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Food and Our Environment Facilitator Notes

Main Learning Points and Review of Healthy Steps from Last Session: *A Small Changes Approach to Healthier Eating*

1. Two out of three Americans are overweight or obese.
2. People with mental illness face more challenges in maintaining a healthy lifestyle.
3. A small changes approach can help you stay motivated to make changes.
4. Small steps add up to big changes.

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.

Materials Needed to Accompany Participant

Handout: *Daily Food and Beverage Tracker*

Tips for this Session

1. When using the Daily Food and Beverage Tracker during the session, if participants have difficulty remembering their choices over the past 24-hour period, have them recall the last meal they ate today. Encourage ongoing use of the tracker between sessions.

2. Discuss with participants the many tools, tips, and strategies included in the Solutions for Wellness program. Different tools and tips will be more helpful to some participants than others. The Daily Food and Beverage Tracker is one tool that participants may or may not decide to use on a regular basis to help increase awareness and empower participants' to make more informed choices. Ask participants to use it during today's session and several times between sessions before making a final decision about whether or not this is a tool that they will use on their own on a regular basis. At the end of the session, ask participants to rate on a scale of 1 (not helpful) to 10 (extremely helpful), how helpful they believe using the Daily Food and Beverage Tracker will be in helping them make wiser food and beverage choices.

General Tip

Your attitude about the session sets a strong tone for the entire group's experience. Let participants see that you're enthusiastic about the information and skills you're working to impart to them. Enthusiasm can be conveyed in many ways including facial expression, tone of voice, and gestures. Always let your attitude convey your confidence that they will be successful in learning new information and skills. Make your enthusiasm about the topic contagious!

Suggestion for Topic Introduction and Relevance to Participants

“Do you know how many food-related choices people make every day? Have you ever thought about the way your environment (the world around you) influences your choices?”

“I would like everyone to write down how many food-related choices you think you make every day. Just guess. We’ll check our answers when we get to that information in the session.”

(Wait for everyone to write their answers.)

“In this session, we will learn about how our surroundings influence the food and drink choices we make. Learning about how your environment influences you can help you learn to make healthier food choices.”

Topic Assessment Answer Key

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

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

Review of Session 2: A Small Changes Approach to Healthier Eating



Main Learning Points of Session 2

What were the main learning points of Session 2? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Two out of three Americans are o_____t or obese.
2. People with mental illness face more challenges in maintaining a h_____y lifestyle.
3. A small c_____s approach can help you stay motivated to make changes.
4. S_____l steps add up to big changes.

Take a Small Healthy Step Review:

What small healthy step did you choose to work on 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. Our surroundings can trigger unhealthy food choices everyday.

- A. True B. False

2. How many food-related decisions each day does a person make?

- A. 3
B. 3 to 5
C. Over 10
D. Over 200

3. Eating large servings of food contribute to:

- A. Less expensive grocery bills.
B. Weight gain.
C. Small healthy steps.
D. Poor eyesight.

4. Some tips can help you make better eating choices.

- A. True B. False

5. I am confident that I understand how my surroundings affect my food decisions.

- Strongly Disagree Disagree Neither Agree Nor Disagree Agree Strongly Agree Unsure

Topic Assessment



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: _____

Food and Our Environment

Objectives for this Session

1. Identify 1 way that the environment can influence unhealthy food and drink choices.
2. Identify at least 1 small healthy step people can take to reduce their calories.
3. Use a 24-hour food and beverage log to track the eating decisions that you make during the day.

Did you know that a person makes more than 200 food-related decisions every day? Sounds incredible, but it's true! For example, Julie decides that it's time for lunch. She has a lot of choices.

1. what to eat
2. where to eat
3. what to drink
4. how much time she has to eat
5. whether to dine alone or with others
6. what size plate, bowl, spoon and glass to use
7. whether or not to have dessert

In the example above, can you think of at least one healthy choice Julie can make about her lunch?

Main Learning Point #1

A person makes more than 200 food-related choices each day.

Since we make more than 200 food-related choices each day, we have many chances to make one or two “small changes” in what we choose to eat or drink.

Food and Our Environment

(continued)



I believe that learning about this topic can help me make better food choices.

- | | | | | | |
|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|--------------------------|
| <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 |

The world around us can influence us to make unhealthy choices about what we eat. We may not even realize we are being influenced. For instance, if we are served a larger portion, we probably will eat more. If we see or smell food, we are likely to want to eat it. Let's think more about what influences our food and drink choices.

Large Portion Sizes Add to Weight Gain

Just as waistlines have grown over the years, so have portion sizes. Many environments, especially restaurants, now serve large portion sizes at prices that are affordable. Oversized portions are common at home, in restaurants, grocery stores, and vending machines. However, eating larger portions can cause health problems. When offered larger portions, people tend to eat more food and calories than they realize, and doing so adds to weight gain problems.

Main Learning Point #2

Large food portions add to weight gain

Environmental Cues Can Encourage Eating When We're Not Hungry

Have you ever heard the saying, "Out of sight, out of mind?" There's a lot of truth to that saying when it comes to food. When we see food, our bodies are programmed to want to eat. So when we see food on TV, on a billboard, in a vending machine, or when we pass a favorite corner market or see a box of doughnuts sitting on the kitchen counter, we may automatically want to eat—whether or not we are hungry.

Main Learning Point #3

Our environment can trigger unhealthy food choices.

Food and Our Environment

(continued)

Small Steps for Success: Here are some things you can do to make better choices.

- 1. Use smaller serving dishes, utensils and glasses.** Generally, the bigger the plate, bowl or spoon you use, the more you might eat. One way to help you to cut down on your serving size and calories is to use smaller dishes, utensils and glasses. Your serving will look bigger, you will still be full, and you probably will not miss the extra food or calories!
- 2. Move tempting food out of sight or farther away.** Remember, “out of sight, out of mind.” Keep snacks in covered containers that you can’t see through. If you think you will be tempted to eat them, don’t keep snacks around! Place fresh fruit in a bowl instead of candy. One expert even found that moving a candy dish six feet away cut down on the amount of times people reached into the candy dish!
- 3. “Time Out!” Wait 5 minutes and see if the urge to eat goes away.** When you see food and find yourself reaching for it without thinking, ask, “Am I really hungry?” Take a 5 minute time out and see if the urge passes. You may forget you wanted the food in the first place. Chew some sugarless gum or take your mind off of food by walking or listening to music.



What is another small step you can add to the above tips?

Food and Our Environment

(continued)

Use A Daily Food and Beverage Tracker:

Please take a few moments and use the Daily Food and Beverage Tracker. You could record all the food and drink choices that you made yesterday or you may prefer to choose one meal such as, dinner yesterday or breakfast this morning. Using a food and beverage tracker can help you think about the choices that you make every day.



Look at your completed Daily Food and Beverage Tracker:

1. What is the healthiest food/beverage choice that you made?
 2. What is one healthier choice you could have made?
-

Consider using the food and beverage tracker on a regular basis as a small step to making bigger changes.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____

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

It’s important to practice new knowledge and skills. What will you do between now and the next session? Please choose one or 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 what I can do to change my surroundings to make wiser food choices (for example, use smaller glasses or put food in non-see-through containers).
- 3. USE.** I will practice using a smaller plate, bowl, or glass during at least one meal every day.
- 4. OTHER** (Choose Your Own Healthy Step):

Take An “Extra Small Healthy Step”

- 5. TRACK.** I will use the *Daily Food and Beverage Tracker* at least two times between now and the next session to be more aware of what and how I am eating and drinking.