January 15, 2015

With the start of the New Year, many of us will be working on our resolutions to stay fit and eat healthier. While it’s easy to stay focused at the beginning, staying on track becomes harder and harder down the road. Studies have shown that a concept called “unconditional positive regard” (where a child feels accepted and valued by others without conditions) can help reduce children’s negative feelings and stop the adverse impact of a setback. Ways to help include:

• Be empathetic (imagine how the other person feels)
• Help recognize resistance to change, and set priorities for change
• Give continual encouragement

What is the “Stop Light Diet?” (Also known as the “Traffic Light Diet”)

Different foods from every food group are categorized into three different groups:

- Rarely Foods
- Sometimes Foods
- Often Foods

Depending on your health goals and what you discuss with your doctor, you can eat Often Foods every day, Sometimes Foods 2 to 3 times a week, and Rarely Foods once a week or less

Health App Review: Kurbo

Free Health App designed for kids. Allows user to track food intake, based on the “Stoplight Diet”

Pros: Can set diet and exercise goals, track importance of a goal and confidence in achieving it, view weekly progress, and play games. User can set up a customizable profile, get virtual feedback and suggestions, and receive expert coaching.

Cons: Push notifications can be useful, though perhaps annoying to some users.

Final Score: 10/10

Moved? Change of Phone/Address?
Questions/Comments?
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