Teaching Tools and Client Compliance Methods for Diabetes Educators and Nutrition Counselors - How to help your clients kick the sugar habit

Dan DeFigio, author of Beating Sugar Addiction For Dummies, and founder of BeatingSugarAddiction.com

Abstract

Statement of the Problem: A major roadblock to successfully treating obesity, diabetes, and metabolic syndrome is patient compliance. Education is only minimally effective in creating lifestyle behavior changes.

Methodology: This video (oral and slideshow) presentation is intended to present some effective tools and approaches to practitioners who are coaching clients and patients towards healthier nutrition and lifestyle habits. Traditional all-or-nothing approaches to dietary change, "detoxes", and other temporary plans do not lead to permanent behavior change. I will present methods of approaching nutrition and lifestyle improvements that are both manageable and sustainable for the client.

Conclusion & Significance: Effective behavior change comes from motivation and the implementation of an effective, manageable process towards healthier eating and lifestyle improvements. Attendees will come away with suggested tools and approaches to effective nutrition and lifestyle improvements for resistant clients.



Recent Publications

1. Ferrer-Garcia M, et al (2017) Eating behavior style predicts craving and anxiety experienced in food-related virtual environments by patients with eating disorders and healthy controls. Appetite. 2017 Jul 11;117:284-293.
2. Jospe MR, et al (2017) The effect of different types of monitoring strategies on weight loss: A randomized controlled trial. Obesity (Silver Spring). 2017 Jul 13. doi: 10.1002/oby.21898
3. DeFigio D (2013) Beating Sugar Addiction For Dummies. John Wiley & Sons, Inc., Hoboken, NJ, USA.
4. Lustig, Robert H (2012) Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease
5. Taubes, Gary (2010) Why We Get Fat: And What To Do About It. Random House Inc, New York, NY.
6. Wansink, Brian (2007) Mindless Eating. Random House Inc, New York, NY.



Biography

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Dan DeFigio is a well-known fitness and nutrition expert, and the founder of BeatingSugarAddiction.com. Dan has been featured on CNN's Fit Nation, The Dr. Phil Show, Muscle & Fitness, SELF Magazine, VeryWell.com, and a host of other media outlets.

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Notes/Comments: I am not a physician. I am not a researcher, I am an (only somewhat known) author and nutrition coach specializing in sugar addiction and healthy nutrition improvements.