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Benefits and Barriers of Healthy Eating Facilitator Notes

Main Learning Points and Review of Healthy Steps from Last Session: *Physical Activity and Our Environment*

1. A person makes more than 200 food-related choices each day.
2. Large food servings add to weight gain.
3. Our environment can trigger unhealthy food choices.

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

You can refer to the two-sided laminated “*Facilitator’s Delivery Checklist*” when using Solutions for Wellness materials as a reminder of important facilitator tips.

Materials Needed to Accompany Participant Handout:

Maria’s Story (optional Small Healthy Step)

Tips for this Session

1. After participants read Donald’s story today, create a benefits and barriers grid on the board or flip chart and have participants contribute to the grid. After they have shared a few thoughts, have them use their handouts and complete their own personal benefits and barriers grid.
2. The topic today includes stages of change and the stages of change theory. Briefly, the stages of change concept that is used here* identifies the following stages (shown with examples):
 - a. I’m not actively thinking about taking steps to eat healthier (the precontemplation stage).
 - b. I’m considering taking steps to eat healthier, but haven’t actually done anything yet (the contemplation stage).
 - c. I’m making plans to eat healthier, but am not doing anything on a regular basis (the preparation stage).
 - d. I’ve been taking regular steps to eat healthier but have been doing this for less than six months (the action stage).
 - e. I’ve been taking regular steps to eat healthier for 6 months or more (the maintenance stage).
 - f. I used to take steps to eat healthier, but have stopped (the relapse stage).

* Adapted from Prochaska, J., DiClemente, C., & Norcross, J. (1992). In search of how people change: Applications to addictive behaviors. *American Psychologist*, 47, 1102-1114.

Suggestion for Topic Introduction and Relevance to Participants

“Raise your hand if you’ve ever made a New Year’s Resolution? What New Year’s Resolution have you made?”

“How many of you kept your Resolutions?”

(Respond to answers in encouraging manner.)

“Making changes takes a lot of time and thought. Even when you want to make a change for the better, changing is a process – it happens in small steps, not all at once.”

“Today we’re going to look at the benefits and barriers, or pros and cons, to making changes in what and how we eat.”

Topic Assessment Answer Key

1. A 2. B 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 3: Food and Our Environment



Main Learning Points of Session 3

What were the main learning points of Session 3? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. A person makes more than ____ choices about food each day.
2. Large food servings add to w_____t gain.
3. Our environment can t_____r unhealthy food choices.

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. Making a change is a process and it takes time.

- A. True B. False

2. Having more benefits than barriers may:

- A. Keep you off-balance.
B. Tip the balance toward pursuing healthier eating.
C. Be confusing.
D. Lead to unhealthy choices.

3. Making a list of benefits and barriers is likely to:

- A. Help people avoid making any changes.
B. Be a waste of time.
C. Keep people from choosing what to change.
D. Help make change a little easier.

4. It is always best to reach my goals by myself, without help from anyone.

- A. True B. False

5. I am confident that I understand benefits and barriers to healthy eating.

- 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: _____

Assessing Benefits and Barriers

Objectives for this Session

1. Identify 1 stage of change.
2. Identify where you are in your process of changing your eating habits.
3. Identify at least 2 personal benefits and barriers to changing your eating habits.

Change can be challenging for everyone. People are comfortable with what they know and understand. We all have a routine, and a change in our routine means we have to do something different. Even though we are used to our habits, we all have the ability to change.

When you make a change—even a change for the better—you go through a “process.” A process is a series of steps you take to get something done. This process of change is called the “stages of change.”

Main Learning Point #1

Making a change is a process and it takes time.

Let’s take a closer look at where you are in the process of healthier eating.



Please put a checkmark by the statement below that best describes where you are now:

- I’m not really thinking about taking steps to eat healthier.
- I’m considering taking steps to eat healthier but haven’t actually done anything yet.
- I’m making plans to eat healthier, but I am not doing anything regularly.
- I’ve been taking regular steps to eat healthier but I have been doing this for less than six months.
- I’ve been taking regular steps to eat healthier for six months or more.
- I used to take steps to eat healthier, but I have stopped.

Assessing Benefits and Barriers

(continued)



Which of these did you circle and why?

Most people need time to decide if they want to make a change. Thinking about if the change is good or not is usually helpful. People can benefit from eating healthier for many good reasons. Exploring your personal benefits and barriers might help make the change process a little easier.

Exploring Benefits and Barriers: Let's take a few moments to read "Donald's Story." Donald has bipolar disorder and wants to improve his health and wellness.

Donald's Story

New Year's Day was a week away. Donald thought to himself, "If I don't lose some weight soon, I'll have to go out and buy bigger clothes." Everything was so tight on him that his buddies had started making fun of the "spare tire" he was carrying around. With the extra weight, he was reluctant to ask Sally out on a date.

Donald decided that the New Year was the perfect time to make a resolution to go on a diet. His sister hosted a big New Year's Day party, though, and all his favorite foods were there. He thought, "I can always start my diet next week."

The next week, his buddy, Tom, invited Donald over to watch a football game on television. Tom had a lot of great food for the game: hot dogs, chips, potato salad, cream soda and cheese cake. Donald decided now that football season was here it would be better to go on his diet sometime in the spring.



Assessing Benefits and Barriers

(continued)

Donald's Healthier Eating Benefits	Donald's Healthier Eating Barriers
Clothes will fit better.	It's hard to give up snacking while watching the television.
Buddies will stop making fun of my spare tire.	The guys will make fun of me if I tell them I'm on a diet.
Will have more confidence to ask Sally out on a date.	Give up my favorite foods.
	Constant effort.



I believe that Donald is motivated to eat healthier:

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

Can you think of one "small step" you would recommend to Donald?

Please take a moment to write your own personal list of Barriers and Benefits about healthier eating in the space below:



My Personal Benefits	My Personal Barriers

Assessing Benefits and Barriers

(continued)



Now that you have completed your list, does your list have more benefits or barriers? _____

Most people need to have more benefits than barriers before they can “tip the balance” toward taking healthier steps. So keep thinking of more benefits to healthier eating.

Please keep your list to refer back to. As you learn more, you may wish to add ideas to your list. Chances are you have tried to eat healthier in the past and have run into some problems. It is common to have problems when trying to make this change. Frequently the change “process” is one of trial and error—finding out which small steps work best for us.

Small Step for Success:

Family members, friends and other members of our support team can help us reach our goals. For example, what could Donald ask his sister to do to support his healthier eating goals?

Main Learning Point #2

The support of family members and friends can help you reach your goals.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____

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 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 make healthier food and drink choices.
- 3. REMINDER.** I will take my *Benefits and Barriers List* and place it in a spot I will see everyday (for example, bulletin board, refrigerator door, bedside stand, etc.). I will think about other benefits before the next session, so that I can “tip the balance” toward making change.
- 4. OTHER** (Choose Your Own Healthy Step):

Take an “Extra Step Forward” (optional)

- 5. EXAMINE.** I will read Maria’s story, to see her *Benefits and Barriers List* before the next session. I will share my thoughts about how motivated I believe Maria is to eat healthier at the next session.

Maria's Story

Maria was approaching her 40th birthday. She took out an old photo album and thought, “When did I get so out of shape?” She thought that turning 40 meant she should think and act more seriously about her life. Her healthcare provider recently told Maria she had “pre-diabetes” and if she didn’t want to develop full blown diabetes, she should lose a few pounds, eat better and add more physical activity to her lifestyle. Maria did not want to start insulin injections like her mother. She also wanted to look good at the family reunion that was six months away. Six months gave her enough time to get in better shape. Maria decided to make a list of all the benefits and barriers to getting in better shape:

Maria's Benefits	Maria's Barriers
I want to look good at the family reunion.	I've been on diets before and I always regain the weight.
I don't want to get diabetes.	I REALLY like to eat candy.
I want to live a long and healthy life.	I don't like to exercise.
My clothes will fit better.	
I don't want to use insulin shots.	

Maria looked over her list and thought about one small healthy step she could make that wouldn't be too hard. She didn't want to start exercising, and she didn't want to give up her daily chocolate bar. So, Maria made the choice to cut down her soda intake (from 4 cans of cola per day to 2 cans per day). She added “flavored seltzer” to her shopping list.



I believe that Maria is motivated to eat healthier:

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