



BUILDING A FRAMEWORK FOR HEALTHY HOUSING

CHANGING HEALTH HABITS AND BEHAVIORS: HOW IT HAPPENS AND WHY IT IS HARD

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Challenges for Better Health

- **Chronic Illnesses replace infectious diseases as leading causes of death**
- **Lifestyle and habitual behaviors create major health risks**
- **Behavior change of health habits and reduction of risk exposure can improve mental and physical health significantly**
- **Information is necessary but not sufficient for changing health behaviors**



**HEALTH PROMOTION &
DISEASE PREVENTION**

REQUIRE

**BEHAVIOR
CHANGE**

CANCER PREVENTION

INITIATION

HEALTH PROMOTION

**SAFETY AND INJURY
PREVENTION**

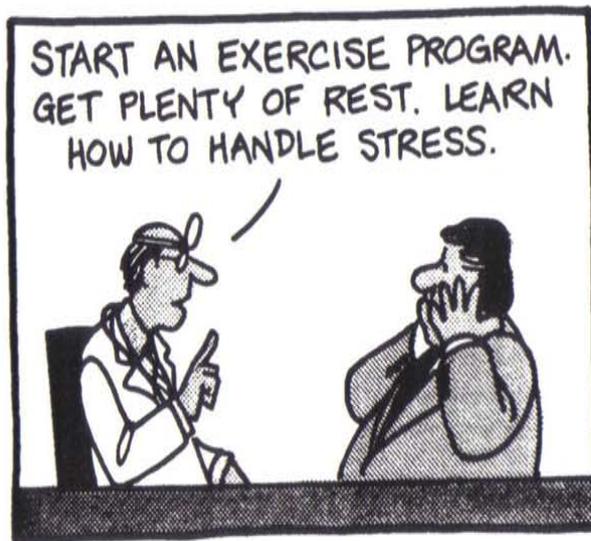
MODIFICATION

HEALTH PROTECTION

SUBSTANCE ABUSE

CESSATION





BUILDING A FRAMEWORK
FOR HEALTHY HOUSING

WHY DON'T PEOPLE CHANGE?

- **NOT CONVINCED OF THE PROBLEM OR THE NEED FOR CHANGE – UNMOTIVATED**
- **NOT COMMITTED TO MAKING A CHANGE – UNWILLING**
- **DO NOT BELIEVE THAT THEY CAN MAKE A CHANGE - UNABLE**



WHAT TO CHANGE

- CHANGE IS DISRUPTIVE
- PEOPLE DO NOT WANT TO CHANGE EVERYTHING
- CHANGE IS MOST OFTEN BEHAVIOR AND GOAL SPECIFIC
- DEFINING CLEARLY WHAT IS TO BE CHANGED IS CRITICAL



HOW PEOPLE CHANGE



PATHWAYS TO CHANGE

- **THE PATH INTO AND OUT OF HEALTH BEHAVIOR PROBLEMS IS BEST UNDERSTOOD AS:**

- **A LEARNING PROCESS THAT IS UNIQUE AND PREDICTABLE**
- **HAPPENS OVER TIME**
- **INVOLVES INDIVIDUAL DECISIONS AND CHOICES**
- **IS INFLUENCED BY BIOLOGICAL, PSYCHOLOGICAL AND SOCIAL FACTORS**



How Do People Change?

- People change voluntarily only when
 - They become *interested and concerned* about the need for change
 - They become *convinced* the change is in their best interest or will benefit them more than cost them
 - They organize a *plan of action* that they are *committed* to implementing
 - They *take the actions* necessary to make the change and sustain the change



Stage of Change Labels and Tasks

- **Precontemplation**
 - Not interested
- **Contemplation**
 - Considering
- **Preparation**
 - Preparing
- **Action**
 - Initial change
- **Maintenance**
 - Sustained change
- **Interested, concerned and willing to consider**
- **Risk-reward analysis and decision making**
- **Commitment and creating a plan that is effective/acceptable**
- **Implementing plan and revising as needed**
- **Consolidating change into lifestyle**



A Transtheoretical Model of Intentional Behavior Change

STAGES OF CHANGE

PRECONTEMPLATION → CONTEMPLATION → PREPARATION → ACTION → MAINTENANCE

PROCESSES OF CHANGE

COGNITIVE/EXPERIENTIAL

Consciousness Raising
Self-Revaluation
Environmental Reevaluation
Emotional Arousal/Dramatic Relief
Social Liberation

BEHAVIORAL

Self-Liberation
Counter-conditioning
Stimulus Control
Reinforcement Management
Helping Relationships

CONTEXT OF CHANGE

- 1. Current Life Situation**
- 2. Beliefs and Attitudes**
- 3. Interpersonal Relationships**
- 4. Social Systems**
- 5. Enduring Personal Characteristics**



Stages of Change

- 1. Precontemplation - Not Considering Change**
 - 2. Contemplation – Seriously Thinking About Change**
 - 3. Preparation – Planning and Preparing for Change**
 - 4. Action - Making the Change**
 - 5. Maintenance - Sustaining the Behavior and Integrating the into Lifestyle**
-



Understanding Motivation and Movement through the Stages of Change

UNMOTIVATED

UNWILLING

UNABLE



Precontemplation → Contemplation → Preparation → Action → Maintenance

This Process is as relevant for organizations and service providers as it is for Individuals managing physical health risks, mental health problems and addictions.



Tasks and Goals for each Stage of Change

- ***PRECONTEMPLATION*** - The state in which there is little or no consideration of change of the current pattern of behavior in the foreseeable future.
- **TASKS:** Increase awareness of need for change and concern about the current pattern of behavior; envision possibility of change
- **GOAL:** Serious consideration of change for this behavior



INDIVIDUALS HAVE TO REALIZE

- MAYBE MY CHILD IS REALLY AT RISK FROM THE LEAD, PASSIVE SMOKE, ETC.
- I CAN PROTECT MY FAMILY BETTER; I CAN DO SOMETHING TO REDUCE TO STOP A SERIOUS PROBLEM
- SOME IMPORTANT VALUES ARE AT RISK HERE



Key Issues and Interventions

- Coercion and Courts cannot do it alone
- Confrontation breeds Resistance
- Motivation not simply Education needed
- Intrinsic and Extrinsic Motivations
- Incentives work better than Admonitions
- Proactive versus Reactive Approaches
- Harm Reduction and Motivation



Tasks and goals for each Stage of Change

- **CONTEMPLATION** – The stage where the individual or society examines the current pattern of behavior and the potential for change in a risk – reward analysis.
- **TASKS:** Analysis of the pros and cons of the current behavior pattern and of the costs and benefits of change. Decision-making.
- **GOAL:** A considered evaluation that leads to a decision to change.



Decisional Balance Worksheet

NO CHANGE

CHANGE

PROS (Status Quo)

CONS (Status Quo)

CONS (Change)

PROS (Change)



Key Issues and Interventions

- Decisional Considerations are Personal
- Increasing the Costs of the Behavior
- Increasing the Benefits of Change
- Challenging Ambivalence
- Envisioning Change
- Culturally Relevant Considerations and Approaches that are Motivational
- Families can influence or aggravate



MOTIVATED TO CHANGE

- There is a significant problem
- The status quo is problematic and needs changing
- The pros for change outweigh the cons
- Change is in our own best interest
- The future will be better if we make changes in excessive drinking behaviors



FANCIS, THE MOTHERS CLUB IS OFFERING
MOTIVATIONAL SEMINAR TONIGHT CALLED
"STOP MAKING EXCUSES." WOULD YOU
LIKE TO GO WITH ME?

NAH. IT'S TOO HOT,
I'M TIRED AND I
CAN'T FIND MY
SOCKS.



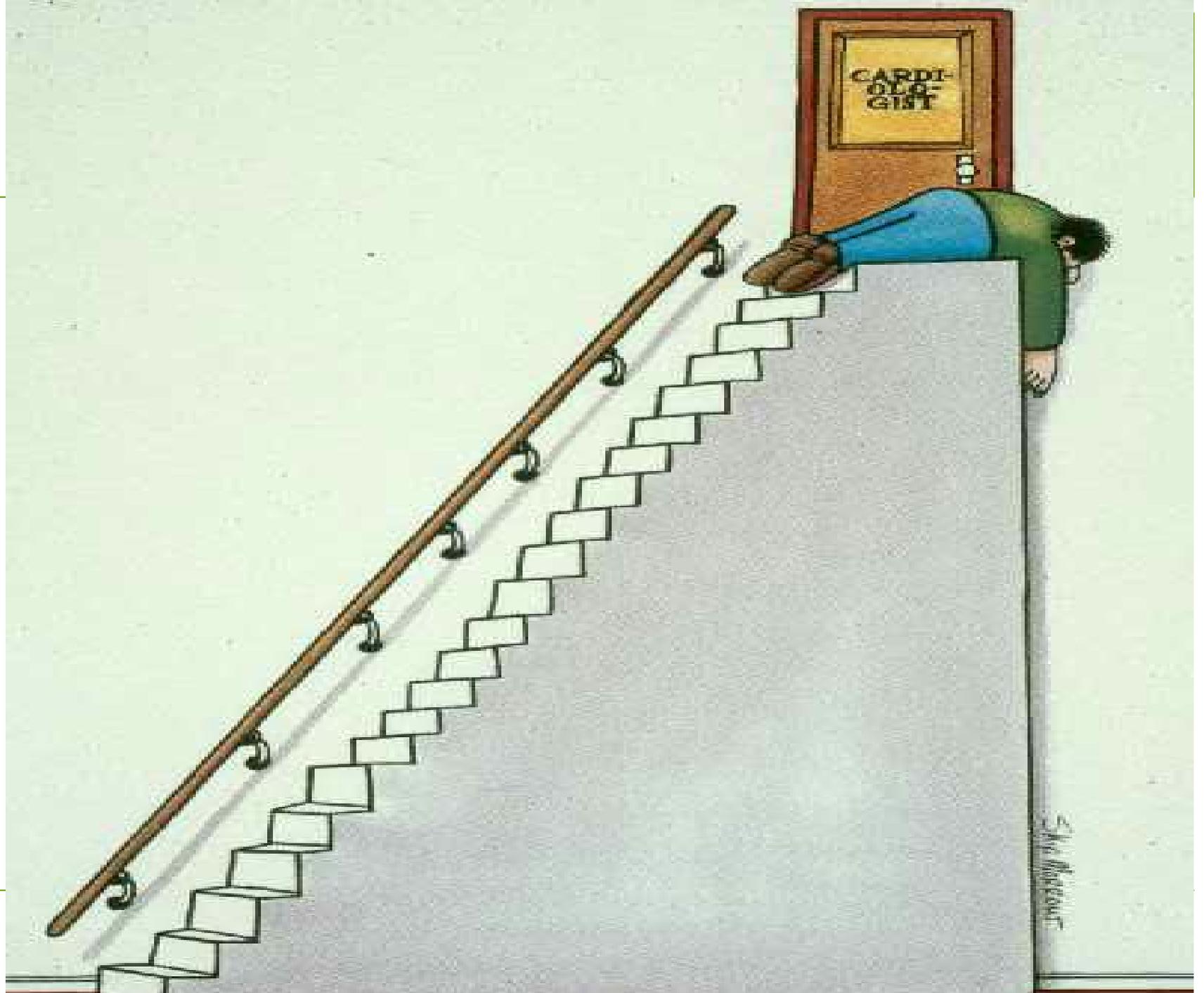
Tasks and goals for each of the Stages of Change

- **PREPARATION** – The stage in which the individual or society makes a commitment to take action to change the behavior pattern and develops a plan and strategy for change.

TASKS: Increasing commitment and creating a change plan.

- **GOAL:** An action plan to be implemented in the near term.





Key Issues and Intervention Considerations for Preparation

- Effective, Acceptable and Accessible Plans
- Setting Timelines for Implementation
- Building Commitment and Confidence
- Creating Incentives
- Developing and Refining Skills Needed to Implement the Plans
- Intervention Plan and Change Plan



WILLING TO MAKE CHANGE

- COMMITMENT TO TAKE ACTION
- SPECIFIC ACTION PLAN (S)
- TIMELINE FOR IMPLEMENTING PLAN
- ACCESSIBLE AND ACCEPTABLE PLAN
- EFFECTIVE PLAN OF ACTION
- ANTICIPATION OF BARRIERS



Tasks and goals for each of the Stages of Change

- **ACTION** – The stage in which the individual or society implements the plan and takes steps to change the current behavior pattern and to begin creating a new behavior pattern.
- **TASKS:** Implementing strategies for change; revising plan as needed; sustaining commitment in face of difficulties
- **GOAL:** Successful action to change current pattern. New pattern established for a significant period of time (3 to 6 months).



Key Issues and Interventions

- Flexible and Responsive
- Support for Change
- Reward Progress
- Consequences for Failure to Implement (more difficult to manage)
- Developing and Refining Skills Needed to Implement the Plan



Tasks and goals for Stage of Change

- **MAINTENANCE** – The stage where the new behavior pattern is sustained for an extended period of time and is consolidated into the lifestyle of the individual and society.
- **TASKS:** Sustaining change over time and across a wide range of situations. Avoiding going back to the old pattern of behavior.
- **GOAL:** Long-term sustained change of the old pattern and establishment of a new pattern of behavior.



Key Issues and Interventions

- It is Not Over Till Its Over
- Support and Reinforcement
- Availability of Services to Address Other Issues In Contextual Areas of Functioning
- Offering valued Alternative Sources of Reinforcement

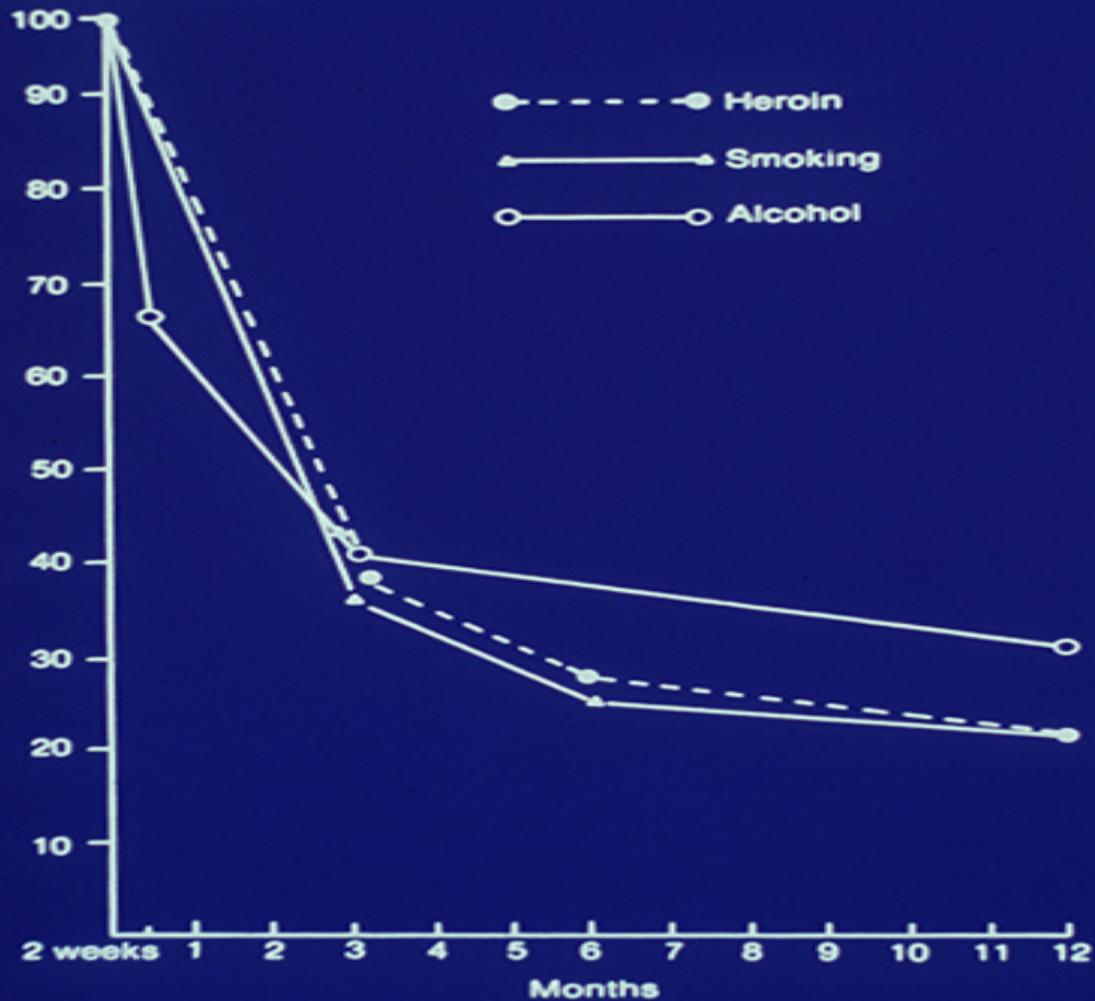


ABLE TO CHANGE

- Continued Commitment
- Skills to Implement the Plan
- Long-term Follow Through
- Integrating New Behavior into Lifestyle
- Creating a New Norm



Relapse rate over time for heroin, smoking, and alcohol



Relapse and Recycling - Slipping Back and Trying to Resume Change

Characteristics:

- ◆ The person has re-engaged in the previous behavior, although the extent may vary
- ◆ After reverting back to previous behavior person re-enters precontemplation, contemplation, preparation stages
- ◆ The person may feel like a failure and be discouraged about the ability to change

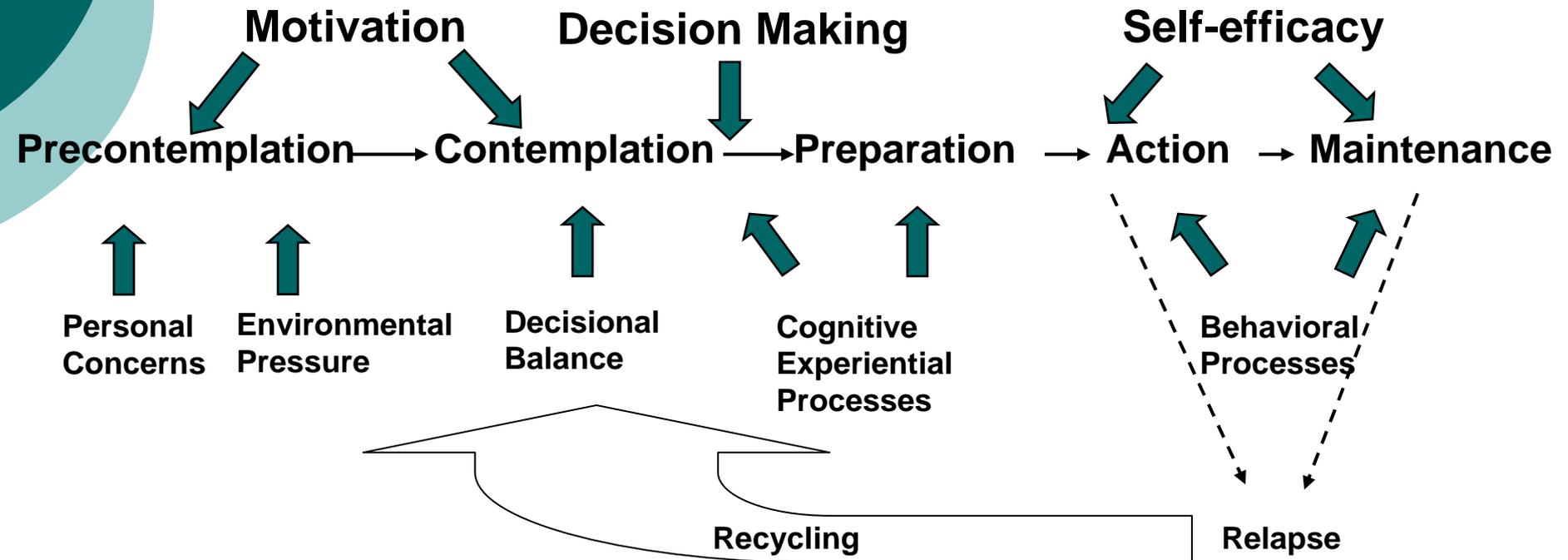


Key Issues and Interventions

- Blame and Guilt Undermine Motivation for Change
- Determination despite delays and defeats
- Support Re-engagement in the Process of Change
- Recycling or just Spinning Wheels
- Hope and a Learning Perspective

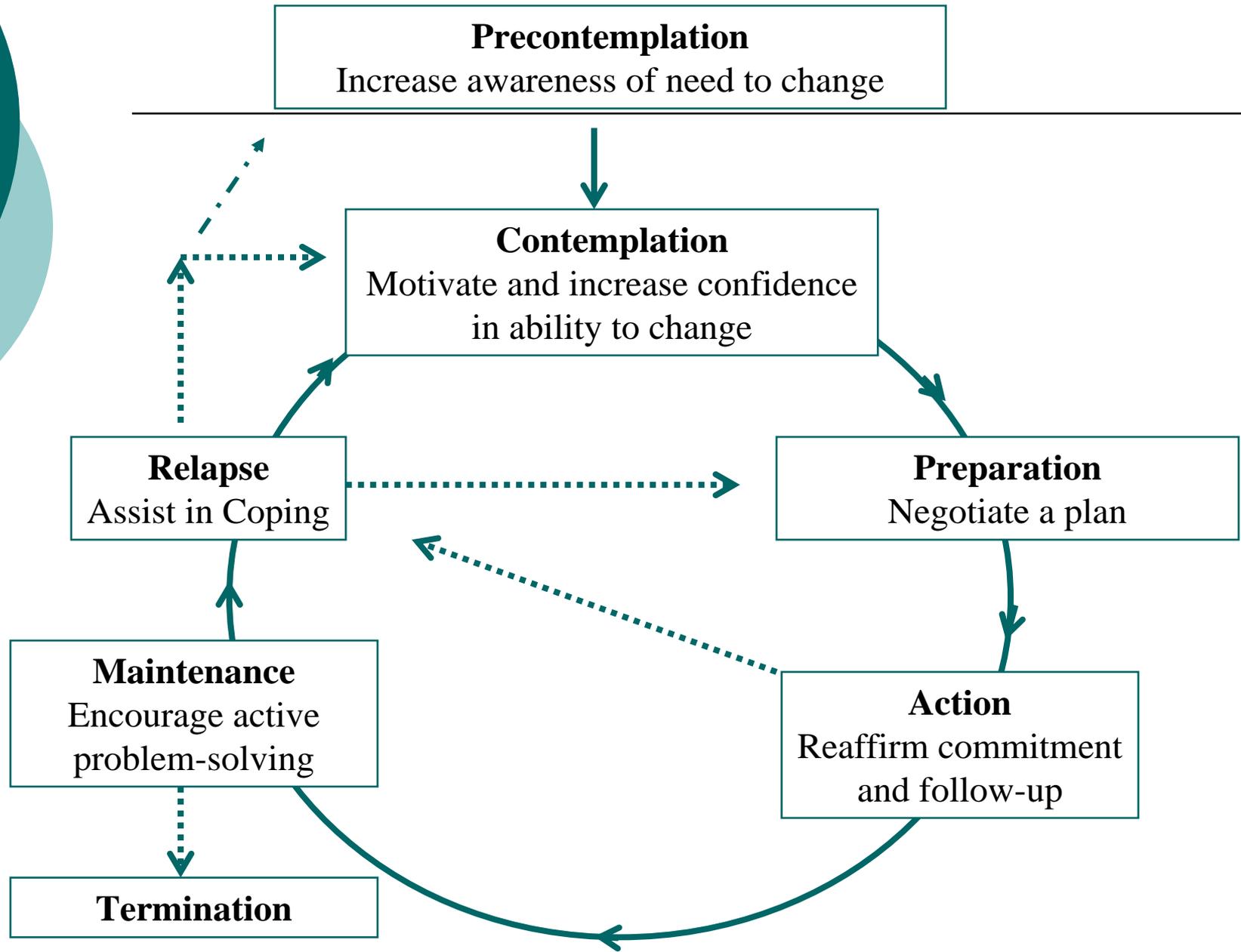


Theoretical and Practical Considerations Related to Movement Through the Stages of Change



What would help or hinder completion of the tasks of each of the stages and deplete the self-control strength needed to engage in the processes of change needed to complete the tasks?

Stages of Change Model





A Spiral Model of the Stages of Change

Termination

Maintenance

Precontemplation • Contemplation • Preparation • Action

Precontemplation • Contemplation • Preparation • Action



CHANGING FOR GOOD

- Pick a target behavior
- Make a solid decision
- Prioritize and Prepare
- Make a plan and revise as needed
- Keep going and do not get discouraged
- Find and build a network of support
- Make the change a part of you life



Key Steps for Changing for Good

- THINK
- DECIDE
- PREPARE
- COMMIT
- IMPLEMENT
- SUSTAIN



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Do You Know? | On Your Mark | Get Ready | Get Set | Go! | Keep Going Resources | Newsletter

Physical Activity

What is My Stage?

Do You Know?	On Your Mark	Get Ready	Get Set	Go!	Keep Going
 <p>Carl "I wasn't sure what was out there."</p> 	 <p>Ann "I decided that I was ready."</p> 	 <p>Tom "I found out how."</p> 	 <p>Ellen "I was ready to start."</p> 	 <p>Kenith "I made it my goal."</p> 	 <p>Pat "I kept trying."</p> 

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Concluding Thoughts

- Change is a complicated process
- Need a roadmap
- Need both an Overview of the larger process and as a Focused view of a particular client
- Negotiating Change and Entering the Client's Change Process requires patience and persistence; optimism and realism; and the perspective of a coach of a minor league team

