

Set up a weight loss supportive environment

Recognising environmental barriers is important and small changes you make to your environment can be the difference between long-term success or failure. Use the checklist below to set yourself up in the best possible position to succeed.

	Why is this a problem?	What can I do to help myself?
Family and friends have poor eating habits and are not interested in changing	Often unintentionally, people put pressure on you to overeat	Explain clearly your reasons for change and share your strategies so friends and family can support you. Encourage your family and friends to join you and improve their own diet
Someone else provides unhealthy meals for me	It may be difficult to decline meals without offending someone	Explain clearly your reasons for change and share your strategies and needs. Try to prepare your own meals
I am a shift worker	Shift work disrupts normal hunger and eating patterns	Plan ahead for the week, make your meals in advance, and ensure you are getting enough sleep.
A focus on food during daily life (e.g. chef)	People who are constantly around food are exposed to more temptation	Develop strong voices to help you stay on track even in tempting situations (refer to “Strategies for EAH”. Medication can be effective.
I haven’t had success in the past with achieving goals I set myself	This can be a repeating cycle of discouraging thoughts and lack of confidence in your ability	Confidence can only be gained by proving to yourself, in small steps, that you can do it. Be strong and you will gain more strength. Try it!
It is difficult for me to commit to a long block of time to make changes, because my life is too unpredictable	If you have a lot of weight to lose, this requires a patient long –term plan	Try to make extra time initially to work out a meal plan, activity schedule, set goals etc. Then schedule a specific date to review these with your GP/clinic nurse
My kitchen and home contains unhealthy food	Temptations are hard to resist, particularly if you are tired and frustrated.	Clear out your kitchen! If others require access to foods unsuitable to you, put these in a cupboard you rarely use.
I am eating out often	Restaurant food is often designed for taste rather than health, and may contain higher fat.	Choose protein based meals and low calorie options such as lightly dressed salads, fruits.
Frequently tempted by unhealthy food	Temptations are hard to resist	Avoid as many tempting situations as you can, but don’t get discouraged. Most people have difficulty in this area and sometimes medication can help initially

