

# Supporting Evidence for Let's Go! Small Steps

KEY MESSAGE	HEALTHY HABITS QUESTION	EXPERT RECOMMENDATION	RATIONALE	SOURCE
<b>MOVE MORE</b>	1. How many days each week are you physically active?	Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.	Spreading physical activity across at least 3 days a week may help to reduce the risk of injury and avoid excessive fatigue.	U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Washington (DC): U.S. Department of Health and Human Services; 2008. <a href="http://www.health.gov/paguidelines">http://www.health.gov/paguidelines</a>
	2. On those days, how many minutes are you usually active?	Individuals should engage in 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity per week.	Regular activity is associated with reduced cardiovascular risk, reduced risk of metabolic syndrome, and improved weight control.	U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Washington (DC): U.S. Department of Health and Human Services; 2008. <a href="http://www.health.gov/paguidelines">http://www.health.gov/paguidelines</a>
<b>EAT REAL</b>	3. How often do you eat while you are doing other things?	Use mindful eating as a skill to help regulate food intake.	Distracted eating can produce an increase in both immediate food intake and intake later in the day.	Robinson E, Aveyard P, Daley A, Jolly K, Lewis A, et al. Eating Attentively: A Systematic Review and Meta-Analysis of the Effect of Food Intake Memory and Awareness on Eating. (2013). Am J Clin Nutr, 97(4), 728-42. <a href="https://www.ncbi.nlm.nih.gov/pubmed/23446890">https://www.ncbi.nlm.nih.gov/pubmed/23446890</a>
	4. How many fruits and vegetables do you eat each day?	Individuals should consume 2½ cup-equivalents of vegetables and 2 cups of fruit per day.	Foods close to their original source provide maximum nutritional benefit.	U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. <a href="http://health.gov/dietaryguidelines/2015/guidelines/">http://health.gov/dietaryguidelines/2015/guidelines/</a>

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SUPPORTING EVIDENCE *CONTINUED*

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<b>EAT REAL</b>	5. How many times a week do you eat takeout and fast food?	Cook meals at home. When eating out, choose foods and beverages lower in calories: order a smaller size, share or take home part of a meal, and review calorie content.	Children and adults who eat fast food are at an increased risk of weight gain, overweight, and obesity, particularly when one or more fast food meals are consumed per week.	Obbagy JE, Essery EV. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. The Food Environment, Eating Out, and Body Weight: A Review of the Evidence. Nutrition Insight, 49. <a href="https://www.cnpp.usda.gov/sites/default/files/nutrition_insights_uploads/Insight49.pdf">https://www.cnpp.usda.gov/sites/default/files/nutrition_insights_uploads/Insight49.pdf</a>
<b>DRINK WATER</b>	6. How many of these drinks do you usually have each day? (Water, coffee, soda, sports drinks, juice, energy drinks, alcohol)	Evidence suggests that sugar-sweetened beverage consumption contributes to the epidemic of obesity in the U.S.	Individuals should decrease consumption of, or altogether avoid, sugar-sweetened beverages. Water is a healthy alternative.	The Obesity Society. Reduced Consumption of Sugar-Sweetened Beverages Can Reduce Total Caloric Intake. Silver Spring, MD; 2014. <a href="http://www.obesity.org/publications/position-and-policies/sugar-sweetened">http://www.obesity.org/publications/position-and-policies/sugar-sweetened</a>
<b>REST UP</b>	7. How many hours of sleep do you usually get each night?	7–9 hours of sleep per night is recommended for most adults; >9 hours may be appropriate for some adults based on other factors.	Sleeping less than 7 hours per night on a regular basis is associated with a host of adverse health outcomes, including weight gain, hypertension, diabetes, heart disease, and even an increased risk of death.	Watson NF, Badr MS, Belenky G, Bliwise DL, Buxton OM, et al. (2015). Recommended Amount of Sleep for a Healthy Adult: a Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society. Journal of Clinical Sleep Medicine, 11(6), 591-2. <a href="http://www.aasmnet.org/resources/pdf/pressroom/Adult-sleep-duration-consensus.pdf">http://www.aasmnet.org/resources/pdf/pressroom/Adult-sleep-duration-consensus.pdf</a>
	8. How often do you feel rested when you get up in the morning? (Never, some of the time, most of the time, always)	Address physiological causes of sleep disturbance (e.g. sleep apnea) and practice good sleep hygiene.	Evidence suggests that sleep disturbance may increase obesity risk.	Beccuti G & Pannain P. (2011). Sleep and Obesity. Curr Opin Clin Nutr Metab Care, 14(4), 402-12. <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3632337/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3632337/</a>
	9. How often do you feel that you manage your stress in a healthy way? (never, some of the time, most of the time, always)	Use tension reduction techniques (e.g., diaphragmatic breathing, progressive muscle relaxation, meditation) to control stress. Social support can also help patients manage stressful situations.	Stress is a primary predictor of overeating and relapse after weight loss	Walker, SC, & Foreyt, JP. (2000). Successful Management of the Obese Patient. Am Fam Physician, 61(12), 3615-22. Available at: <a href="http://www.aafp.org/aafp/2000/0615/p3615.html">http://www.aafp.org/aafp/2000/0615/p3615.html</a>