

Piloting Protocol for “*Tired of Struggling with Food or Weight?*” Materials

What: Trifold Brochure & Resources Insert and Poster

Where? Available in waiting rooms, exam rooms, and/or elsewhere in your office

When? During healthcare/allied health visit

Cues: Choose from the following to say to your client:

- Are you often on a diet or trying to control your food or weight?
- Do you crave specific types of food?
- Once you have one cookie or chocolate or pasta serving, do you want more?
- Have you ever tried to stop eating something and found that you couldn't?
- Do you need larger amounts to feel satisfied?
- Has your eating or weight ever interfered with responsibilities or social engagements?

If response is affirmative:

“ It is possible you may be eating foods which cause your body to crave or want more. You just can't moderate no matter how hard you try. Here is a brochure. Like an alcoholic who struggles to stop drinking, this information may help you understand why your will power and diets haven't worked. Let's make a follow up visit to discuss your thoughts and experiences after reading and implementing suggestions from this brochure.

If the client has already read the trifold and wants to begin:

- Experiment by eliminating food you just can't stop eating, e.g. products containing sugar, flour/grain/starch, salt, or excess fat.
- Jot down how this makes you feel (i.e. better or worse; relieved or deprived)
- Jot down any physical symptoms you may experience (i.e. an increase or decrease in the following: energy or fatigue, headaches/migraines, joint aches & pains, or flu like symptoms)
- Bring this information to your next appointment so we can discuss it
- Either way, consider getting support from a 12-Step Food Program or another eating related support group (refer to *Resources*).
- Read material to increase your understanding of this brain disease, which some call food addiction (refer to *Resources*)

Further Discussion/Follow Up:

- Administer one or more of these assessments to the client. Results may open the door for discussion of food as an addiction:
 - a.) Yale Food Addiction Scale
 - b.) SUNCOPEThese scales may be found at www.foodaddictioninstitute.org
- Enlist help from other professionals and programs, e.g. dietitians, psychologists, physicians, food addiction counselors, food addiction intensives, or food treatment programs.