



Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise.
The presentation will begin promptly at 12:00 PM PST.

Call-in number for audio: 1-669-444-9171

Conference Code: 954 6743 0163



Intermittent Fasting and other HOT nutrition topics

Presented by: Katie Kecman, Senior Health Education Specialist

Webinar host: Kristen Kaila, MPH

Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.

Intermittent Fasting

Intermittent Fasting has taken the diet world by storm, but what does the science actually say? Come learn about the pros and cons behind intermittent fasting and ways to pursue individualized and balanced nutrition with evidenced based practices.



Meet Our Health Educator



Katie Kecman

Katie is a Senior Health Education Specialist and started her career with Sharecare in January 2015. She graduated from University of Maryland, College Park with a Bachelors in Public and Community Health and has a Masters of Health Promotion with a Workplace Wellness Concentration. She is a certified Health Coach through Institute of Integrative Nutrition (IIN) and certified in Reiki 1 & 2, Thai Massage, and a 500 Hour Yoga Instructor. She is also a competitive powerlifter. And likes rock climbing.

Agenda

- What is intermittent fasting?
- Common intermittent fasting methods
- Pros and cons based on current research
- Practical dietary Guidelines
 - When vs. what vs. how
 - Hunger and fullness cues
 - Possible daily intakes with real food examples
 - Mindful eating and relationship with food
- Questions



Intermittent Fasting



Regardless of the exact form, all fasting plans have extended periods of little or no caloric intake paired with specific windows of caloric intake.

- **Alternate-day fasting (ADF)** – Days with little or no energy intake cycled with days of unlimited energy intake. Usually no consecutive fasting days.
- **Modified Intermittent Fasting**– Similar to alternate day fasting, but with consecutive fasting days. Multiple types.
- **Time-restricted feeding (TRF)**– Fasting hours instead of fasting days. Multiple types.
- **Religious fasting** – Fasting for religious purposes, usually for a short period of time. Usually has exceptions for medical or personal circumstances.

Risk and Rewards of Intermittent Fasting – What the Science Says

Pros

- Easier for some dieters
- May align with **individuals' personal dietary preferences** or goals (i.e. skipping breakfast, limiting late night meals/snacks)
- Early research show some benefits to blood sugar regulation and decreasing inflammatory markers **in animal models**



Cons

- **Unsustainable** (or designed to be short term)
 - Most dieters go back to previous habits
- **Nutrient deficiencies**
 - Short window of eating, limiting food choices
- **No significant weight loss benefit** when compared to appropriate calorie intake.
- **GI distress**
- **Dysregulated hunger and fullness cues**
- **May lead to distorted relationship with food**
- **Schedule and social limitations**

OK... so what now?

When vs. What vs. How

The current body of research suggests that **what** we are eating and **how** we are eating it affects our overall health more than the exact time we are eating.

Overall calorie and nutrients intake is more important in weight management than time-restrictive eating.

- In people who did lose weight, it was not linked to improved overall health outcomes
- No significant changes in insulin resistance or inflammation markers in humans

Timing is important, but not necessarily the exact time on the clock.

- Hunger and fullness cues

Our mentality toward food plays a huge in our overall food intake.

- Healthy relationship with food
- Mindful eating

The Hunger Scale

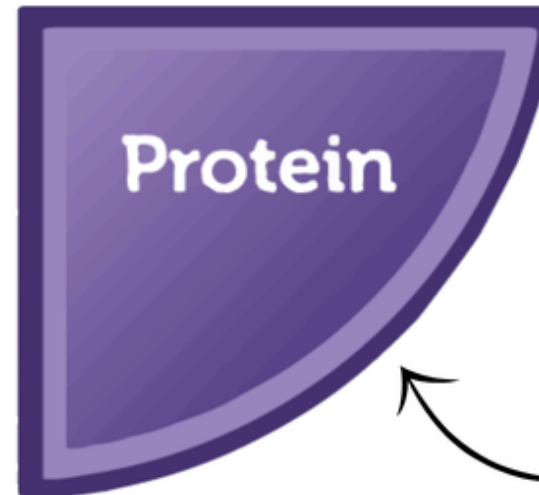
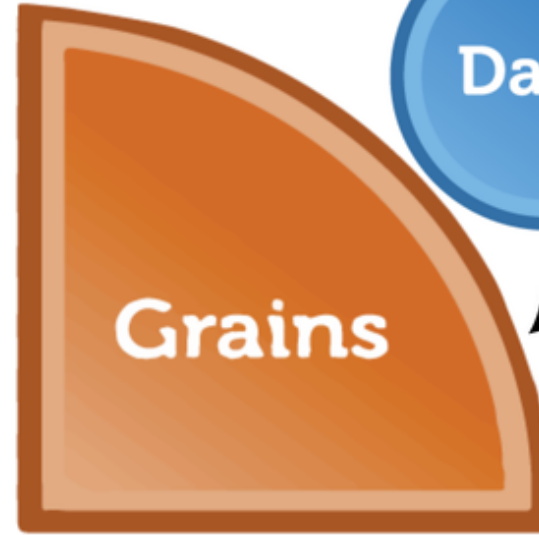
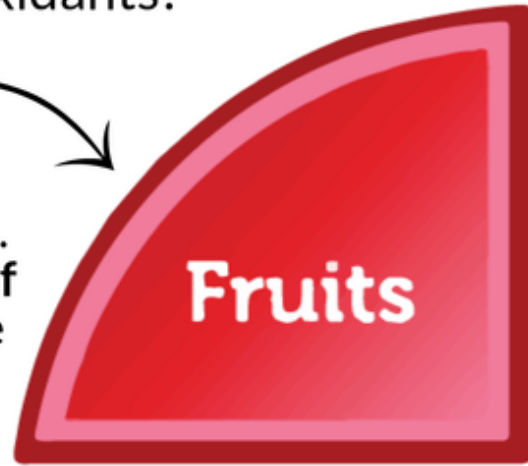


MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit:
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

Vegetables:
The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.



Dairy:
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains:
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

Protein:
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

Real Food Examples of a Balanced Day with MyPlate



Food is very individualized, so experiment to find what works best for you.

Real Food Examples of a Balanced Day with MyPlate



All foods fit in a healthy nutrition pattern. There are no universally “bad” or “good” foods.

Real Food Examples of a Balanced Day with MyPlate



There is no “right” or “wrong” time to eat. Honor your hunger and fullness cues.

Healthy Mindset Towards Food

It's not just what we eat, but how we THINK about what we eat and how we FEEL about it.



Ask yourself:

- Are you constantly think about food? Are you always thinking about what you're eating next or what you just ate?
- How do you feel when you think about food? Does thinking about food bring you stress, anxiety, peace, distraction, and/or joy?
- Why do you eat the foods that you do? What are your motivation? To look/feel a certain way? Convenience? Budget? Emotions?
- How do you feel about certain food groups (e.g. carbs, sweets, fats)? Do you label certain foods as "good" or "bad"? How do you feel about yourself when you eat something that you deem "bad"?
- Are you fully present when you are eating food or are you often distracted? Do you tend to eat mindfully or mindlessly?
- Do you feel like you have food freedom?

Observe

Notice

Feel



Taste

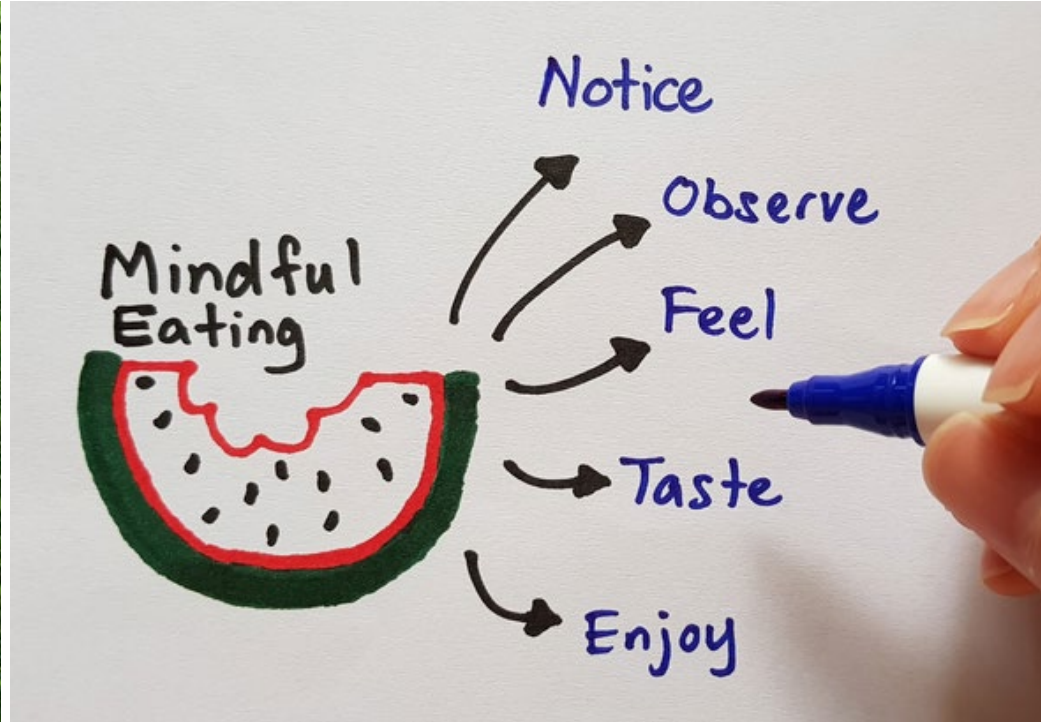
Enjoy

Mindful Eating

- Decrease distractions
- Assess hunger level
- Slow down
- Practice the 80/20 guidance
- Eliminate The Scarcity Complex
- Make room for leftovers
- Indulge mindfully and plan for treats
- Eliminate guilt
- Practice portions wisely
- Shop mindfully

(One) Definition of Healthy Eating

Healthy eating involves flexible planning that propels us to feel physically, mentally, and emotionally healthy with balance and joy without guilt or overreliance on food for non-nutritive benefits.



Decision Power Health & Wellness

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Health Assessment – RealAge Test

The RealAge Test is certified by the National Committee for Quality Assurance (NCQA)

- Results provides a health score in key areas of wellness
- Recommends what users can do to improve their overall health and lower their health risk
- Receive personalized articles and content with each log-in to the wellness portal



Coaching

NCQA Accredited Health Coaching

- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking coaches

8 Areas of Health: healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services



Craving to Quit[®] by Sharecare

Tobacco Cessation Program

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to online community
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Supports Nicotine Replacement Therapy (NRT)
- Expansion to support members who use forms of tobacco other than cigarettes and/or vapes (e.g., smokeless tobacco, pipe, etc.)
- Post-quit survey after 6-months although the program is ongoing after quit for post-quit support.



Eat Right Now[®] by Sharecare

Evidence-Based Healthy Eating Program

- Teaches how to identify eating triggers and ride out cravings
- Build positive healthier habits with food – without dieting
- Tools to overcome binge and emotional eating



Unwinding by Sharecare

Stress less and feel better

- Unwinding is an evidence-based, digital program based on mindfulness.
- Offers on-demand, in-the-moment tools to ease stress throughout the day.

Open to all employees

HN members can register or log-in at: <https://healthnet.sharecare.com>

Non-HN members can register or log-in at: <https://sharecare.com>



Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Active&Fit, and more.



Weight management
• Weight Watchers



**Chiropractic/
acupuncture
services and
more**
• Choose Healthy



Eye care
• EyeMed



**Hearing aids
and screenings**
• Nations Hearing
• Hearing Care Solutions



**Fitness club
discounts**
• American Specialty Health
• Active&Fit

Online Health Challenges



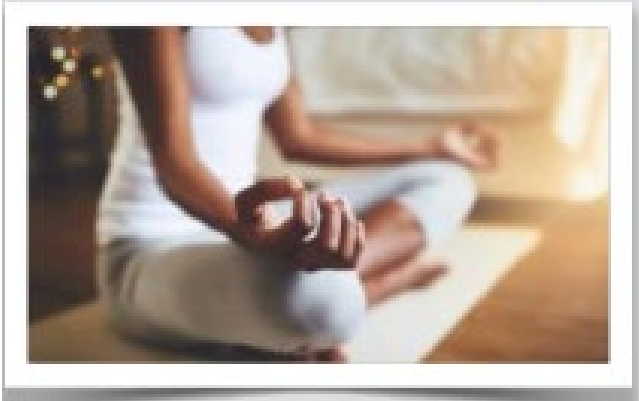
Ongoing monthly challenges

- Stress
- Steps
- Sleep



April Health Challenge

Simple Peace



Non-HN members register or log on: sharecare.com

HN members register or log on : healthnet.sharecare.com



Upcoming Wellness Webinar

Get Stuff Done

April 17, 2024

12pm-12:45pm pacific time



THANK YOU FOR YOUR TIME TODAY!
