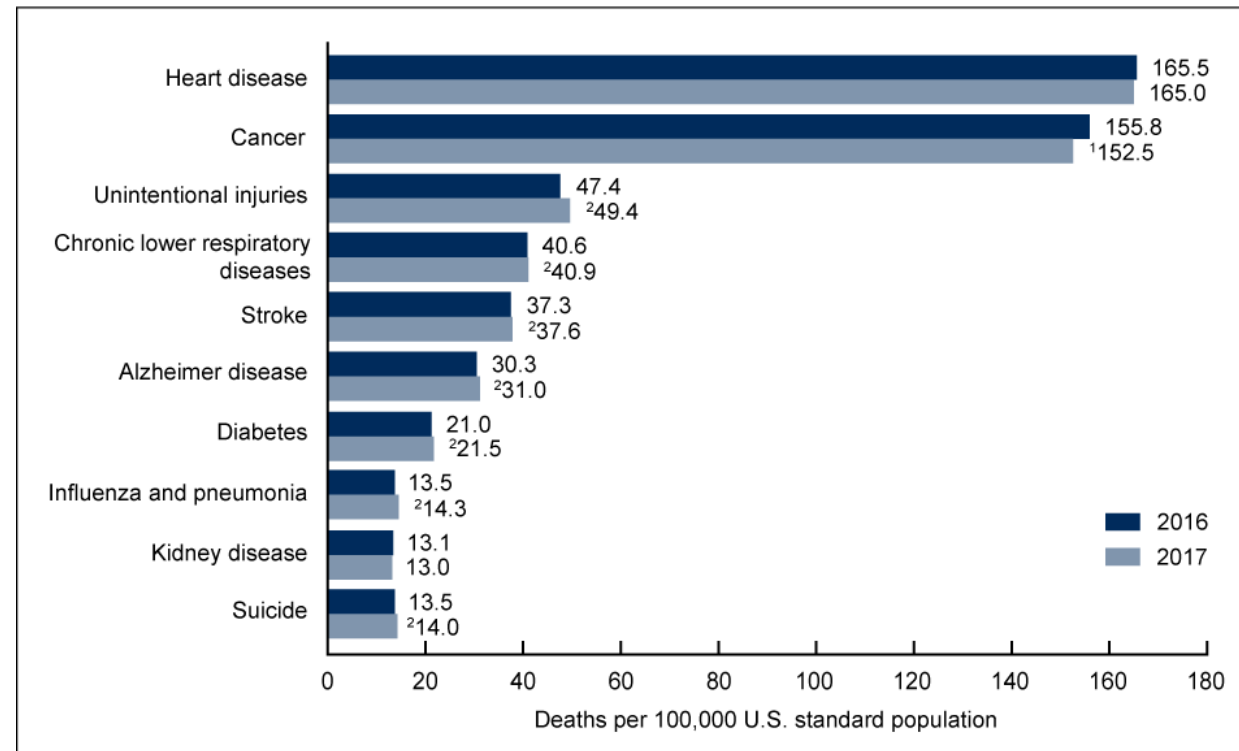




The Progress Behavior Change System

Leading Causes of Death in the U.S.

Figure 4. Age-adjusted death rates for the 10 leading causes of death: United States, 2016 and 2017



¹Statistically significant decrease in age-adjusted death rate from 2016 to 2017 ($p < 0.05$).

²Statistically significant increase in age-adjusted death rate from 2016 to 2017 ($p < 0.05$).

NOTES: A total of 2,813,503 resident deaths were registered in the United States in 2017. The 10 leading causes accounted for 74.0% of all deaths in the United States in 2017. Causes of death are ranked according to number of deaths. Rankings for 2016 data are not shown. Data table for Figure 4 includes the number of deaths for leading causes. Access data table for Figure 4 at: https://www.cdc.gov/nchs/data/databriefs/db328_tables-508.pdf#4.

SOURCE: NCHS, National Vital Statistics System, Mortality.

Why Behavior Change?

- Many of the country's top killers are preventable with healthy lifestyle changes.
- Working towards sustainable healthy behaviors is important for living well and reducing chances of health complications and diseases, such as heart disease, obesity, cancer, diabetes, and other leading killers.
- You have the power to make a change!

What is a “Behavior Change System?”

- The Progress Behavior Change System is intended to be used as a guideline to help you set specific and achievable goals and brainstorm strategies that will be effective and sustainable for you.
- Our suggested time frame for making a behavior change is 31 days
 - This is for motivation and guidance, but keep in mind everybody progresses at a different rate, and some goals are more extensive or may take longer to achieve than others.

Assess

(Evaluate)

- How would you like things to be different?
- Think about a typical day in your life. How content are you with your lifestyle habits?
- What are your concerns?

"The first step to personal growth, is the ability to make an honest assessment of where you currently are." - Michell Pulliam

Purpose

(Why)

- Why do you want to make a change?
- Perceived benefits? What are they?
- For you? For others? What is driving the desire for change?

“Having a why to live enables you to bear the how.” - Harold S. Kushner

Prioritize

(Target)

- Write down your health goals.
- Write down the perceived benefits of each of these goals. What would you gain from accomplishing each of them?
- Compare them, and select one to be your main goal that you will focus on with this model. What is most important to you? This will be your guiding light as you create and execute your change.

"You always have time for the things you put first." - anonymous

Mindset

(Mental Commitment and Confidence)

- Determine how you will choose to think about your change efforts.
- Assess your readiness to make the change. Make sure you are mentally prepared to make a change. If you truly don't feel ready, take some time to focus on self love and to gain the confidence you need to feel ready!

"We cannot solve our problems with the same thinking we used when we created them." - Albert Einstein

Game Plan

(Strategize)

- What is required?
- What strategies give the greatest return/reward?
- Set SMART goals based on priorities (i.e. Time management is the priority, tracking and writing down daily activities is the goal)
 - (SMART goals are specific, measurable, attainable, realistic, and time-oriented)
- Create a to-do list, and rank the items in order of priority
- How can you enlist social support? Who in your life supports you changing this behavior?
- What potential obstacles or challenges do you see arising? How can I overcome them?
- Have you attempted this change before? What did you learn from past attempts? What was successful about past attempts?

"Start where you are. Use what you have. Do what you can." - Arthur Ashe

Action

(Execute)

- Implement strategies
- maybe implement reward system - reward yourself when you make progress or reach short term goals

"You get what you work for, not what you wish for." - Howard A. Tullman

Reflect

(Assess and Pivot)

- What did you accomplish that made you proud? What did you do well?
- What was holding me back, if anything? What are some things that are limiting me from accomplishing what you want to accomplish?
- What did you learn from this experience?

"The ability to honestly and quietly reflect on one's life is one of the most powerful tools for personal growth." - Richard Carlson

Improve

(Continue to Progress)

- Continue improving, if you have achieved your target behavior great!
- If you are ready, use this strategy to progress in another area of your life.

"Strive for continuous improvement, instead of perfection." - Kim Collins

Lead

(Serve)

- Lead by example and serve others.
- You are able to demonstrate to others what is possible and have a positive influence on them!

*"A leader is one who knows the way, goes the way, and shows the way."
- John C. Maxwell*

Tips for Success

- The keys to achieving and maintaining your goals are to try new techniques and find ways to stay motivated.
- Pick a behavior that you have full control over.
- Learn more about the benefits of the desired behavior for additional motivation.
- Celebrate success.

Relapsing

- If you relapse, don't be too hard on yourself.
- Don't let a setback diminish your self-confidence. If you lapse back to an old behavior, think about why it happened. What triggered the relapse? What can you do to avoid these triggers in the future?
- Progress of any kind is something to be proud of.

THERE IS NO
BETTER TIME THAN
NOW TO START
LIVING HEALTHY.

