



Nurses as Role Models for Healthy Lifestyles

Presented by:

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- **Objectives**
 - Describe a healthy lifestyle plan that can be implemented incorporating activity and nutrition
 - Describe challenges and solutions for nurses to serve as healthy lifestyle role models
 - Review components of living a healthy lifestyle
- **Purpose**
 - Facilitate nurses to be healthy lifestyle leaders of their patients, families and communities
 - Component review highlighting activity, exercise, barriers and solutions to living a healthy lifestyle

- U.S. medical costs increasing across payers (Medicare, Medicaid, and private insurers) based upon inpatient, non-inpatient, and prescription drug spending
 - 1998: \$ 78.5 billion per year
 - 2008: \$147 billion per year
- 9% of nation's annual medical expenditures are for conditions associated with obesity
- By 2030, 51% of Americans are estimated to be obese
 - Decreasing obesity rates through 2030 projected to save \$550 billion in medical expenditures over the next two decades.²
 - ~65% of Americans are estimated to be overweight
- Overweight / obese
 - All 50 states: >15% of adults are obese
 - 9 states: >30% of adults are obese
 - More than half of U.S. nurses are overweight or obese

- Research: Prospective Evaluation of the Effect of the Nurses Living Fit™ Intervention versus No Intervention on Body Mass Index of Nurses
 - Design: Prospective, quasi-experimental, multi-center study evaluating the change in BMI between Baseline and Week 12 in the NLF and contrast nurse group convenience samples
 - Participants: Nurses able to be physically active
 - Methods for both groups
 - Pre / post evaluations
 - BMI and waist measures at Baseline, Week 12 and Week 24
 - Methods NLF group only:
 - Weeks 1-12, intervention
 - Weeks 13-24, no intervention
 - Contrast group (no intervention)

- **Results**

- Significant decrease in BMI and waist circumference not sustained during non-intervention period (Weeks 13 and 24)
- Overall recommendation of NLF program per the NLF Program Evaluation:
 - 93% of the NLF participants recommended overall that the NLF program should be provided to other nurses (94.9%) and to health care professionals (92.3%)

- **Overall ranking* of helpfulness of the NLF program = 3.5**

- Being physically active (3.7)
- Drinking recommended water amount (3.5)
- Taking better care of self (3.4)
- Smaller portion sizes (3.3)
- Feeling balanced in life (3.1)
- Facilitating family to live a healthier lifestyle (3.0)
- Providing better education to patients on healthy lifestyle (2.9)
- Providing better care for patients (2.7)
- Exercising (3.6)
- Having energy (3.4)
- Eating a balanced diet (3.4)
- Living a healthier lifestyle (3.3)
- Getting adequate sleep (3.0)
- Providing better care for family (2.9)
- Yoga (2.8)

*4-point scale: 1=Did not help; 2=Neither helped nor hurt; 3=Helped a little; 4=Helped a lot

- Manuscript: Speroni, K.G., Earley, C., Seibert, D., Kassem, M., Shorter, G., Ware, C., Kosak, E. & Atherton, M. (2012) Effect of Nurses Living Fit™ Exercise and Nutrition Intervention on Body Mass Index in Nurses. *Journal of Nursing Administration*, (42)4: 1-8
- Abstracts:
 - *Journal of Women's Health*, 20(3), 480-481
 - *JoGNN*, 40, S85-S86.
- Innovation: AHRQ Health Care Innovations Exchange. Innovation Profile/Attempt: [Nurse-Led Weekly Educational Program for Children Focuses on Physical Activity and Food Choices, Leading to Healthier Behaviors, Lower Body Mass Index] ([Karen Gabel Speroni, Inova Loudoun Hospital]). In: AHRQ Health Care Innovations Exchange [Web site]. Rockville (MD): [cited 2009 Apr 13; updated 2011 July 20]. Available: <http://www.innovations.ahrq.gov/content.aspx?id=2406>
- Book Chapter: Melynck, BM & Fineout-Overholt, E. *Implementing Evidence-based Practice: Real World Success Stories*. Sigma Theta Tau International, 2011, [Speroni, K. G. Living Fit – One Step at a Time. pp 204-208.] See <http://www.nursingknowledge.org/Portal/main.aspx?pageid=36&sku=111004>

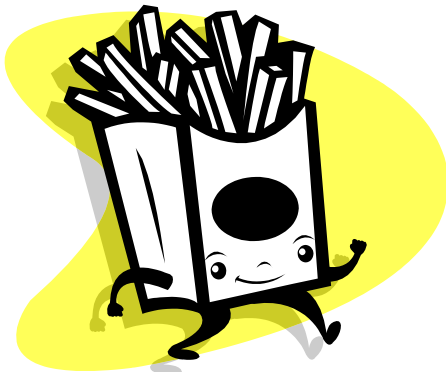
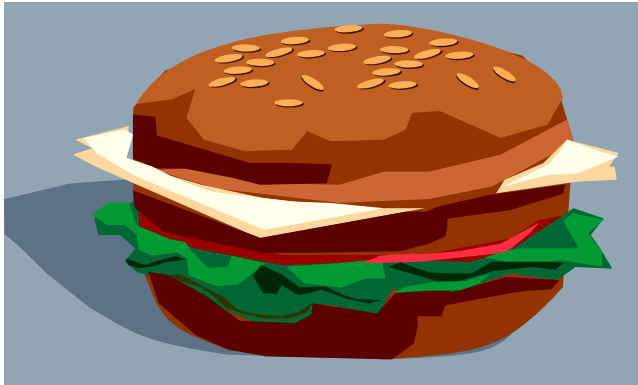
- Weeks 1-12: Once weekly one hour exercise sessions: 12 total sessions
 - Focus: Cardiovascular health, strength training, stretching, and injury prevention
- Month 1, 2, 3, 4: Once monthly one hour yoga sessions: 4 total sessions
 - Focus: Physical postures, focused breath work, and meditation
- Month 1, 2, 3, 4: Once monthly one hour nutrition sessions: 4 total sessions
 - Developed and presented by Registered Dietitians
- Weeks 1-12: Additional principles for healthy lifestyle reviewed at each session

- 15,000 steps per day [pedometer]
- Yoga once per week at a minimum
- Limit fast food meals to two per week
- Drink recommended amount of water per day
 - Don't mistake being thirsty for hunger
- Get 8 hours of sleep per night
 - Don't mistake being tired for hunger



- Daily diaries during weeks 1, 4, 8, and 12 during intervention period and during Week 24 (follow-up)
 - Pedometer steps
 - Pedometers provided to NLF participants
 - Exercise time
 - Yoga time
 - Yoga DVD and CD provided to NLF participants
 - Number of food group servings and fast food restaurant meals
 - Ounces of water consumed per day
 - Water bottles provided to NLF participants
 - Hours of sleep per night
- Participant evaluations
 - NLF Program Evaluation
 - Evaluation form

WE ARE WHAT WE EAT



American Junk Food

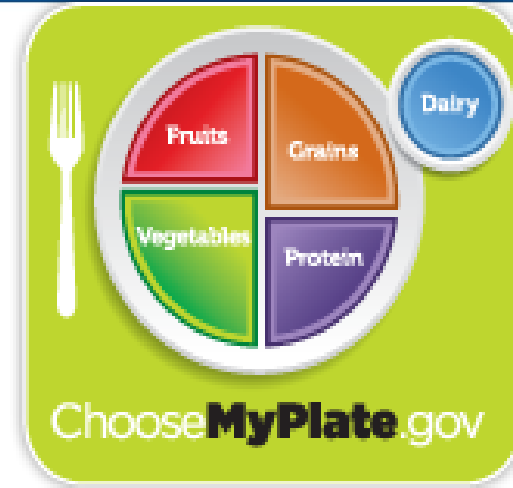


- Week 1: Food guide pyramid & serving sizes and water intake
- Week 4: Healthy choices/portion distortion
- Week 8: Cooking methods and fast healthy options for breakfast, lunch, dinner, and snacks
- Week 12: Eating out and summary review

My Plate (June 2011)

Latest update to USDA Food Guidance System

- Food Guide Pyramid
- MyPyramid
- MyPlate: based on 2010 Dietary Guidelines for Americans
 - Illustrates the five food groups using a familiar mealtime visual, a place setting
 - Colors emphasize recommendation of variety
 - Interactive website w/ tips, resources, tools



MyPlate Main Messages

- Balancing Calories
- Foods to Increase
- Foods to Reduce



Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions
- Choose lean proteins
- Fill up on fiber



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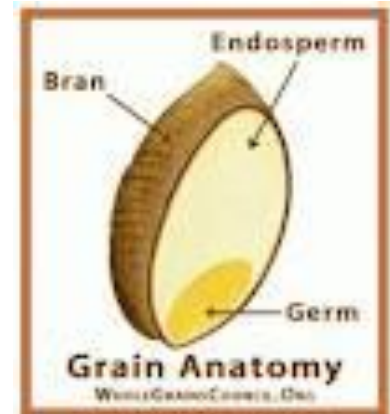


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"Begin this high fiber diet slowly. Too fast and your co-workers may complain of a greenhouse gas effect."

Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk



Calories – and the Energy Balance

- How much energy is in food
 - Just like a car needs gas to run we need energy in our bodies to function.
- Energy in versus energy out
 - What will happen if we put more energy in the body than we let out?
 - Weight gain
 - What will happen if we put less energy in the body than we let out?
 - Weight loss
 - What will happen if we put the same amount of energy in the body that we let out?
 - Maintain weight





Do you know how portions have changed over the last 20 years??

Bagel

20 Years Ago



**3-inch diameter
140 calories**

Today's



??? Calories

- A bagel 20 years ago was 3 inches in diameter and had 140 calories.
- How many calories do you think are in today's bagel?

Bagel

20 Years Ago



3-inch diameter
140 calories

Today's



350 Calories

Calorie Difference: 210 calories

**Maintaining a Healthy Weight is a
Balancing Act
Calories In = Calories Out**



How long will you have to rake leaves to burn
the extra 210 calories?

Calories in = Calories out



**You would have to rake leaves for 50
minutes to burn 210 calories.**

DAMAGE

- TOTAL EXTRA CALORIES
 - ?
- TOTAL EXTRA TIME
 - ?



Ideas for Fast Healthy Breakfasts

Breakfast at home

- Casseroles
- Cold cereal with fruit
- Oatmeal with fruit
- Yogurt, ¼ sliced banana, berries, salt free almonds & toasted flaxseed

Breakfast in the car

- Breakfast bars
- Peanut butter on an English muffin w/banana
- Breakfast Burrito
- Hard boiled eggs
- Waffle with nut butter

Breakfast out

- Egg substitute
- Veggie omelet



Practice - *Breakfast*



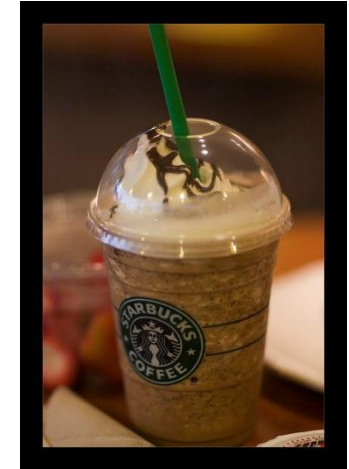
Snacks On the Go

- 100 calorie snacks
 - Dried fruits
 - Fresh Fruit
 - Yogurt
 - Pretzels
 - Dry Cereal: Cheerios!
- Prepackaging your own
 - Measure and portion into snack bags
- Convenience Store snacks
 - Fruit
 - Nuts
 - Animal Crackers
 - Baked Chips
 - Popsicle
 - Water versus soda or juice



Make Smart Choices

- **Starbucks**
 - Go skinny
 - Skip the whip
 - Choose sugar free for syrups
 - Keep it to grande or less



- Grande White Chocolate Mocha = **400 calories**
- Grande Skim Café Latte = **130 calories**
 - A great afternoon snack
 - Good calcium & protein from milk

- Resources
 - MyPlate – www.choosemyplate.gov
 - Portion Distortion, NIH
 - <http://hp2010.nhlbi.nih.net/portion/>
 - USDA – www.nutrition.gov
 - International Food Information Council Foundation (IFICF) – www.foodinsight.org
- Tracking tools:
 - www.choosemyplate.gov
 - www.livestrong.com/myplate
 - www.loseit.com

- **Barriers**
 - **Lack of healthy foods available in work environment**
 - **Hospital cafeteria does not provide healthy food options for all shifts**
 - **Nurses cannot easily access healthy food options and required amount of water during shift work**
 - **Willpower to balance foods consumed with activities chosen**
 - **Time to cook, to prepare healthy food to bring to work, and time to purchase fresh fruits and vegetables**
 - **Lack of gym in workplace**
 - **Lack of exercise classes in workplace**
 - **Lack of yoga classes in workplace**
 - **Lack of nutrition classes in workplace**
 - **Lack of metered walking routes in hospital**

- **Solutions**
 - **Employer provision of programs year round**
 - **Provide classes**
 - Exercise**
 - Yoga**
 - Nutrition**
 - **Establish walking routes in hospital / on hospital property that detail mile walked**
 - **Offer healthy food choice for all shift**
 - **Fruits & vegetables**
 - **Non-processed foods**
 - **Low sodium, low-fat**
 - **Evaluate where nurses can keep healthy foods / water in work environment**
 - **Educate nurses on evidence based programs to achieve and maintain normal weight**
 - **Develop and test programs that train nurses to educate others to achieve and maintain normal weight**
 - **Patients**
 - **Family**
 - **Community**

Other Healthy Lifestyle Suggestions

- Eat healthy
 - Eat only when you are hungry
 - Stop eating before you are full
 - Avoid processed foods
 - Break food addictions
- Drink water
- Exercise
 - Cardiovascular
 - Isometric, resistant / strength training
 - Stretching
 - Yoga
- Weigh yourself daily - same time each day
 - Balance weight fluctuations with what you eat and do
- Don't eat after dinner late / close to bedtime

- Living Fit implemented for health care professionals
 - Exercise classes
 - Yoga classes
 - Zumba classes
 - Nutrition lectures
 - *Healthy Lifestyle Changes: A Personal Journey and its Public Health Implications*
 - Women's Community Living Fit Conference



Women's Community Living Fit Conference: May 12, 2012, Leesburg, VA*



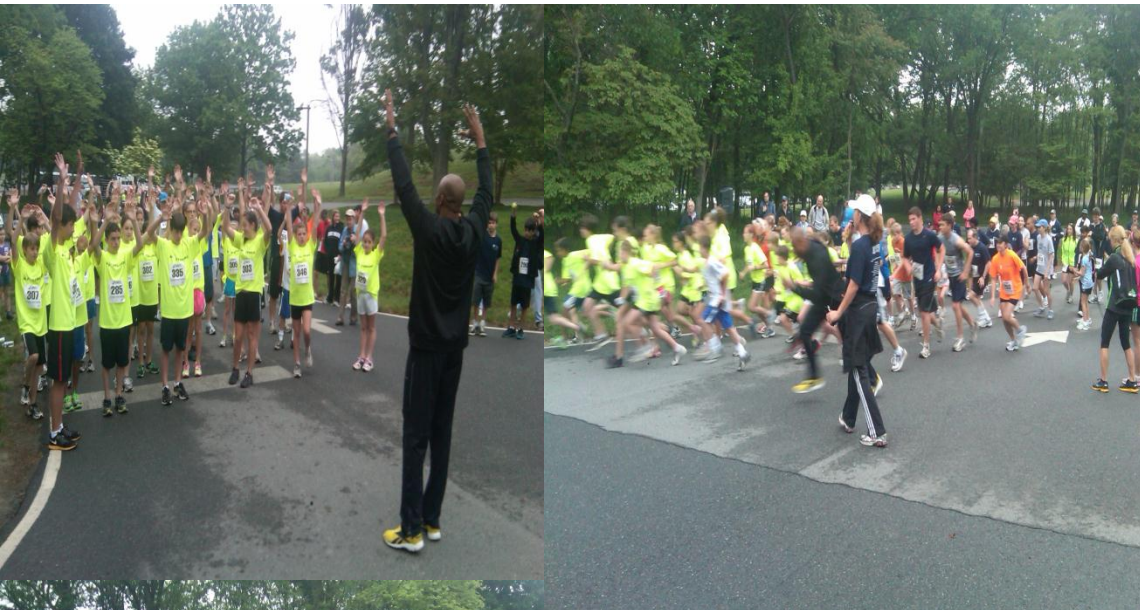
- Opening exercise:
 - 1 mile or 5k walk or run OR
 - Yoga or Ageless Grace
- Redskins families living healthy
- Physician lectures: Women's Health Issues, Physician Personal Journey, and urological issues
- Healthy cooking demonstrations with Wegmans Chef
- Registered Dietitians working lunch lecture
- Zumba or health screens
- Biggest Loser Contestant



*Funding received Office for Women's Health



3rd Annual Nurses Living Fit 1 Mile / 5k Walk Run Event: May 2011



Summary

- Components needed to offer a program to decrease overweight
 - Exercise
 - Yoga
 - Nutrition
 - Principles of Healthy Lifestyle
 - Take 15,000 steps per day
 - Yoga once per week at a minimum
 - Limit fast food meals to two per week
 - Drink recommended amount of water per day
 - Do not mistake thirst for hunger
 - 8 hours of sleep per night
 - Do not mistake being tired for hunger
- Identify required balances between exercise and nutrition to achieve and maintain normal weight
 - **Calories in = calories out**
- Identify barriers and provide solutions
 - Ideally, nurses empowered with knowledge about healthy lifestyle should have more courage and vision to most strategically facilitate healthy lifestyle in their workplace, and to be an authentic leader of healthy living, thereby enabling most effective healthy lifestyle role modeling for all

- **Inova Loudoun Hospital, Leesburg, Virginia**
 - Investigator: Karen Gabel Speroni, BSN, MHSA, PhD, RN
Director, Nursing Research
 - Sub-Investigator: Cynthia Earley, BSN, RN
 - Data Support: Dorothy Seibert, MSN, RN



- **Inova Fair Oaks Hospital, Fairfax, Virginia**
 - Investigator: Mary Kassem, MSN, RN
 - Sub-Investigator: Deborah Williams, MSN, RN



- **Good Sports Fitness, LLC, Leesburg, Virginia** www.kidslivingfit.com
 - Pana DeGooyer

- **Shore Health System, Cambridge, Maryland**

- Investigator: Gail Shorter, MS, RN, CEN
- Sub-Investigator: Sandra Bryan, MSN, RN



- **Meritus Medical Center, Hagerstown, Maryland**

- Investigator: Catherine C. Ware, BSN, RN-BC, CCRN
- Sub-Investigator: April Greenlee, BSN, RN, Melanie Clifford, RN, CHPN, Pamela Brunner, RN, and Kelly Llewellyn, RN

- **Roper / St. Francis Hospital, Charleston, South Carolina**

- Investigator: Winnie Hennessy, PhD, RN, CHPN
- Sub-Investigators: Erin Kozak, BSN, RN, and Jil Deschenes, RN, CPHT





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