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## Healthy Eating and Wellness Self-Assessment Facilitator Notes

### Main Learning Points and Review of Healthy Steps from Last Session: *Benefits and Barriers to Healthy Eating*

1. Making a change is a process and it takes time.
2. The support of family members and friends can help you reach your goals.

**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:

Calculators would help with scoring the self-assessment.

#### Tips for this Session

Have fun getting past the barriers. When participants identify a personal goal and write it down on their handout, have them think about a possible barrier to reaching their goal. Distribute a small piece of paper to each participant and ask him or her to:

1. Write their barrier on the paper.
2. Fold it up and place it in a bowl that is passed around to the group.
3. Have each participant select a folded piece of paper out of the bowl and read it to the group.

Ask the group to brainstorm ways to get past barriers that are shared. You may want to explain that there is usually a way to get past most barriers.

#### General Tip

Goal setting may be difficult at the beginning, and you will not want to rush through the materials. If you are running short on time, you may want to revisit this session the next time you meet.

When discussing goals, listen carefully to hear what would create meaning for each individual person and help him or her design short-term goals that will maximize the chances of reaching their longer term objective.

## Suggestion for Topic Introduction and Relevance to Participants

*“Have you ever been lost in a strange town or city?”*

(Respond to all comments)

*“Have you ever prepared a map or asked for directions from someone to help you get from one place to another? It’s helpful to have specific directions sometimes, isn’t it?”*

*“Today’s session is all about developing a personal map that can help you move in the direction of healthier eating. And to create such a map, we first need to know where we are starting.”*

### Topic Assessment Answer Key

1. C    2. A    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 4: Benefits and Barriers to Healthy Eating



### Main Learning Points of Session 4

What were the main learning points of Session 4? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Making a change is a p\_\_\_\_\_s and it takes time
2. The s\_\_\_\_\_t of family members, friends, and your support team can help us reach your goals.

### 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. When setting healthier lifestyle goals, it is important to set goals that matter to:**

- A. my doctor
- B. my family and friends.
- C. me
- D. my therapist

**2. Making too many changes at once can be overwhelming and may make me want to stop working toward my goal.**

- A. True
- B. False

**3. In order to know how I am going to reach my personal goal, it is important to:**

- A. Have a very long and detailed plan.
- B. Know where I am.
- C. Find out what everyone else thinks I should do.
- D. Let everyone know where I'm going.

**4. In order to succeed, my best choice would be to start with \_\_\_\_\_ goals.**

- A. 1 or 2
- B. 2 or 3
- C. 3 or 4
- D. No more than 5

# Topic Assessment



**5. I am confident that I can choose and work on healthy eating goals.**

<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:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Healthy Eating and Wellness Self-Assessment

## Objectives for this Session

1. Understand the food and other health-related choices you make.
2. Identify 2 personal goals based on your self-assessment rating.
3. Identify 1 barrier to reaching your goal and 1 step you can take to get past it.

In order to set personal goals, it's important to know where you are starting and where you want to go. This session will help you focus on the current food, drink and other health-related choices you make. With this information, you can decide what goals you want to set and check your progress over time.

### Main Learning Point #1

**In order to know where you're going, it is important to know where you are.**

Please complete the self-assessment on the next page. You will be asked to take this again later.

## Healthy Eating and Wellness Self-Assessment

(continued)



### Healthy Eating and Wellness Self-Assessment

Score yourself according to how well you match the following statements:

1 = Never    2 = Rarely    3 = Sometimes    4 = Often    5 = Always

- 1. I read food labels on containers.
- 2. I pay attention to the amount of food I eat.
- 3. I manage stress well.
- 4. I choose drinks low in sugar (such as water).
- 5. I avoid alcohol.
- 6. I add little or no salt to my food.
- 7. I avoid fast foods.
- 8. I keep track of my personal health measures such as weight and blood pressure.
- 9. I have the support of friends and/or family to make healthier eating changes in my life.
- 10. I get regular physical check-ups.
- 11. I get between 7-10 hours of sleep each night.
- 12. It takes me at least 15-20 minutes to finish a meal.
- 13. I eat at least 5 fruits and/or vegetables each day.
- 14. I think my diet is well-balanced.
- 15. I avoid fried foods.
- 16. If I want to eat something, I wait a few minutes to decide if I'm really hungry.
- 17. I get at least 30 minutes of physical activity most days of the week.
- 18. I am aware that certain foods affect the way I feel.
- 19. I eat breakfast everyday.
- 20. I avoid unhealthy snacks.

Add up your score and place your total number here: \_\_\_\_\_

Divide the number above by 20: \_\_\_\_\_

## Healthy Eating and Wellness Self-Assessment

(continued)

### How Did You Rate?

**Above 4:** You are healthier than average and are at less risk for some chronic diseases. Keep up the great work!

**3 – 3.9:** You are average in your approach to health and healthy eating. You can improve it to feel better and be healthier.

**2 – 2.9:** Your healthy lifestyle and eating plan could be healthier. You may want to look at the USDA Dietary Guidelines for Americans and choose an area you would like to improve.

**1 – 1.9:** The good news is that there is a lot of room for improvement. Use your treatment team, healthcare provider, family members and/or other members of your support network to help you to change to healthier eating habits.

**Setting Goals Toward a Healthier Lifestyle:** Now that you know more about your eating and wellness habits, you can make choices about what you want to change. Setting one or two small goals is a good way to begin.

It is not uncommon to run into a barrier, (something that makes a goal hard to reach), when you are working to meet a goal. Don't give up if you run into one—you can learn to take steps to get past the problem.

#### Main Learning Point #2

**Making too many changes at once can be overwhelming.**

**Goal-Setting Exercise:** Review your Healthy Eating and Wellness Self-Assessment. Pick one item to improve.

Based on what I choose, I will list a goal that is important to me. I will list one step I am willing to take toward meeting my goal. I will identify one possible barrier and a step to get past it.

#### Main Learning Point #3

**It is important to set goals that matter to you.**

## Small Steps for Success

Ask for the support of family members, peers, and other members of your support team to help you reach your goals.

### Tools for Success: Personal Goal Sheet Examples:



#### Goal Number 1: I want to add more fruits to my diet.

Step(s) I am Willing/Able to Take:

- Eat fruit instead of a sweet dessert at one meal this week.
- Ask my group home to support me by adding more fruit to our grocery list.

Step(s) I will take if I run into a “barrier”:

I will ask my group home to have fewer baked desserts at night.

- I will speak with my nurse if I run into a barrier.



#### Goal Number 2: Cut down on fast food

Step(s) I am Willing/Able to Take:

- Stop “Super-Sizing” my meals
- Cut back eating fast food from five times a week to three times a week.

Step(s) I will take if I run into a “barrier”:

- If I can’t resist getting the super-sized meal, I will cut it in half and take half home.
- I will speak with my mom and ask her to remind me about my goal.

# My Personal Goals



Please complete 1 of your goals:

**Goal Number 1:**

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Step(s) I am Willing/Able to Do About It:

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Step(s) I will take if I run into a “barrier” (something that makes this goal hard):

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## 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 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 my eating habits.
- 3. GOALS.** I will work on one Personal Goal that I wrote down in the session and take at least one step to accomplish this goal.
- 4. OTHER** (Choose Your Own Healthy Step):  
\_\_\_\_\_

### Take an “Extra Step Forward” (optional)

- 5. TRACK.** I will fill out the *Daily Food and Beverage Tracker* on my food and drink choices during a 24-hour period to increase my awareness of what I eat and drink.
- 6. PREPARE.** I will prepare at least one healthy recipe from the recipe section of the Solutions for Wellness manual.

If there is time left before the end of the session, you might talk about your personal practice goals. How will you **remember** and **complete** your goal by the next session?