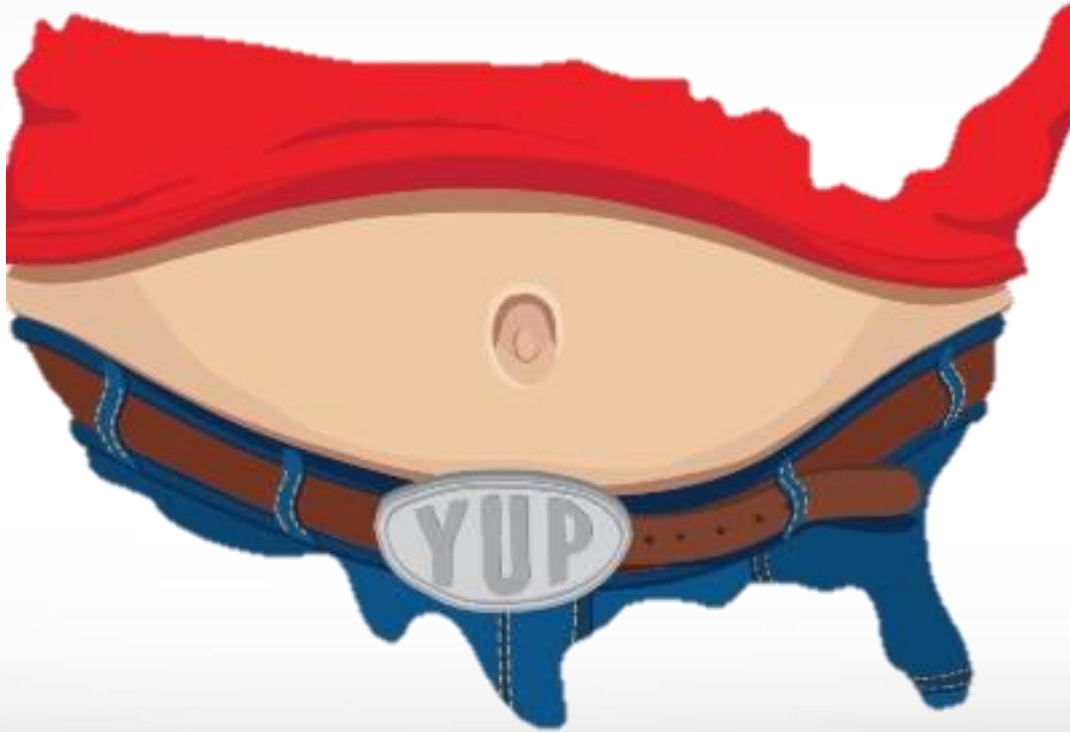


Empowerment:
Daily Strategies &
Commitments
for Sustained Weight Loss,
A Qualitative Inquiry

James H. Doster, RN, CHC, MS



Problem



whatshealthyanyways.wordpress.com

Question

What are the characteristics of someone's daily life who successfully keeps unwanted weight off long-term?

"I'm afraid that I ... all of a sudden put on a few [pounds], and then a few more and just go sliding down that hill and not be able to stop it, which is of course is ridiculous because there is a way to stop it"

Defined

- Long-term
 - Individualistic
- Population
 - Caucasian females in Texas ages 40-70
- Implemented changes
 - *How you made what you know, work for you?*



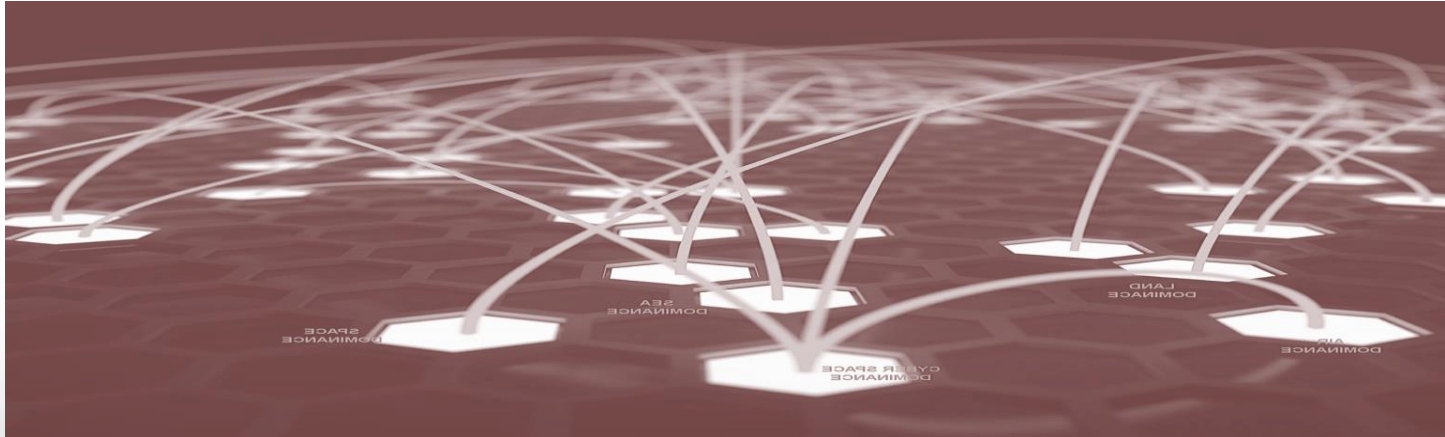
Approach

- Emic perspective
- Phenomenological approach
 - Participants



Methodology

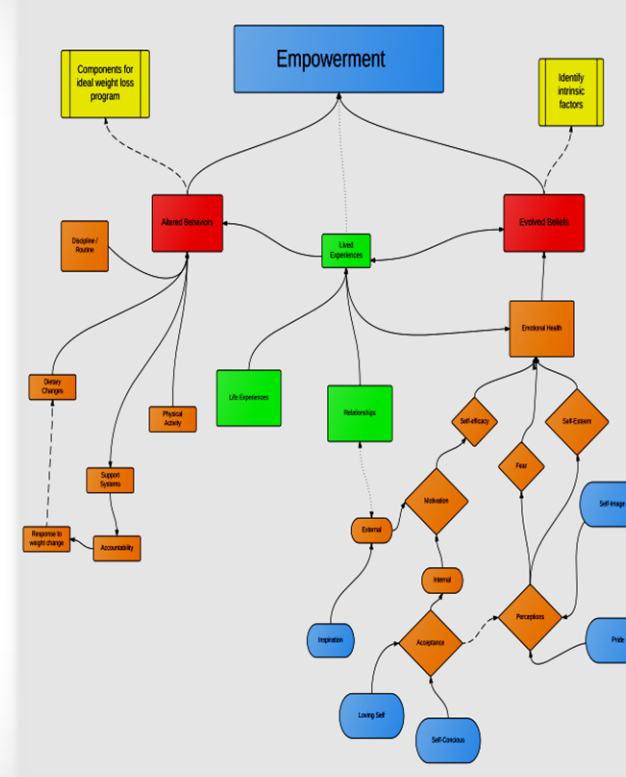
- Verbatim transcription & reflexive memos
- Intermediate codes into software
- Two levels of internal reliability



Results

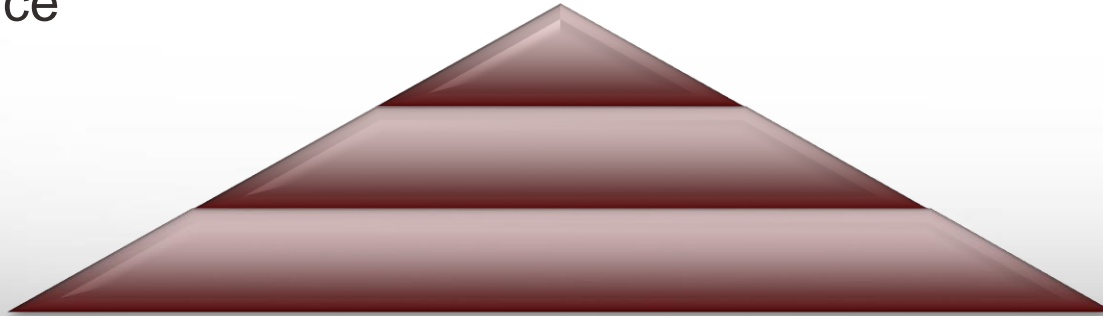
- Emerging themes
 - Evolving beliefs
 - Behaviors adopted
- Interpretive model

”Empowerment Model”



Evolving Beliefs

- Self-Esteem
- Self-Efficacy
- Addressing Fears
- Perceptions
 - Self-Image
 - Reliance
- Self-Conscious
- Self-Love
- Humility
- Pride
- Self-Image



Participants' Voice

“concerned with what people thought about me, it stopped me from doing so many things”

~

“my issue now is what do 40-year olds wear ... Is this too old for me or is this too young for me, versus does this fit me”

~

“I'm not going to look like I did when I was 20, but if I can pick my foot up, cross my legs, lean down, tie my shoes, then I think I'm doing pretty good”

~

“maybe you won't be as strong as you were before but actually now I feel stronger than I was before”

“I feel more connected to the person that I am today”



Behaviors Adopted

- Practice accountability
- Utilize support
- Respond to weight change
- Modify dietary intake
- Actively move
- Practice discipline
- Develop routine
- Adhere to structure



Participants' Voice

"You have to find something that you can do ... what worked for me might not work for you."

~

"released from the chains of the old ways of doing things"

~

"when I really shouldn't eat something, I have ... coffee, and tea or drink some water"

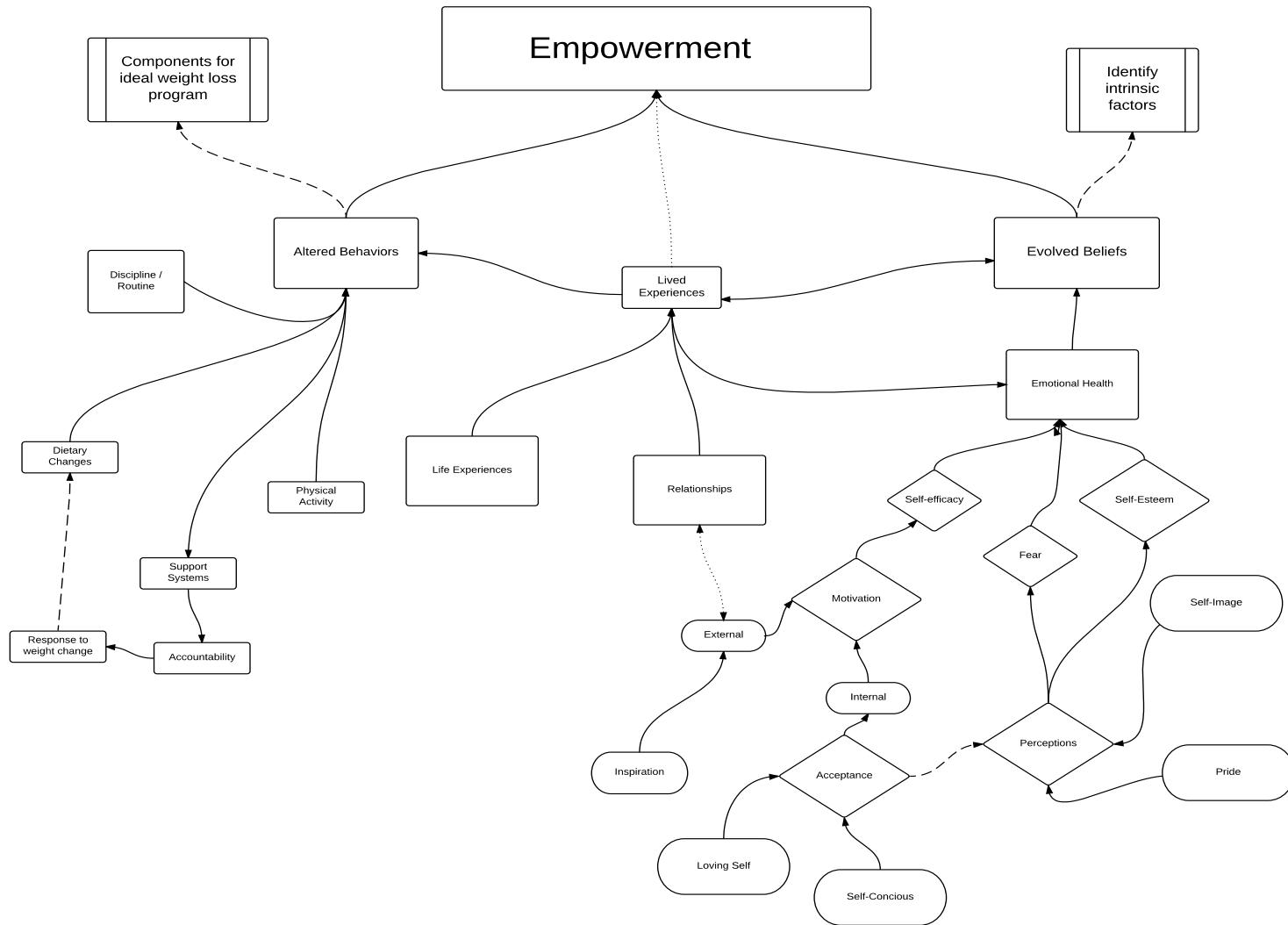
~

"eating smaller portions and ... focusing on protein and low carb veggies"

~

*"took me time to get used to doing things differently
and to making those things habits"*





Implications

- Increases awareness individualistic
- Tailored design for practice
- Cultural and racial considerations



Thank You !



Questions ?

