

Soundbite Script – Decoding the underlying factors of obesity

Nicole O'Neill, dietitian, OSF HealthCare

"We know the heavier we are, the higher risk we have for things like diabetes, like high blood pressure for acid reflux or sleep apnea, the things that actually are causing damage to our bodies," says Nicole O'Neill, a registered dietitian with OSF HealthCare. (:13)

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"A lot of times it really depends on what the root cause of the actual weight gain is," she says. "Is it someone who's stressed out and is eating their feelings? Then we have to look at that. Is it someone that has an injury and they're no longer able to exercise? In that case, we try to give them modified exercises. We're always going to look at diet though." (:23)

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"Every person is so different. We have to take an individualized approach with each person," she says. "What works for me probably isn't going to work for you or anybody else." (:10)

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"I recommend people see a counselor because it's important. They're trained to know if you're depressed or you're anxious. They have the tools to say 'Alright, when you feel this way, do this instead of turning to food.'" (:19)

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"It can be small, incremental steps, and that's how most people do well," O'Neill says. "Take one bottle of soda away and replace it with a glass of water. Take one cheeseburger away a week and add a salad so that they're sustainable changes that feel doable." (:21)