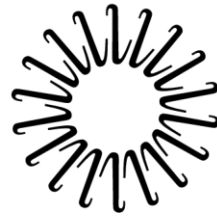


Behavior Change

Part 1: Risk Factor Management



Lifespan Cardiovascular Institute

**Rhode Island Hospital • The Miriam Hospital
Newport Hospital**

Delivering health with care.®

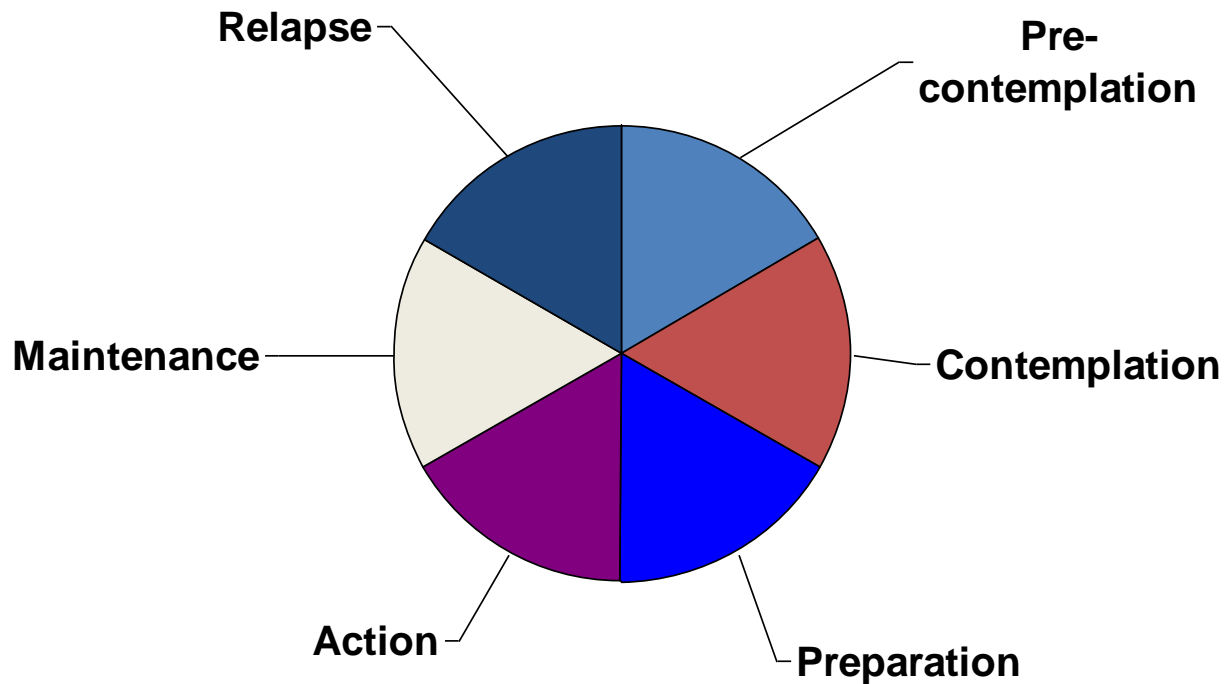
Center for Cardiac Fitness
Cardiac Rehab Program
The Miriam Hospital

Health Behaviors and Heart Disease

- Diet / nutrition
- Exercise / activity
- Smoking
- Stress reduction
- Sleep
- Emotional control

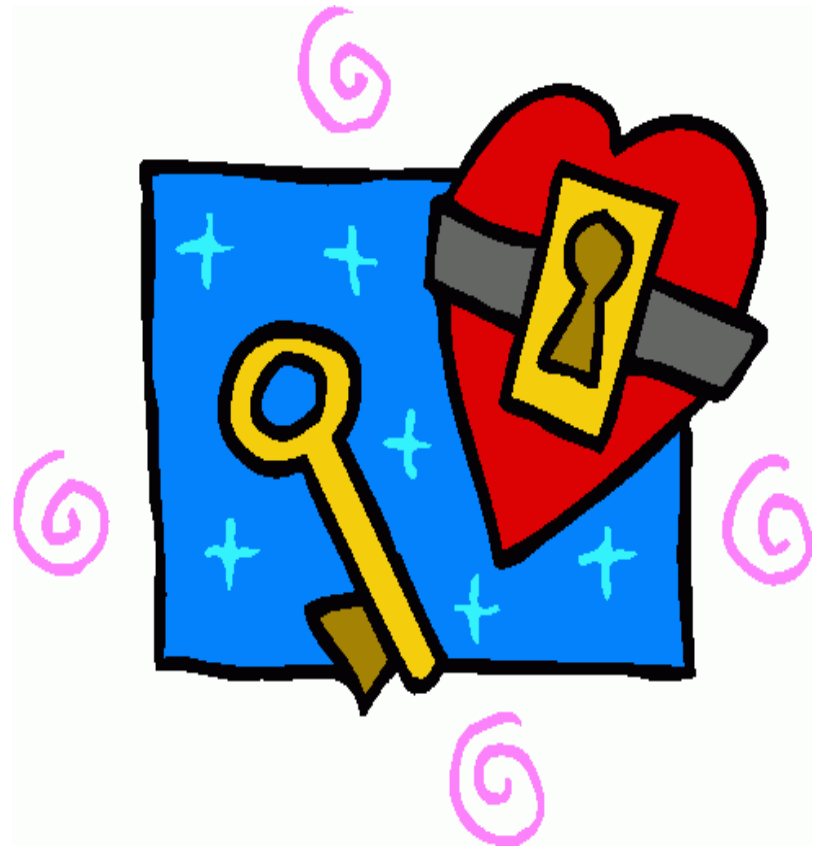


The Stages of Behavior Change

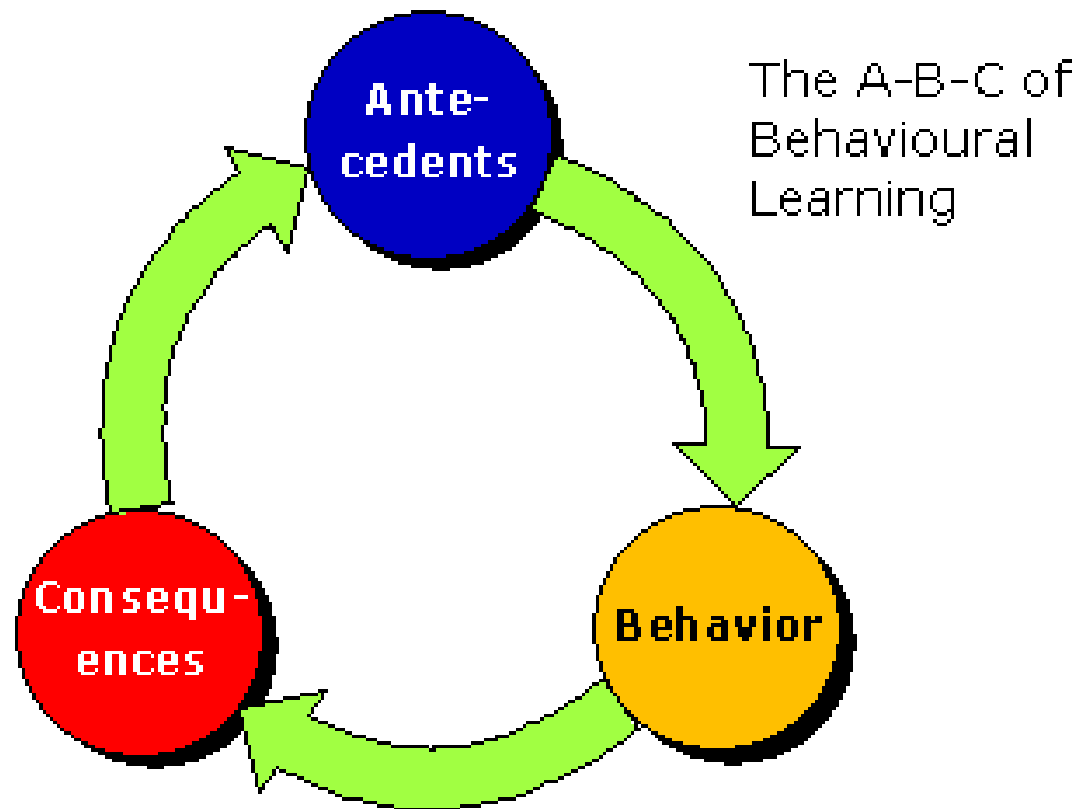


Motivation to Change

- Two Key Factors
 - Importance
 - Confidence



The ABC's of Behavior Change



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Tools



Self-monitoring

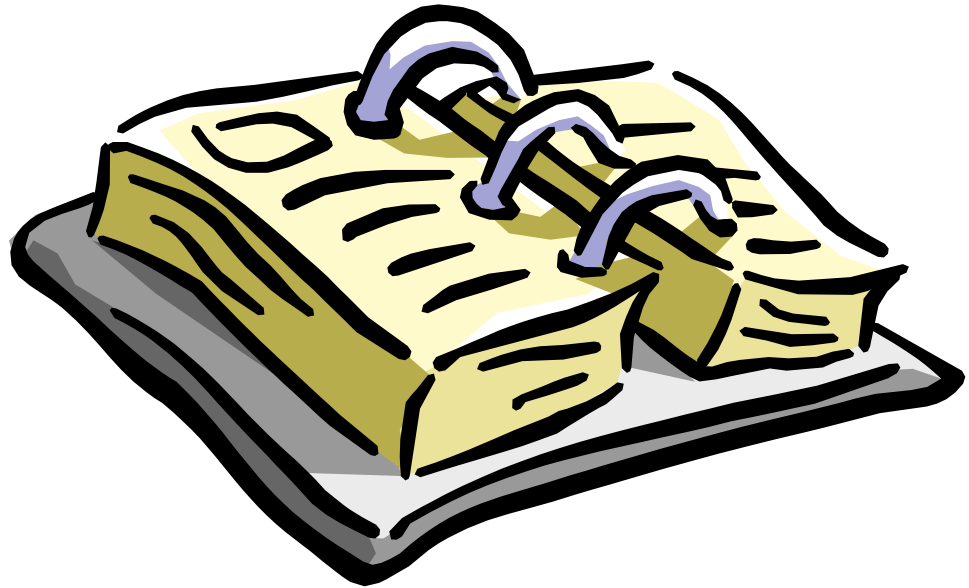
- Increases awareness of behavior
- Tracks progress
- Increases awareness of barriers/problem areas

Problem Solving

- Define and Identify the problem
- Analyze the problem
- Brainstorm solutions
- Choose a solution and develop a specific plan
- Try, evaluate, and rework

Pre-planning: “High Risk Situations”

- Anticipate problematic situations
- Develop a plan
- Be Specific



Stimulus Control

- Environment is crucial to behavior change
- Set up environment to encourage healthy behavior
 - E.g., people, home, media

Goal Setting

SMART

- Specific
- Measurable
- Attainable
- Realistic
- Time-based



Reinforcement

- Rewards for goal attainment
- Choose appropriate rewards
- Timing of rewards
- Short-term and long-term rewards

3 Main Points

- **Behavior change is a process**
- **Motivation comes from perceived importance and confidence**
- **Use tools to help you be more successful**