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**Your New Relationship with Food**  
Part 1

# Renew

A Weight Loss Rx Lifestyle Class

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**Your New Relationship with Food Part 1**  
**MODULE 1:**  
Creating a Healthy Lifestyle

## Welcome to class!

Reflection Questions:

- How would you describe your relationship with food before the medication?
- What are some words you would describe your current relationship with food?

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## The SELF Principle

 <p><b>Sleep is health</b></p> <p>Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.</p>	 <p><b>Exercise is health</b></p> <p>Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.</p>	 <p><b>Love is health</b></p> <p>Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.</p>	 <p><b>Food is health</b></p> <p>Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.</p>
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# What is hunger?

Hunger is your drive to eat and can be triggered by multiple factors.



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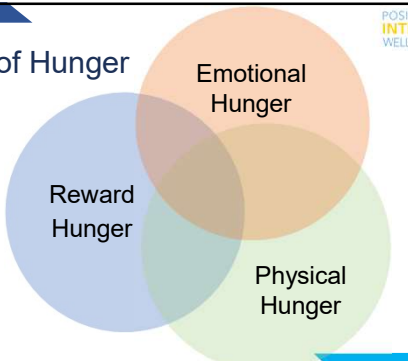
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# Types of Hunger



Emotional Hunger

Reward Hunger

Physical Hunger



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# Reward Hunger

- Food Noise
- Based on the genetic and reward processes that keep us at a specific weight.
- Desire for food continues after eating
- Strong drive to consume food
- Constant
- Medications turn down the volume



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### Physical Hunger

- Based on energy needs
- Gradually increases over time
- Decreases after eating
- Food noise
- Ebbs and flows
- Medications slow digestion to decrease
- Body mass set point may play a role after weight loss.

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### Emotional Hunger

- Based on meeting emotional needs with food
- Feels like cravings
- Food noise
- Continues after eating
- Ebbs and flows
- Medications reduce food rewards so may reduce emotional hunger signals

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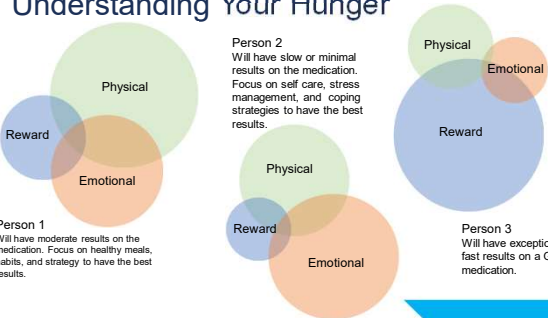
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### Understanding Your Hunger



**Person 1**  
Will have moderate results on the medication. Focus on healthy meals, habits, and strategy to have the best results.

**Person 2**  
Will have slow or minimal results on the medication. Focus on self care, stress management, and coping strategies to have the best results.

**Person 3**  
Will have exceptional and fast results on a GLP-1 medication.

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**Food Noise**

Intrusive and persistent thoughts about food often leading to maladaptive eating behaviors

- How much to eat
- When and what to eat next
- Guilt about eating
- How to make up for the food already eaten
- How to avoid eating at social events



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**Where does food noise come from?**

- **Physical hunger**
- **Emotional hunger**
- **Food experiences throughout life**
  - Food scarcity due to socio-economic reasons
  - Chronic dieting
  - Cultural and familial messaging about body size, personal value, and food consumption.
- **Genetics**
  - The drive to find and consume food can be passed on. People who have a high food drive are more likely to survive famines.
  - Dopamine responses to food can be higher within families.
    - The higher the dopamine response, the higher the drive to repeat the behavior.



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**Reduction in "Food Noise"**

- GLP-1 medications can help reduce "food noise" by:
  - Increase speed of signals to the brain for fullness.
  - Delay gastric emptying, increasing feelings of satiety and fullness.
  - May affect dopamine pathways, making food less rewarding.
- May help people focus less on food and decrease the pleasure of high fat/high sugar foods.

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## Relationship with Food

- Food can have many different meanings for you depending on your life experiences, genetics, and social/culture traditions.
- We may use food as:
  - Comfort
  - Celebration
  - Reliable friendship
  - An obligation
  - A way to fill time
  - A way to connect with others
  - Other...



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## How has your relationship with food changed since starting the medication?

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## Emotional Hunger



Are you still finding yourself using food to deal with stress, boredom, loneliness, etc.?

What times of the day, emotions, or situations do you notice more intense food cravings?

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## Physical Hunger

What does hunger feel like for you now?

Are there physical sensations in your body?

Are there changes in your thoughts about food when you haven't eaten in a while?

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## Principles for a More Positive Relationship with Food

<b>Remember</b>	Remember you are empowered; you deserve food and nutrients.
<b>Eliminate</b>	Eliminate confining rules about food.
<b>Release</b>	Release resentment surrounding food.
<b>Avoid</b>	Avoid deprivation and restriction, honor your physical hunger cues.
<b>View</b>	View food as a teammate in wellness and not as feared enemy.

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## What's one thing that stood out in today's class?

What is one small step you could take to incorporate that this week?  
*Add this to your journal.*

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*Resources*

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[positivechoice.org/renew](https://positivechoice.org/renew)

Optional Meal Plan 

Getting Started with Strength Training 

KP Health Resources 

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