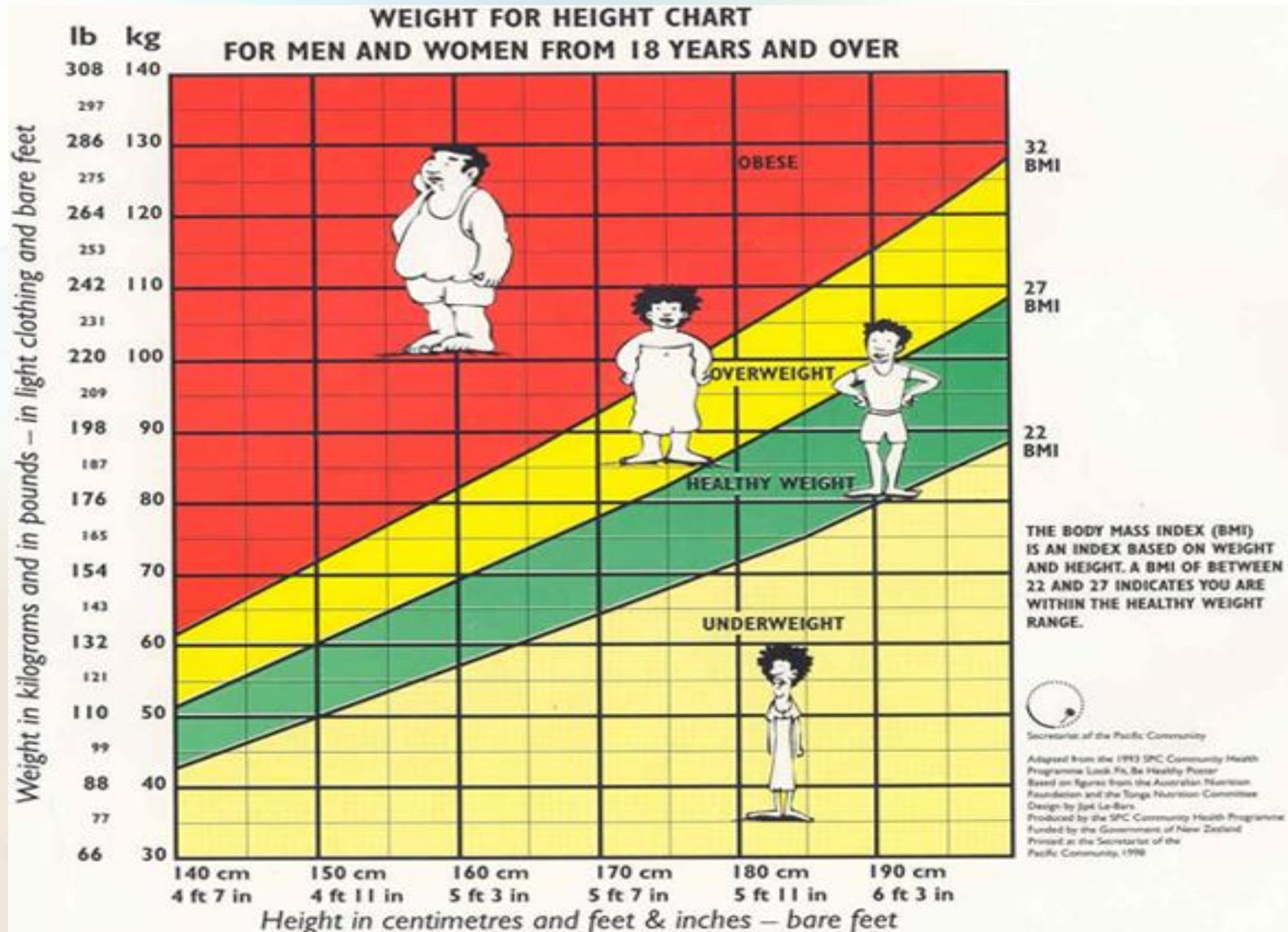
Overweight and obesity ranges are determined by the “body mass index” or BMI.

# Introduction (continued)

An adult with a BMI between 25 and 29.9 is considered overweight.

An adult with a BMI of 30 or higher is obese.

# Introduction (continued)



# BMI continued

According to the CDC, BMI is just one indicator of potential health risk associated with being overweight or obese.

The National Heart, Lung, and Blood Institute recommended two other predictors:

# Assessing Health Risk

Your waist circumference (because abdominal fat is a predictor of risk for obesity-related diseases).

Other risk factors the individual has for diseases and conditions associated with obesity (high blood pressure or physical inactivity).

# Health Risk

- **What are the health consequences of overweight and obesity?**
- Research has shown that as weight increases to reach the levels referred to as "overweight" and "obesity,"\* the risks for the following conditions also increases:<sup>1</sup>
- Coronary heart disease
- Type 2 diabetes
- Cancers (endometrial, breast, and colon)
- Hypertension (high blood pressure)
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Stroke
- Liver and Gallbladder disease
- Sleep apnea and respiratory problems
- Osteoarthritis (a degeneration of cartilage and its underlying bone within a joint)
- Gynecological problems (abnormal menses, infertility)

# DSM-5 Diagnosis for Eating Disorders

## Binge-Eating Disorder

- Recurrent episodes of binge eating.

## Binge eating is defined as:

- Eating an amount of food larger than what most people would eat in a similar period of time under similar circumstances.
- Sense of lack of control over eating during the episode.

# Binge-Eating Disorders (continued)

Binge episodes are associated with three (3) or more symptoms:

Eating much more rapidly than normal

Eating until feeling uncomfortably full.

Eating large amounts of food when

# Binge-Eating Disorder (continued)

not feeling physically hungry.

Eating alone because of feeling embarrassed by how much you is eating

Feeling disgusted, very guilty, depressed afterwards.

# DSM-5 Diagnosis for Eating Disorders (continued)

## Other Specified Feeding or Eating Disorder

Binge-eating disorder (of low frequency and/or limited duration.

Night eating syndrome.

# The Compass of Pleasure by David J. Linden

“The idea that eating is primarily a conscious and voluntary behavior is deeply rooted in our culture. We humans are invested in the notion that we have free will in all things. We want to believe that weight can be controlled by volition alone. Why can't that fat guy just eat less and

# The Compass of Pleasure by David J. Linden (cont.)

exercise more? He just lacks willpower, right? Not at all. Our homeostatic feeding control circuits make it very hard to lose a lot of weight and keep it off. As weight drops, fat mass decreases and leptin levels decline, triggering the biochemical cascade we just explored, producing signals

# The Compass of Pleasure by David J. Linden (cont.)

that both reduce metabolic rate and produce a strong subconscious drive to eat. The more weight that is lost, the stronger the drive to eat will be and the greater the reduction in energy use. This is the sad but unavoidable truth that the multibillion-dollar-a-year-diet industry

# The Compass of Pleasure by David J. Linden (cont.)

doesn't want you to know.”

“While body mass index is indeed about 80 percent heritable, it's clear that environment and gene/environment interactions also play a major role in determining an individual's weight. One telling statistic is that the average weight

# The Compass of Pleasure by David J. Linden (cont.)

of an adult in the US has increased by about twenty-six (26) pounds between 1960 and present. Clearly this is not due to genetic changes in the population. Rather, it's mostly a result of the concerted efforts of corporations to produce food and drink, served in large

# The Compass of Pleasure by David J. Linden (cont.)

portions, that maximally activate the pleasure circuit and thereby contributing to overeating.”

# The Paleo Solution by Robb Wolf

“Do you want to lose fat? Look younger? And feel great? All while avoiding cancer, diabetes, heart disease, Parkinson’s, and Alzheimer’s? *The Paleo Solution* unearths the story of the original human diet by uniting the anthropological knowledge of our Hunter Gatherer past with the latest

# The Paleo Solution by Robb Wolf (cont.)

cutting edge discoveries from genetics, biochemistry, immunology, and life extension research.”

# Importance of Exercise

Regular physical activity is one of the most important things you can do for your health. It can help

- Control your weight
- Lower your risk of heart disease
- Lower your risk for type 2 diabetes and metabolic syndrome

# Importance of exercise (cont.)

Lower your risk of some cancers

Strengthen your bones and muscles

Improve your mental health and mood

Improve your ability to do daily activities  
and prevent falls, if you're an older adult

Increase your chances of living longer

# Importance of Exercise (cont.)

Fitting regular exercise into your daily schedule may seem difficult at first. But even ten minutes at a time is fine. The key is to find the right exercise for you. It should be fun and should match your abilities.

Centers for Disease Control and Prevention

# Experience, Strength, Hope

What are your strengths?

Take an objective inventory.

If it is weight loss you desire, it's as simple as calories in calories out.

Start small. Don't over do it.

Look at your belief system. And don't sabotage yourself.

# Experience, Strength, Hope. (cont)

Make a commitment. One step at a time.

Persevere. Like nobody's business.

Don't buy into those old life scripts or the old negative thinking.

“Changing for Good” by James Prochaska.

Post by Jerry Lopper | Last updated: Nov 22, 2013

**Are you ready to change lifestyle?**

Successfully changing harmful behaviors, such as over-eating and smoking, can be difficult. Knowing the processes of change and when to use each will help.

Post by Jerry Lopper | Last  
updated: Nov 22, 2013

Losing weight is easy. Keeping it off is the hard part. Just ask the person who's lost fifty pounds--over and over again, and still weighs as much or more than when he started.

Post by Jerry Lopper | Last  
updated: Nov 22, 2013

It's the same with smoking, drinking, or any life behavior we try to change. The difficult part is not changing the behavior, the difficult part is changing the behavior for good.

Post by Jerry Lopper | Last  
updated: Nov 22, 2013

Has this been your pattern of weight loss, smoking cessation, or drinking in moderation? Have you gone through repeated cycles of vowing to change and making the change, only to fall back into your old behavior?

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If so, there's still hope for you. You're not lazy. You don't lack willpower, motivation, or resolve. You're not a failure, nor a hopeless case.

# Experience, Strength, Hope (cont)

Before starting any exercise program,  
please consult you physician.

Decide which exercise and food plan you  
can stick with. Must last a life time.

Don't give up.

Seek help if you are unable to continue.

# Experience, Strength, Hope (cont)

Do your own research.

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