

**Appendix A - Group Nutritionist Manual
Summary of Bulletins in Volume 4**

<u>Bulletin #</u>	<u>Date</u>	<u>Title of Bulletin</u>	<u>List of Attachments with Revisions</u>
42 - Vol. 4	7/12/95	Revised Group Nutritionist Session Materials	Vol. 2 - Appendix D - Summary of Bulletins in All Volumes • Page D-12, 07/12/95 • Bulletin 42 Vol. 4 - Group Nutritionist Manual, Appendix A - Summary of Bulletins in Vol. 4 • Page A-1 dated 07/12/95 Vol. 4 - Group Nutritionist Manual: Session 1 * Page [1-1, 2]; 1-1 dated 01/16/95 and 1-2 dated 07/12/95. Changes to <i>Worksheet</i> pages to correspond with Participant Manual. * Page [1-3, 4]; 1-3 dated 07/12/95 and 1-4 dated 01/16/95. Changes to <i>Resource Section</i> pages to correspond with Participant Manual. Changes to <i>Group Nutritionist Note</i>. * Page [1-5, 6]; 1-5 dated 01/16/95 and 1-6 dated 07/12/95. Changes to <i>Large Group Discussion (20 minutes)</i> text - Worksheet references changed. Changes to <i>Large Group Discussion (10 minutes)</i> - Worksheet references changed. * Page 1-7, dated 07/12/95. Changes to <i>Home Activity</i> text - Worksheet references changed. * Page 1-16, dated 07/12/95. Change to <i>bulleted item</i> text below Group Nutritionist Note. Change to <i>Large Group Discussion (20 minutes)</i> text. * Page 1-17, dated 07/12/95. Change to <i>second bulleted item</i> text below Group Nutritionist Note. * Page 1-20, dated 07/12/95. Change to <i>Large Group Discussion (10 minutes)</i> text. Change in <i>5th bulleted item</i> text below Large Group Discussion. * Page 1-21, dated 07/12/95. Change to <i>Lecture (8 minutes)</i> text. * Page 1-23, dated 07/12/95. Change in “1 TB half and half” line item under breakfast and lunch. Change in “1 cup potato chips” line item and “1 can cola” line item under lunch. Change in Daily Total. * Page 1-24, dated 07/12/95. Change in “1 TB half and half” line item under snack. Change in “1 cup potato chips” line item and “1 cup skim milk” line item under lunch. Change in Daily Total. * Page 1-26, dated 07/12/95. Change in Bi-Weekly Sessions #7 line item. * Page 1-30, dated 07/12/95. Change in “1 TB half and half” line item under breakfast and lunch. Change in “1 cup potato chips” line item and “1 can cola” line item under lunch. Change in Daily Total. * Page 1-31, dated 07/12/95. Change in “1 cup potato chips” line item and “1 cup skim milk” line item under lunch. Change in Daily Total.

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42 - Vol. 4 (Cont.)	7/12/95	Revised Group Nutritionist Session Materials (Cont.)	Vol. 4 - Group Nutritionist Manual: Session 2 • Page 2-13, dated 07/12/95. Numbers changed in Fat Gram table, hence bulleted item numbers below Fat Gram table changed as well. • Page 2-15, dated 07/12/95. Changes to <i>3rd and 5th bulleted item</i> below Lecture (10 minute) text. • Page 2-16, dated 07/12/95. Changes to both Fat Gram table numbers. • Page 2-17, dated 07/12/95. Additions to “Nuts, Seeds and Peanut Butter” category. • Page 2-18, dated 07/12/95. Addition of Anchovies, Baby corn and Baked beans: pork and beans categories respectively. • Page 2-20, dated 07/12/95. Addition of Breakfast, Lunch and Dinner categories. Change from 1/4 cup tuna salad to 1/3 cup tuna salad and respective changes in fat grams. Vol. 4 - Group Nutritionist Manual: Session 3 • Page [3-1, 2]; 3-1, dated 01/16/95 and 3-2, dated 07/12/95. Changes to <i>Worksheet</i> pages to correspond with Participant Manual. Vol. 4 - Group Nutritionist Manual: Session 4 • Page [4-1, 2]; 4-1, dated 01/16/95 and 4-2, dated 07/12/95. Changes to <i>Worksheet</i> pages to correspond with Participant Manual. Vol. 4 - Group Nutritionist Manual: Session 5 • Page [5-1, 2]; 5-1, dated 01/16/95 and 5-2, dated 07/12/95. Changes to <i>Worksheet</i> pages to correspond with Participant Manual. • Page [5-3, 4]; 5-3, dated 07/12/95 and 5-4, dated 01/16/95. Changes to <i>Resources</i> pages to correspond with Participant Manual. Vol. 4 - Group Nutritionist Manual: Session 6 • Page [6-1, 2]; 6-1, dated 01/16/95 and 6-2, dated 07/12/95. Changes to <i>Worksheet</i> and <i>Resources</i> pages to correspond with Participant Manual. Vol. 4 - Group Nutritionist Manual: Session 7 • Page [7-1 to 38] dated 07/12/95. REPLACE ENTIRE SECTION. Vol. 4 - Group Nutritionist Manual: Session 8 • Page [8-1 to 22] dated 07/12/95. REPLACE ENTIRE SECTION.

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42 - Vol. 4 (Cont.)	7/12/95	Revised Group Nutritionist Session Materials (Cont.)	Vol. 4 - Group Nutritionist Manual: Session 9 - Page [9-1, 2]; 9-1, dated 01/16/95 and 9-2, dated 07/12/95 Changes to <i>Worksheet</i> pages to correspond with Participant Manual. Vol. 4 - Group Nutritionist Manual: Session 11 - Page [11-1, 2]; 11-1, dated 01/16/95 and 11-2, dated 07/12/95. Changes to <i>Worksheet</i> and <i>Resources</i> pages to correspond with Participant Manual. Vol. 4 - Group Nutritionist Manual: Session 12 - Page [12-1, 2]; 12-1, dated 01/16/95 and 12-2, dated 07/12/95. Changes to <i>Worksheet</i> and <i>Resources</i> pages to correspond with Participant Manual. Vol. 4 - Group Nutritionist Manual: Session 13 - Page [13-3, 4]; 13-3, dated 07/12/95 and 13-4, dated 01/16/95. Changes to <i>Worksheet</i> and <i>Resources</i> pages to correspond with Participant Manual. Vol. 4 - Group Nutritionist Manual: Session 14 - Page [14-1, 2]; 14-1, dated 01/16/95 and 14-2, dated 07/12/95. Changes to <i>Worksheet</i> pages to correspond with Participant Manual. - Page [14-3, 4]; 14-3, dated 07/12/95 and 14-4, dated 01/16/95. Changes to <i>Resources</i> pages to correspond with Participant Manual. Vol. 4 - Group Nutritionist Manual: Session 15 - Page [15-1, 2]; 15-1, dated 01/16/95 and 15-2, dated 07/12/95. Changes to <i>Worksheet</i> and <i>Resources</i> pages to correspond with Participant Manual. - Page [15-3, 4]; 15-3 dated 07/12/95 and 15-4 dated 01/16/95. Fixed typo, changed Session 14 to Session 15 at top of page. Vol. 4 - Group Nutritionist Manual: Session 16 - Page [16-1, 2]; 16-1, dated 01/16/95 and 16-2, dated 07/12/95. Changes to <i>Worksheet</i> and <i>Resources</i> pages to correspond with Participant Manual. Vol. 4 - Group Nutritionist Manual: Session 17 - Page [17-1, 2]; 17-1, dated 01/16/95 and 17-2, dated 07/12/95. Changes to <i>Worksheet</i> and <i>Resources</i> pages to correspond with Participant Manual. Vol. 4 - Group Nutritionist Manual: Session 18 - Page [18-3, 4]; 18-3, dated 07/12/95 and 18-2, dated 01/16/95. Changes to <i>Worksheet</i> and <i>Resources</i> pages to correspond with Participant Manual.

<u>Bulletin #</u>	<u>Date</u>	<u>Title of Bulletin</u>	<u>List of Attachments with Revisions</u>
51 - Vol. 4	10/11/95	Revised Group Nutritionist General Information and Sessions Materials	Vol. 2 - Appendix D - Page [D-15, 16], D-16, Ver. 2: 10/11/95 Vol. 4 - Appendix A - Page [A-3, 4], A-4, Ver. 2: 10/11/95 - Bulletin 51 Vol. 4 - Section 1: - Page [1-1, 2]; 1-1, Ver. 2: 10/11/95 - Page [1-5, 6], 1-6, Ver. 2: 10/11/95 Vol. 4 - Session 1: - Pages 1-2, 1-7, 1-10, 1-11, 1-16 through 1-18, 1-23 through 1-25, 1-28 through 1-33, Ver. 2: 10/11/95 Vol. 4 - Session 2: - Pages 2-10, 2-12 through 2-16, 2-20, Ver. 2: 10/11/95 Vol. 4 - Session 4: - Page 4-10, Ver. 2: 10/11/95 Vol. 4 - Session 7: - Pages 7-28 and 7-37, Ver. 2: 10/11/95 Vol. 4 - Session 10: - Pages [10-5, 6]; 10-5, Ver. 2: 10/11/95 Vol. 4 - Session 11: - Pages 11-8, Ver. 2: 10/11/95 Vol. 4 - Session 18: - Page [18-5, 6], 18-6, Ver. 2: 10/11/95 Vol. 4 - Individual Session: - Page [I-1, 2], I-2, Ver. 2: 10/11/95 - Individual Session, Goal Setting Worksheet - Worksheet 9-2, Progress Checklist - Worksheet 9-3, Home Activity Worksheet

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55 - Vol. 4	11/29/95	Vol. 4 DM Intervention Participant Manual - Sessions 1-18	Vol. 2 - Appendix D - Page D-17, Ver. 2: 11/29/95 Vol. 4 - Appendix A - Page A-5, Ver. 2: 11/29/95 - Bulletin 55 Vol. 4 - Session 1: - Pages 1-2, 1-4, 1-10, Ver. 2: 10/11/95 Vol. 4 - Session 2: - Pages 2-4, 2-6 through 2-8, Ver. 2: 10/11/95 Vol. 4 - Session 7: - Pages 7-3, 7-8, 7-14 and 7-15, Ver. 2: 10/11/95 Vol. 4 - Session 8: - Page 8-2, Ver. 2: 10/11/95 Vol. 4 - Session 12: - Page 12-17, Ver. 2: 10/11/95 Vol. 4 - Session 14: - Page 14-24, Ver. 2: 10/11/95 Vol. 4 - Session 15: - Pages 15-16 and 15-22, Ver. 2: 10/11/95 Vol. 4 - Session 17: - Pages 17-27 and 17-28, Ver. 2: 10/11/95 Vol. 4 - Resources: - Pages 24, 48 and 56, Ver. 2: 10/11/95
58 - Vol. 4	01/29/96	Vol. 4 DM Intervention Group Nutritionist Manual - Year 2 Spring Maintenance Session Update	Vol. 2 - Appendix D - Page D-17, Ver. 2: 12/06/95 - Page D-18, Ver. 2: 01/29/96 Vol. 4 - Appendix A - Page [A-5], Ver. 1: 01/29/96 - Bulletin 58 Vol. 4 - Maintenance Sessions Year 2 Spring Session - Pages Spring-16 through Spring-19, Spring-22 through Spring-24, 01/29/96

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78	12/23/96	Vol. 4 DM Intervention Group Nutritionist Manual Year 2 Spring Maintenance Session Materials	Vol. 2 - Appendix D - Page D-21, Ver. 2: 10/31/96 - Page D-22, Ver. 2: 12/23/96 Vol. 4 - Appendix A - Page [A-5], Ver. 1: 01/29/96 - Page [A-6], Ver. 1: 12/23/96 - Bulletin 76 Vol. 4 - DM Intervention Group Nutrition Manual Spring Maintenance Session Materials - Page Spring-1 through Spring -2, Spring-17 through Spring-18, and Spring -22 through 24, dated 12/23/96
84	12/15/97	Vol. 4 - Updated Procedures and Forms	Vol. 4 - Section 1 - Page 1-7 through 1-8, Ver. 2: 12/15/97 Vol. 4 - Appendix A - Page A-6, Ver. 1: 12/15/97