

SECTION 4

POST-RANDOMIZATION INTERVENTION MATERIAL

INTRODUCTION

This section contains a copy of written material entitled, "Your New Eating Style: An Introduction to Group Meetings for Women in the WHI Dietary Change Group." This is an informational booklet for the women in the Dietary Modification (DM) Intervention.

4.1 Purpose

The purpose of this introductory material is to provide some guidance and motivational information for women randomized to the Dietary Change group who are waiting for their first DM Intervention group session.

4.2 How to Use This Material

To have the greatest impact, the Clinical Centers (CCs) are required to provide the material, "Your New Eating Style" to all randomized Dietary Intervention women who have been waiting at least one month for their first group meeting. The material can be given to the woman in person, or sent to her in the mail. Clinical Centers are also encouraged to make telephone contacts as described in *Vol. 2, Section 6.8.2.3. - Handling DM Intervention Participants Waiting for a Group.*

The CC may use other types of activities (instead of or in addition to the booklet "Your New Eating Style") to maintain interest and motivation (i.e., introductory sessions including food tasting and getting acquainted activities, etc.). However, a CC that wants to use a different activity to maintain interest and motivation during the "down time" between randomization and the start of DM Intervention groups is required to submit their ideas/plans in writing to the CCC for approval at least one month prior to the planned activity.

If a DM Intervention participant cannot attend the scheduled introductory activity, the CC is required to arrange for her to receive another form of communication. For example, the CC could mail the participant the supplementary materials from the CC introductory group activity, or provide her the introductory booklet, "Your New Eating Style." A Nutritionist should follow this mailing with a telephone call.

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Section 4
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Table of Contents

Contents	Page
INTRODUCTION	4-1
4.1 Purpose.....	4-2
4.2 How to Use This Material.....	4-3

Appendices

Your New Eating Style