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# Nutrition and Obesity in the Era of **COVID-19**

*TIPS, QUEUES, DO'S AND DON'TS*

*May 2020*



# LISTEN UP!!

## We Know This, RIGHT!!!

- High blood pressure, **obesity** and diabetes have been identified as the most common comorbid conditions among **coronavirus** patients in the most severe forms.
- COVID-19 and STRESS are among us. COVID-19 WILL LEAVE ONE DAY. **BUT**
  - ❖ **THE COLLATERAL DAMAGE OF STRESS RELATED WEIGHT GAIN/OBESITY MAY NOT**

# BUILDING RESILIENCE: Developing and Maintaining a “New Normal”

- “Stress eating usually happens when we want to disconnect from the moment.” – Min-Hai Alex
- What role is food playing in our sheltering in place and coping strategies?
- What have we changed in our dietary patterns since the onset of COVID-19 to help us cope with dramatic change?
- Has food become a stress-related crutch,... or a ladder to **health and well-being** for ourselves and our loved ones?

# COVID-19 and STRESS: Who's in Charge?

- **Stress eating can ruin your weight loss goals – the key is to find ways to relieve stress without overeating.**
  - High-fat, sugary "comfort foods" push people toward overeating.
  - Stressed people also lose sleep, exercise less, and drink more alcohol, all of which can contribute to excess weight.
  - Studies have shown that obesity is associated with stress-related eating in women but not in men.



# How to relieve stress without overeating...

- **Meditation** - Meditation may also help people become more mindful of food choices.
- **Physical Activity** - Exercise can blunt some of the negative effects of stress. Some activities, such as yoga and tai chi, have elements of both exercise and meditation.



EACH ONE...

TEACH ONE

# CHILDHOOD OBESITY BEGINS IN THE HOME

- A “NEW NORMAL” can be established for the children...
  - Children experience more stress than normal given the disruption in their usual and customary routines
  - Children will take their cues from the adult role models who they depend on more than ever to keep them safe.
  - Establishing new patterns can begin with the purging of high calorie, sugary foods from their diets while we work on our own.
  - Let the PURGE begin along with games, actions, writing about nutrition, exercise, tales of COVID-19 and the dangers to those at unhealthy weight. Treasure hunts for unhealthy foods and snacks can help while changing palates and habits. (See next PowerPoint)....

# CUPBOARD & REFRIGERATOR RENEWAL

- Ridding the refrigerator and cupboards of high-fat, sugary foods is critical. Keeping those "comfort foods" handy is just inviting trouble. **It's PURGE TIME!!!**
- Many are divorcing their refrigerator! A good start toward weight control!!!

# Nutrition Clean-Up: BE ON THE LOOKOUT FOR....

- Sugar-sweetened beverages such as sodas, energy drinks, and sports drinks are by far the biggest sources of added sugar in the average American's diet. They account for more than one-third of the added sugar we consume as a nation. Other important sources include cookies, cakes, pastries, and similar treats; fruit drinks; ice cream, frozen yogurt and the like; candy; and ready-to-eat cereals.
- Say **goodbye**...to them in the era of COVID-19 and thereafter.





AND HELLO TO.....

# COVID-19 CAN BE A DEADLY DISEASE

- ...THE OPPORTUNITY FROM THIS HORRIBLE AFFLICTION MAY BE TO CHANGE OUR LIVES AS A RESULT OF THIS TRAGEDY AND THE DAMAGE THAT IT HAS INFLICTED. *OUT OF TRAGEDY* EMERGES THE PHOENIX! Fly away to safety!!! Take your family and community with you!!!!!!
- ...CHANGING OUR NUTRITIONAL HABITS MAY MAKE CERTAIN THAT WE NOT BECOME *COLLATERAL DAMAGE RESULTING FROM LOSS OF VISION* OF OUR OWN AND OUR FAMILY'S NUTRITIONAL AND WEIGHT MANAGEMENT GOALS.



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