


## POSTCESSATION WEIGHT MAINTENANCE





"AVOID THAT FUTURE SHADOW"  
1930

*"Lucky Strike, the 'Lucky Strike' logo, and packet design are the trademark and copyright of Brown & Williamson Tobacco Corporation."*



## EPIDEMIOLOGY of POSTCESSATION WEIGHT GAIN

- Majority of quitters gain weight
- Most gain < 10 pounds
  - Wide range of weight gain
  - 10% of quitters gain up to 30 pounds
- Risk of postcessation weight gain:
  - Generally highest during the first 1–2 years after quitting
  - Risk declines over the years



## EPIDEMIOLOGY of POSTCESSATION WEIGHT GAIN (cont'd)

- Risk factors for major weight gain
  - Female
  - African American race
  - Age < 55 years
  - Heavy smokers (> 25 cigarettes/day)



## PATHOPHYSIOLOGY of POSTCESSATION WEIGHT GAIN

- Decreased metabolic rate
- Increased caloric intake
  - Appetite is increased
  - Foods taste and smell better
- Decreased energy expenditure during physical activity
- Increased lipoprotein lipase activity

## POSTCESSATION WEIGHT GAIN ISSUES

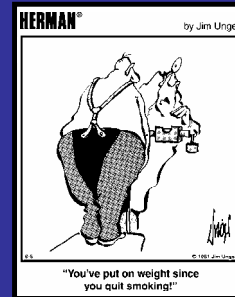
- Concerns about weight gain are a barrier to quitting
- Weight gain is a primary cause of relapse

**Weight management techniques are an important component of treatment.**



## CLINICIAN STATEMENTS to HELP QUITTERS with WEIGHT GAIN

- *"Most tobacco users gain weight once they quit. However, even without special diets or exercise, weight gain is usually limited to 10 pounds."*
- *"The amount of weight you will likely gain from quitting will be a minor health risk compared with the risks of continued smoking."*
- *"I know weight is important to you, and that you don't want to gain a lot of weight. However, temporarily—just until you are confident that you have quit smoking for good—let's focus on one problem at a time."*



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## SUCCESSFUL POSTCESSATION WEIGHT MANAGEMENT

- Two key components:
  - Modification of eating behavior
  - Physical activity
- Detailed information and recommendations on food, calorie needs, and physical activity can be found at [www.mypyramid.gov](http://www.mypyramid.gov)



## MODIFICATION of EATING BEHAVIOR

### Key components for modifying eating behavior:

- Awareness of behavior (self-monitoring)
- Stimulus control
- Relaxation and stress management



## MODIFICATION of EATING BEHAVIOR (cont'd)

### Awareness of eating behavior

- Identify current food eating patterns
  - When and where eating problems occur
- Set goals
  - Set realistic and achievable goals where improvement is needed; pick one problem area and develop action plan for change
- Self-monitor behaviors
  - Keep daily food records to chart progress
  - Review and revise each week



## MODIFICATION of EATING BEHAVIOR (cont'd)

### Awareness of eating behavior

#### Sample food record

Day: Tuesday, July 29

When	Where	With	Why	How hungry	Doing what	What food	How much
06:00	Kitchen	Self	Breakfast	Very	TV	Donuts	2 large
06:00	Kitchen	Self	Breakfast	Very	TV	Orange juice	2 cups
10:00	Work	Coworkers	Food out	Not very	Break	Donuts	2 large



## MODIFICATION of EATING BEHAVIOR (cont'd)

### Stimulus control

- Control eating cues identified from food diaries
  - Determine external cues
    - Seeing food on counter
  - Identify paired associations
    - Eating while watching television
    - Popcorn and a movie
    - A hot dog at a baseball game



## MODIFICATION of EATING BEHAVIOR (cont'd)

### Stimulus control

- Plan meals and snacks
  - Create weekly grocery lists, daily menus
  - Substitute zero- or low-calorie foods
    - Sugar-free gelatin and drinks
    - Low-calorie dressings, spreads
    - Vegetable sprays instead of oil or fats
  - Modify current foods
    - Remove skin or fat from meat before cooking
    - Increase vegetable, fruit intake



## MODIFICATION of EATING BEHAVIOR (cont'd)

### Stimulus control

- Alter food purchasing behavior
  - Shop after eating, not when hungry, to reduce temptation
  - Stick to grocery list to reduce "browsing" that may lead to increased temptation
  - Read food labels carefully



## MODIFICATION of EATING BEHAVIOR (cont'd)

### Nutrition Facts Label

- Identify serving size & servings per package
- Identify calories per serving, pay close attention to fat calories
- Determine total calories eaten

Whole Milk		Nonfat Milk	
Serving Size 8 fl oz (240mL)		Serving Size 8 fl oz (240mL)	
Servings Per Container 2		Servings Per Container 2	
Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Calories 150	Calories from Fat 70	Calories 60	Calories from Fat 0
<b>Total Fat</b> 5g 12%		<b>Total Fat</b> 0g 0%	
Saturated Fat 5g 25%		Saturated Fat 0g 0%	
Cholesterol 35mg 12%		Cholesterol less than 5mg 1%	
Sodium 125mg 5%		Sodium 130mg 5%	
<b>Total Carbohydrate</b> 12g 4%		<b>Total Carbohydrate</b> 12g 4%	
Dietary Fiber 0g 0%		Dietary Fiber 0g 0%	
Sugars 11g		Sugars 11g	
<b>Protein</b> 8g		<b>Protein</b> 8g	
Vitamin A 6%	Vitamin C 4%	Vitamin A 6%	Vitamin C 4%
Calcium 30% • Iron 0% • Vitamin D 25%		Calcium 30% • Iron 0% • Vitamin D 25%	



## MODIFICATION of EATING BEHAVIOR (cont'd)

### Stimulus control

- Prepare and package foods
- Have low-calorie snack items readily available
  - Raw, crunchy vegetables
  - Sugar-free gelatin
  - Individually wrapped low-calorie snacks
    - Pretzels
    - Baked potato chips



## MODIFICATION of EATING BEHAVIOR (cont'd)

### Stimulus control

- Additional issues to consider:
  - Control where eating occurs
    - At home, eat only in the kitchen or dining room
  - Personal control
    - Take smaller bites of food
    - Chew food slowly
    - Monitor portion size; use smaller dishes



## MODIFICATION of EATING BEHAVIOR (cont'd)

### Relaxation and stress management

- Stress and tension can contribute to overeating
  - Identify stressful situations
- Plan ways to reduce stress and what is eaten
  - Choose low-calorie foods
  - Take a walk, breathe deeply
  - Use cognitive coping strategies



## MODIFICATION of EATING BEHAVIOR (cont'd)

### Relaxation and stress management

- Common postcessation situations that tempt eating:
  - Longer mealtimes
  - Oral craving
  - Evening snack
  - Certain activities or social situations



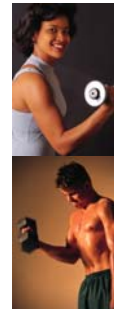
## PHYSICAL ACTIVITY

- Even modest physical activity can attenuate weight gain after quitting
  - Brisk walking 30 minutes daily
  - Jogging 30 minutes 3–4 times/week
- Can help to improve well-being and reduce tension, stress, and anxiety



## PHYSICAL ACTIVITY (cont'd)

- Goal setting:
  - Set realistic and achievable goals
  - Example short-term goal: increase exercise by 15 minutes daily
  - Aim for physical activity every day for 60 minutes
- Self-monitoring:
  - Keep physical activity records
  - Assess current physical activity
  - Assess barriers and identify solutions
  - Review record weekly



## PHYSICAL ACTIVITY (cont'd)

### Sample physical activity record

Day	Activity	Time
Sunday	Walking, biking	30 min, 20 min
Monday	None	
Tuesday	None	
Wednesday	Walking	20 min
Thursday	None	
Friday	Walking	20 min
Saturday	Swimming	20 min



## POSTCESSATION WEIGHT MAINTENANCE: SUMMARY

- Be aware of daily eating and physical activity behaviors
- Set simple yet realistic goals to improve behaviors
- Accept that changes in body weight or size take time