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Behavioral change strategies conducive to reducing rates of disease and disability and promoting rehabilitation and daily functioning

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Despite advances in the prevention, early detection and treatment of disease, heart disease, stroke, cancer, diabetes and depression continue to result in reduced quality of life, premature death and disability. Research continues to grow and provides strong evidence of the impact of both diet and exercise in disease prevention, disease management, and rehabilitation. Despite the evidence, many patients/clients are overwhelmed and uncertain of healthy, safe and effective approaches for promoting disease management, rehabilitation, long term health and wellness. Lifestyle coaching and goal setting are vital for promoting client commitment, recovery, and success. This presentation will outline the various nutrition and physical activity related behaviors conducive to reducing rates of disease and disability, promoting daily functioning, overall health and wellness. Behavior change education strategies for individual clients and clients in the group setting will be discussed.

Biography

Tina Cloney is a Health and Nutrition Professor in the Department of Exercise Science and Sport. She has a Bachelor's degree in Health, Nutrition, and Dietetics; a Master's degree in Community Health, and a Doctoral degree in Public Health, Health Education and Health Promotion. She is also a Board Certified Registered Dietitian, Board Certified Sport Specialist Dietitian, and a Board Certified Diabetes Educator. Before joining Millikin, she worked for over 20 years as an Educator and Manager in various clinical and community capacities.

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