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Staying on the Road to a Healthier You Facilitator Notes

Main Learning Points and Review of Healthy Steps from Last Session: *Sodium and Potassium: What do the Guidelines Say?*

1. Our bodies need only 1 teaspoon of salt every day.
2. An eating plan rich in fruits and vegetables gives us the potassium that we need.
3. Eating fruits and vegetables are healthy foods that win every time!

Review Healthy Steps from last session.



Note

This session could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Remember

It is important to acknowledge and discuss participants' successes, progress and challenges.

Note

As this is the last session of the *Healthy Eating* workbook, it is an opportunity to celebrate and make a family commitment to healthy eating habits.

This is the last session of a lengthy workbook. You will want to have a special celebration ceremony today to recognize participants for their achievements.

In addition to family or friends, participants may want to invite other treatment team members, including prescribers. Completion of this workbook marks an achievement. Inviting special guests underscores the achievement as something they can be proud of.

Ideas that you might use for your celebration:

1. Award each of them a certificate of achievement – invite their prescriber or a family member or friend to present their certificates, with the facilitator reading their names. You could roll each certificate and tie it with a small ribbon to add to the formality of the event. Some participants may never have had any type of graduation ceremony, so this could be very meaningful to them.

2. Consider sharing one example of a creative or insightful moment for every participant. Many people like to know their efforts are noticed and shared.
3. If possible, you may want to give each of them a small gift that relates to healthy eating, e.g., a set of measuring cups and spoons, water bottles, a grocery shopping net or canvas bag.
4. You may want to have a small reception, with healthy drinks and snacks. To make it more meaningful to participants, ask them to plan the reception and the refreshments.

If you are interested in an outcomes measurement for this workbook, you may want to consider using the Short-Form-12 Health Survey (John E. Ware, Jr., 1994, revised 1998), the Personal Growth Initiative Scale (PCIS), developed by Christine Robitschek, Ph.D., the Quality of Life Index by Dr. W. O. Spitzer, 1980, or the COOP Chart for Primary Care Practices (Eugene C. Nelson, 1987).

Facilitator Notes

(continued)

The Short-Form-12 Health Survey (John E. Ware, Jr., 1994, revised 1998) is an abbreviated version of the Short-Form-36 Health Survey. This survey has 7 questions (using Likert scales from 1-5) regarding the person's views about their own health in the last four weeks. It addresses general health and how health affects the person's physical activities and daily activities. It also addresses emotional issues and feelings and whether either physical or emotional health has interfered with social activities. The Short-Form correlates extremely well with the longer, 36 health survey and offers a good way to gauge physical and emotional health. Cultural differences can create potential challenges in regards to the interpretation of questions and, ultimately, answers. A heightened awareness by clinicians can increase the reliability of results.

The PGIS (Christine Robitschek, Ph.D) is a 9 question, self-report instrument that yields a single scale score for personal growth initiative. Personal growth initiative is a person's active and intentional involvement in changing and developing as a person. The PGIS consists of nine items that are rated on a Likert scale from 1 = Strongly Disagree to 6 = Strongly Agree. Item scores are summed to obtain a total PGI score. There is evidence that high scores on the PGIS are strongly positively related to psychological well-being and lower scores are related to psychological distress. Reliability and validity evidence has been strong. The PGIS takes about 5 minutes to complete, and there is no time limit. <http://www.ppc.sas.upenn.edu/ppquestionnaires.htm#ASQ>

The Quality of Life Index, by Dr. W. O. Spitzer, has both a 5 topic self-rating scale and a 5 topic clinician scale, which allows clinicians to compare their impressions to a client's perception. The dimensions measured Activity, Daily Living, Health, Support, and Outlook. The clinician version measures from 0 - 2 with 0 indicating lower quality and 2 indicating higher quality of life. This instrument has been used in many studies and is considered a reliable and valid tool.

The COOP scales (The Dartmouth/Northern New England Primary Care Cooperative Information Project) was developed to create a system to measure health status in physicians' offices. One of the basic tenets of the charts is that the functioning of the person as a whole is more important than that of separate organ systems. You may have seen some of the graphic charts (e.g., the "face" charts to measure feelings). Other graphic charts measure daily activity levels, social activities, physical fitness, change in health, overall health, social support, and quality of life. These charts are widely used in studies and are found to have good reliability and high validity. They are rated as useful by high numbers of office staff and clients.

The editors believe this scale (or these scales) fit the content of this workbook well. These and other health measures can be found in McDowell, (2006).

Suggestion for Topic Introduction and Relevance to Participants

"Today is our last day of Solutions for Wellness: Healthy Eating. This is a wonderful accomplishment."

(If there are guests, have everyone introduce their guests. If participants do not have guests attending, you may want to ask everyone to name the information they learned during the workbook that they like the most or have used the most.)

"Today we are going to wrap up this workbook and summarize some of the information you have learned."

Topic Assessment

1. C 2. A 3. D 4. B

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 21: Salt (Sodium) and Potassium: What do the Guidelines Say?



Main Learning Points of Session 21

What were the main learning points of Session 21? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Our bodies need only 1 t_____n of salt every day.
2. An eating plan rich in fruits and v_____s helps give us the potassium that we need.
3. E_____g fruits and vegetables are healthy foods that win every time!

Take a Small Healthy Step Review

What small healthy step did you choose to practice between sessions?

Did you complete your healthy step yet?

1. Yes. How did it go? _____

2. No. What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. I didn't choose a small healthy step.

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Your greatest wealth is:

- A. The friends you care about.
- B. Your family.
- C. Your good physical health.
- D. The money you save.

2. Living a healthy lifestyle is:

- A. A process, and some days we may do better than others.
- B. Not possible for most people, even if they try. They can't do it.
- C. Totally impossible for people with a mental illness.
- D. An all or nothing choice. You either do it all or you don't do it at all.

3. A setback is a:

- A. Sign that you are not really committed to reaching your goal.
- B. Good reason to overeat and stop exercising for several months.
- C. Disaster. You should feel angry and guilty about it.
- D. Natural part of any change process and is manageable.

4. When you have a setback:

- A. Accept that you have failed. You didn't really want to change.
- B. Get back to healthy habits and keep moving forward.
- C. There is nothing you can do to prevent it from happening again.
- D. You can't do anything to manage it. Just give up and give in.

Topic Assessment



5. I am confident that I have the tools I need to manage my health and wellness.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree	Unsure

6. This information is important for me to know.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Staying on the Road to a Healthier You

Objective for this Session

1. Understand why setbacks can be a natural part of the change process.
2. Understand that setbacks can be prevented and managed.
3. Identify 1 tip to prevent or manage a setback.

You've been using the *Solutions for Wellness* program now for some time. Congratulations on a job well done! Below is some information and tips to help you stay on the road to a healthier you.

You have gained good information, tools and a supportive group of people who are ready and willing to support your move toward a healthy lifestyle. With this information, you can begin or continue on your road to recovery and manage your own health and wellness

We know that a natural part of any change process might involve setbacks or going back to some old habits. Setbacks might be caused by an unexpected event or increased stress. But whatever the reason, don't be discouraged or let one setback ruin your successes. If you overeat at a meal or by snacking, get right back on your plan! Everyone overeats sometimes. What is important is to get back to healthy habits and keep moving forward.

One of our greatest gifts is good physical health. Invest in your wellness future by planning how to prevent and manage set-backs.

Main Learning Point #1

Your greatest wealth is good physical health.

Some Tips to Prevent and Manage Setbacks



Please mark a few tips that you will use:

- 1. Focus on one or two wellness goals at a time. When your goal becomes a part of your lifestyle, you can choose another goal.
- 2. Be patient with yourself. Remember, the most lasting changes are learned by taking small healthy steps that become habits. If one healthy step doesn't work for you, practice a different one.
- 3. Think about a healthy lifestyle as a life-long process. When you wake up each morning, choose to live healthy that day.
- 4. Spend less time in front of the TV or computer.
- 5. Do some form of physical activity outside of your daily activities at least 3 times a week.
- 6. Keep tempting foods out of sight and out of reach.
- 7. Sleep well. Plan to get a good night's sleep regularly.
- 8. Limit your caffeine and sugar intake, especially before you go to bed.
- 9. Manage your stress. Remember, exercise and fun activities can help you do this.
- 10. See your primary care physician, dentist and eye doctor regularly.
- 11. If you run into barriers, speak to a friend, family member, treatment team member or someone else in your support network.
- 12. Other: _____

Wellness and living a healthy lifestyle is not an “all or nothing” decision. It is a process, and some days we do better than others. When a day or two goes by where there is a lot of room for improvement in our choices, it is important that we get back on track.

Main Learning Point #2

Living a healthy lifestyle is a process, and some days we may do better than others.

Small Steps for Success

You may want to put this page where you will see it every day to remind yourself of your wellness journey.

Staying on the Road to a Healthier You

Solutions for Wellness encourages you to keep assessing your progress. It is about the small steps you take everyday to move more, make wiser food and drink choices and make wiser healthy lifestyle choices. You may want to take the Health and Healthy Eating Self-Assessment, again, now or at a later time. This is a tool you are encouraged to use at different stages of your wellness journey.

One day you may realize that you have not been paying attention to your health and wellness. You can make a decision right then to make better food and drink choices. Use a helpful tool or talk to someone in your support system who can help you. Remember, your greatest wealth is good physical health. You deserve it!

Congratulations on completing this workbook.

Be happy, and take our best wishes for your continued good health.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____

Take A “Small Healthy Step” to Ensure Your Success!

Since this is the last session, it is even *more* important to keep practicing the knowledge and skills you have gained. What will you do in the days and weeks to come to practice what you have learned? Please choose one healthy step from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support system. I will ask _____ to read it and talk with me about it.
- 3. USE.** I will choose and use one of the *Tips to Prevent and Manage Setbacks*.
- 4. OTHER** (Choose Your Own “Small Healthy Step”): _____
