



**Fall 2001 (8F) –  
Women Helping Women: A  
Celebration**

**Nutritionist Note:**

The overall goal of this session is to help participants strengthen their commitment to WHI. Each participant is encouraged to bring a guest (\*) – a significant person in her life. The session provides an opportunity for participants to experience others acknowledging their WHI involvement as a purposeful and meaningful activity. It also provides a venue for building participant WHI identity and reinforcing relationships that support WHI. (\*) Although the session materials highlight ‘women helping women,’ guests may be either gender.

**Special Note:**

Thank you to Oehme Soule (LN) and the participants at the Evanston WHI Clinical Center for submitting the idea for this session.

**Nutritionist Guidelines**

**Time:** 120 minutes

**WHILMA:** Enter session in WHILMA as: **8F**

**Objectives:** In this session, the participant will:

- (Key Points)**
- Review and discuss the WHI’s critical importance in the lives of women.
  - Share what it is like to be a part of WHI.
  - Explore ways that a significant person in her life might continue to share and support her involvement in WHI.

- Materials:**
- Sample participant invitation (replaces usual session reminder).
  - Sample guest invitation.
  - Set of questions for GUESTS TO ASK PARTICIPANTS. See *Nutritionist Resource 2*.
  - Set of questions for PARTICIPANTS TO ASK GUESTS. See *Nutritionist Resource 3*.
  - Name tags for participants and guests.
  - If potluck: have index-type cards available for each participant to indicate name of dish, serving size, and fat, F/V and G servings.
  - If tea: consider having a few extra tea cups on hand if suggesting that participants bring their own tea cup.
  - Self-monitoring tools.

**Other WHI Resources Related to Session:**

- Spring 1999 – Breast and Colorectal Cancer: The Diet Connection
- Year 1 Resources: *Asking for Help & Support* (pgs. 5-7) and *How People Can Help You* (pg. 40)

**Optional – Nutritionist Background Reading:**

- *Vol. 1, Study Protocol and Policies:*
  - *Section 2.3.1. – Dietary Modification and Breast Cancer*
  - *Section 2.3.2. – Dietary Modification and Colorectal Cancer*
  - *Section 2.3.3. – Dietary Modification and Coronary Heart Disease*
  - *Section 2.3.4. – The Need for a Controlled Trial of a Low-Fat Eating Pattern*

**Peer Group Ideas:**

- A Celebration of Sharing & Caring:
  - Meet with fellow group members and guests to follow-up on today's session and develop a 'sharing & supportive' network.
  - Extend the invitation to 'guests' who were not able to attend today's celebration.
- Buffering Life's Stresses or Transitions:
  - Discuss ways to develop a support network/system for group members who need help during times of major life change. Examples:
    - Who in the group might need help?
    - What types of help/support are group members willing/able to provide?
    - How might the support be offered?
    - How might the supporters benefit?

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Below is a list of the maintenance session planned for 2001-2002. This information will help Nutritionists plan ahead when responding to participant requests for 'additional information.'

**Upcoming Maintenance Session Topics:**

- 8W – Winter 2001      Goal-Getting Meals (Meal Planning Guide)
- 8SP – Spring 2002      Nutritional Supplements – Research Directions
- 8SU – Summer 2002      PEFI Tool – Explanation/Completion
- 9F – Fall 2002      PEFI Tool Results – Review and Discuss Ways to Move Ahead

**“Just for Fun” Ideas:**

- ‘I win, I win’
  - As participants and their guests arrive, have each person jot down their guess as to the total number of women involved in WHI (see Nutritionist Resource 1).
  - Generate discussion during the Purpose & Importance of WHI segment by encouraging the women to share their guesses.
  - Offer a small prize to the person who comes the closest.
- ‘Stand Up and Be Counted’
  - Give the participants and their guests ‘coded’ name tags as they arrive. Give every fifth woman a red dot (for example) to illustrate 1 in 5 women with some form of heart or blood vessel disease (Source: American Heart Association). Give every eighth woman a blue dot (for example) to illustrate the lifetime risk of breast cancer is 1 in 8 (Source: American Cancer Society). Do not tell the woman what the coding means until later in the session.
  - During the Purpose & Importance of WHI segment, introduce and illustrate the prevalence of the diseases WHI is addressing by having the women raise their hands (or stand) based on their coded name tags. Example: *Let’s have all the ‘blue dots’ raise your hands. Hmmm. It looks like 1 in 5 of you has raised your hand. What do you think this represents? Etc.*
- ‘Meet the Bunch’
  - Encourage participants to bring a photo of themselves and their guest. Create a ‘Women Helping Women’ collage representing ‘participants and their relationships that support WHI,’

**Fall 2001: Women Helping Women: A Celebration  
(Facilitation Outline)**

	<b>ICE BREAKER/GROUP SHARING/NEXT STEPS FOLLOW-UP (20 minutes)</b>
(20 minutes)	<p><b><u>Objective:</u></b> Participants introduce guests and share experiences about how the session on maximizing nutrients influenced their food choices.</p> <p><b><u>Purpose:</u></b> Build group cohesion and participant self-efficacy.</p> <p><b><u>Nutritionist Note:</u></b> The Ice Breaker activity may end up using all/most of the time allotted for this segment if several guests attend. If this happens, include the Next Steps Follow-up segment when Setting the Stage and Assessing Interest (described on Page 6). Let the group decide how much time to spend on the Next Steps Follow-up segment, relative to the other segments.</p> <p><b>A. Ice Breaker/Group Sharing:</b> Have participants introduce their guests.</p> <p><b><u>Potential ideas:</u></b></p> <ul style="list-style-type: none"> <li>• My guest's name: _____.</li> <li>• My relationship to my guest: _____.</li> <li>• My guest is important to me because: _____.</li> </ul> <p><b>B. Next Steps Follow-up:</b> Ask participants to share their thoughts and/or experiences about selecting (lower calorie) nutrient-rich food choices.</p> <p><b><u>Q/A</u></b> (Potential questions):</p> <ul style="list-style-type: none"> <li>* At the Summer session, we talked about eating a variety of foods and selecting nutrient-rich choices. What of that discussion was most interesting or important to you?</li> <li>* In what ways have you added variety and/or nutrient-rich food choices to what you eat?</li> </ul>



### Group Facilitation Suggestions:

Potential examples of ways to encourage group cohesion and connection:

- Use a “who else” question: *Who else had this experience?*
- Use a “directive” question: *[Participant name], what from the last meeting was most interesting or important to you?*
- Point out “common threads” within the group:  
*It sounds like some of you brought guests who are important to your WHI participation for similar reasons: \_\_\_\_ and \_\_\_\_.*  
*It sounds like \_\_\_\_, and \_\_\_\_, and \_\_\_\_ [participant names] had similar experiences: \_\_\_\_ was most important to you. On the other hand, we heard that \_\_\_\_ (and \_\_\_\_ ) were important for others.*
- Acknowledge differing opinions within the group:  
Acknowledge and explore: *We seem to have a difference of opinion. On the one hand, we heard \_\_\_\_\_. On the other hand, we heard \_\_\_\_\_. What do others think?*  
Acknowledge and shift: *We seem to have a difference of opinion. On the one hand, we heard \_\_\_\_\_. On the other hand, we’ve heard \_\_\_\_\_. It’s OK that we don’t always see eye to eye. Are there other comments to share before we move on?*


### Peer Group Sharing (If peer groups):

Purpose: Provide support and recognition of peer group activities and to promote interest:

- \* During the past 3 months what types of activities have you done with other members of WHI?
- \* In what way have these activities helped you maintain your interest and commitment to WHI?

NOTE: Consider reintroducing the peer group idea if a particular group has not been having peer groups. Example: *How might peer get-togethers between quarterly meetings be helpful to you?*

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	SETTING THE STAGE (5 minutes)
	<p><b>Group Facilitation Suggestions:</b></p> <p>Before presenting new information, take a few minutes to assess the group's areas of interest around the session topic:</p> <ul style="list-style-type: none"> <li>• Set the stage by letting participants know what you are prepared to discuss.</li> <li>• Assess their interest and ask where they want to spend time.</li> <li>• Emphasize individual choice and preference.</li> </ul> <p>Refer to the ME Corner in the May 2001 CCC Update for additional details.</p>
(5 minutes)	<p>A. <u>Set the Stage &amp; Assess Interest:</u> Today's session provides an opportunity to celebrate women helping women. For those of you who are members of the WHI, we are celebrating your monumental contribution to the lives of women everywhere. For our guests, we are celebrating the very important support you provide to the women of WHI. We've prepared a celebration that includes:</p> <ul style="list-style-type: none"> <li>• A brief overview of the purpose and importance of the WHI study (~20 minutes).</li> <li>• Plenty of time to talk with each other about WHI while enjoying some tasty (low-fat) foods (~60 minutes).</li> </ul> <p><b><u>QA:</u></b></p> <ul style="list-style-type: none"> <li>* How does this sound?</li> <li>* Where would you like the group to spend most of our time?</li> </ul> <p>B. <u>Emphasize Personal Choice:</u> Each of you may take something different away from our discussion. You'll decide what's important and how you might use what we talk about.</p>
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	<b>SKILL BUILDING (80 minutes)</b>
(20 minutes)	<p><b>1. Purpose &amp; Importance of WHI</b></p> <p><u>Objective:</u> Review and discuss the WHI's critical importance in the lives of women.</p> <p><u>Purpose:</u> Participants experience others acknowledging their WHI involvement as a purposeful and meaningful activity.</p> <p>A. Briefly review and discuss key points about the purpose and importance of WHI. Provide an opportunity for participants to experience others acknowledging their WHI involvement as a purposeful and meaningful activity. At the same time, provide an opportunity for guests to learn about and/or appreciate the important contribution that participants are making.</p> <p><b><u>Nutritionist Note:</u></b> This segment is intended to be brief. The idea is to provide an opportunity for 'feeling good' about WHI. Offer the amount of information necessary for your participants and guests to have a sense of the purpose and importance of WHI, but avoid providing unnecessary detail.</p> <p><u>Key points to highlight:</u> Review the key points outlined below, or develop your own. Refer to <i>Nutritionist Resource 1</i> for supporting information.</p> <p><b>Point 1:</b> WHI is a landmark study</p> <p><b>Point 2:</b> DM study purpose and design</p> <p><b>Point 3:</b> DM study importance</p> <p><b>Point 4:</b> Participant contribution</p> <p><b>Point 5:</b> Participant safety</p> <p><u>Delivery Ideas:</u> Use one of the delivery ideas below, or develop your own. Choose the option that best meets the needs and interests of your participants.</p> <p><b>Idea 1:</b> Nutritionist or guest speaker (e.g., PI) <u>outlines</u> key points for the participants and guests.</p> <ul style="list-style-type: none"> <li>An advantage of this option is that it provides an opportunity for participants and guests to hear about the purpose and importance of WHI from someone other than the participant. Participants may find it gratifying to experience someone describing to their significant others the importance of the study. Guests may discover new interest in the study and/or higher regard for participant involvement by hearing about the study from someone other than the participant.</li> </ul>

Delivery Ideas cont.:

- A disadvantage of this option is that it limits the opportunity for engaging participants and their guests in the activity.

**Idea 2:** Nutritionist or guest speaker facilitates discussion about the key points among the participants and guests.

- An advantage of this option is that it provides an opportunity for participants and their guests to share their knowledge about WHI through an engaging discussion.
- A disadvantage of this option is that it limits the opportunity for participants and guests to hear about the study from someone other than the participant (see advantage of Idea 1).

**QA:** (Use the questions below, or similar questions, to promote discussion.)

- \* Participants and Guests: What are your thoughts about WHI?
- \* Participants and Guests: How are you feeling about WHI?

**Group Facilitation Suggestions:**

- Point out “common threads” within the group:

*It sounds like \_\_\_\_ was new for a number of you. This was new to some members of the group as well as your guests.*

*Several have said similar things: you’re feeling good about being a part of WHI – as a participant or as someone who supports a member of WHI.*

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(60 minutes)

**2. Skills Practice & Food Tasting: Sharing & Celebrating WHI**

Objective: Participants and guests enjoy a food celebration while: a) sharing what it is like to be a part of the WHI and b) sharing ways that the guests can continue to share and support participant involvement in WHI.

Purpose: Build participant WHI identity and reinforce relationships that support WHI.

**Nutritionist Note - Timing Suggestion:**

- Introduce the sharing activity (described below), including identifying the small groups. [~5 minutes]
- Introduce the food celebration (described below) and invite the women to enjoy the food during the small group discussions and throughout the remainder of the session, as they desire. [~15 minutes]
- Begin the sharing activity (including food celebration). [~20 minutes for small group discussion; ~15 minutes for large group sharing]

**A. Food Celebration**

Have a food celebration (ideas can be found on page 12).

Delivery Idea: Use the idea outlined below, or develop one of your own.

- Introduce and describe the foods, including how/why each is a low-fat choice (participant described if potluck, Nutritionist described if CC provided).

**Nutritionist Note:**

Describing how/why each item is a low-fat choice reinforces participant self-management and self-efficacy (particularly if this is a potluck where participants brought the low-fat options). This also provides further opportunity for guests to learn about, experience, and appreciate the low-fat eating efforts of WHI participants.

- Encourage/suggest that participants and guests enjoy their food during the sharing activity.

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**B. Sharing**

Have participants and guests share:

- a) What it is like to be a part of the WHI.
- b) Ways that guests can continue to share and support participant involvement in WHI.

Delivery Idea: Use the idea outlined below, or develop one of your own.

- Have participants and guests share by posing and responding to questions in small groups.
- Have participants and guests re-convene in the large group to share their small group experiences.

**Before Session:**

- Develop a set of questions for GUESTS TO ASK PARTICIPANTS. The set may include any number of questions (suggestion: at least one question per guest). See *Nutritionist Resource 2* for possible questions.
- Develop a set of questions for PARTICIPANTS TO ASK GUESTS. The set may include any number of questions (suggestion: at least one question per participant). See *Nutritionist Resource 3* for possible questions.

**During Session:**

- Have the women break into small groups (suggestion: 4 to 6 people per group). Each group should have a mix of participants and guests. Note: it is not necessary to have equal numbers of participants and guests in a group.

**Nutritionist Note:**

Before providing your 'prepared' questions, give the women a few moments to think about the questions they have for each other. Encourage them to use the questions they identify, and to use the 'prepared' questions as they find them helpful. If the women come up with several questions on their own, the 'prepared' questions may be unnecessary.

- Give each group both sets of questions (i.e., questions for GUESTS TO ASK PARTICIPANTS and questions for PARTICIPANTS TO ASK GUESTS).

**Nutritionist Note:**

If you opt to give every group the same two sets of questions, it will require less time for the large group discussion, but the sharing will be reduced. If you opt to give each group a different set of questions, there will be much more sharing in the large group, but this will require more time. Use the option that best fits the group's interest.

- Have the members of each small group take turns posing and responding to their questions (i.e., each GUEST will pose a question to the PARTICIPANTS in her group; each PARTICIPANT will pose a question to the GUESTS in her group). Continue until all questions have been posed and answered (or time runs out, whichever happens first).

**Nutritionist Note:**

- Posing each question to all guests or participants in the group (rather than an individual) eliminates the need to have equal numbers of guests and participants in a group. It also provides the opportunity for everyone within a group to contribute to each response.
- Before the question posing and responding begins, let everyone know that they'll be asked to briefly share with the large group how others responded to the question they posed. This provides opportunity for participants and guests to really listen to what each other says and then to demonstrate the listening by briefly re-capping their small group responses in the large group.
- Bring all participants and guests back together for large group sharing after ~20 minutes in the small groups (posing and answering questions).

**Q/A:** (Use the questions below, or similar questions, to promote discussion.)

- \* Guests: How did participants respond when you asked \_\_\_\_\_?
- \* Participants: What were some of your guests' responses when you asked \_\_\_\_\_?




**Group Facilitation Suggestions:**

- Use a “who else” question: *Which of our other guests had the same (or similar) response when asked this question? Did any of the group members (participants) have this response?*
- Reflect and Summarize: *We've heard that \_\_\_\_\_.*
- Point out “common threads”: *Several of you mentioned \_\_\_\_\_.*

**Nutritionist Note - Troubleshooting:**

If participants do not bring any guests to a given session, have the participants ask questions of each other. Many of the questions in *Nutritionist Resource 2* and all the questions in *Nutritionist Resource 3* are appropriate for participants to ask each other.

	NEXT STEPS (15 minutes)
(15 minutes)	<p><b>Objective:</b> Participants and their guests reflect on discussion that may strengthen their commitment to WHI (participants) or strengthen their support for a participant in WHI (guest).</p> <p><b>Purpose:</b> Increase likelihood that participants will continue reflecting on (and strengthening) their WHI commitment and guests will continue supporting their significant other in WHI.</p> <p><b>A. Summarize.</b> Ask the group (participants and their guests) to summarize their thoughts about the discussion and celebration.</p> <p><b>Q/A:</b></p> <ul style="list-style-type: none"> <li>* <b>Participants and Guests:</b> What is the most important thing you learned about yourself and WHI from this celebration?</li> <li>* <b>Participants:</b> How might this celebration help you seek support for what you're doing in WHI?</li> <li>* <b>Guests:</b> How might this celebration help you support the person who brought you here today?</li> </ul> <p><b>B. Heads-up for Next Session.</b> Let participants know that the next session (Winter 2001 – Goal Getting Meals) will include an activity that uses information from their self-monitoring tools. Encourage them to come to the session with a completed tool (whatever they're using).</p> <p> <b>Group Facilitation Suggestions:</b></p> <p>Reflect and summarize:</p> <ul style="list-style-type: none"> <li>• <i>You've mentioned many important things that you've learned today about yourself and WHI, including: ____, ____, ____, and ____.</i></li> <li>• <i>You are thinking that ____ will help you seek support for what you're doing in WHI.</i></li> <li>• <i>[Guest Name] ____, now that you know ____, it will be easier for you to ____ for [participant name].</i></li> </ul>

	FOOD TASTING
	<p><u>Objective:</u> Participants and guests taste low-fat foods that support WHI goals.</p> <p><u>Purpose:</u> Increase likelihood that participants will use foods and recipes that support WHI goals; provide an opportunity for guests to experience low-fat eating in WHI.</p> <p><u><i>Nutritionist Note:</i></u> Serve foods that meet the interests of your participants and your CC budget.</p> <p><u>Timing Suggestion:</u> Serve the food during the Sharing &amp; Celebrating WHI segment (pg. 8).</p> <ul style="list-style-type: none"> <li>• Describe the activity (including identifying the small groups) and then introduce the foods. Invite the women to enjoy the food during the small group discussions and throughout the remainder of the session, as they desire.</li> </ul> <p><u>Delivery Ideas:</u></p> <p>A. A potluck:</p> <ul style="list-style-type: none"> <li>• Encourage participants to bring a traditional or ethnic dish they've modified to be low-fat.</li> <li>• Encourage participants to bring a dish made using a WHI recipe from a previous session.</li> <li>• Decorate the room to match the 'celebration style' of your participants (e.g., balloons, confetti, and party hats; table cloths and vases with flowers; etc.).</li> </ul> <p>B. A tea:</p> <ul style="list-style-type: none"> <li>• Serve a variety of teas with low-fat dainties (e.g., finger sandwiches, a frittata, fruit, cake). See recipes for this session.</li> <li>• Decorate the room for 'high tea' (e.g., table cloths, disposable plates with matching napkins; a single-stemmed flower here and there, etc.)</li> <li>• For fun: invite participants to bring their own 'real' tea cup and saucer.</li> </ul>

## Nutritionist Resource 1

**NOTE:** This resource provides background information to support a brief discussion of the importance of WHI. The intent is to provide an opportunity for ‘feeling good’ about WHI. Offer the amount of information necessary for participants and guests to have a sense of the purpose and importance of WHI, but avoid providing unnecessary detail. There is no expectation that all the information in this resource be covered during the session.

#	Key Point	Supporting Information
1	WHI is a landmark study	<p><u>Public health implications:</u> WHI is designed to address some of the major causes of disease and death in post-menopausal women.</p> <ul style="list-style-type: none"> <li>• <u>Breast cancer:</u> #1 cancer incidence and #2 cause of cancer death (after lung cancer) for US women. [Primary outcome for DM study]</li> <li>• <u>Colon cancer:</u> #3 cancer incidence (after breast and lung cancer) and #3 cause of cancer death (after lung and breast cancer) for US women. [Primary outcome for DM study. Secondary outcome for CaD study.]</li> <li>• <u>Coronary heart disease:</u> #1 specific cause of death for US women. [Secondary outcome for DM study. Primary outcome for HRT study.]</li> <li>• <u>Bone fractures:</u> Fractures are common at older ages and are a major cause of morbidity and loss of mobility; death from complications of hip fractures approximate those for breast and colorectal cancer. [Primary outcome for CaD study. Secondary outcome for HRT study.]</li> </ul> <p><u>Population:</u> WHI includes a population that has previously received little scientific attention.</p> <ul style="list-style-type: none"> <li>• Ethnically diverse post-menopausal women (ages 50-79 at the beginning of the study).</li> </ul> <p><u>Complexity:</u> WHI is complex.</p> <ul style="list-style-type: none"> <li>• It includes a clinical trial (that has 3 parts): HRT, CaD, and DM.</li> <li>• It also includes an observational study.</li> </ul> <p><u>Size:</u> WHI is a very large study.</p> <ul style="list-style-type: none"> <li>• The study includes 161,809 women: 68,133 in the clinical trial and 93,676 in the observational study. [48,836 in the DM study; 19,542 randomized to DM Intervention]</li> </ul> <p><u>Duration:</u> WHI is a long study.</p> <ul style="list-style-type: none"> <li>• Participants will be followed for an average of 8.5 years.</li> </ul>

#	Key Point	Supporting Information
2	<b>DM study purpose and design</b>	<p><u>Purpose (Study Question):</u></p> <ul style="list-style-type: none"> <li>• Test whether a low-fat dietary pattern high in fruits/vegetables and grains reduces the risk of breast and colorectal cancers and heart disease in post-menopausal women.</li> </ul> <p><u>Need:</u></p> <ul style="list-style-type: none"> <li>• Most previous research on dietary intake and disease has used observational study designs.</li> <li>• In these types of studies, investigators simply observe disease occurrence among women who choose a healthy eating pattern compared to women who have less healthy eating patterns.</li> <li>• However, we know that women who choose eating patterns low in fat and high in fruits and vegetables are also more likely to choose other healthy behavior, such as more exercise, less smoking, and more disease screening.</li> <li>• Therefore, scientists can never be sure in these types of studies which of these healthy lifestyle choices are affecting disease risk.</li> </ul> <p><u>Design (randomized controlled clinical trial - RCCT):</u></p> <ul style="list-style-type: none"> <li>• Most randomized, controlled clinical trials test treatments for patients with disease and the results only apply to patients. WHI is different. WHI is testing prevention of disease in healthy women, and therefore, the findings about diet and risk of cancer and heart disease will apply to all healthy post-menopausal women.</li> <li>• The DM study has two groups that will be compared to each other: the Dietary Change group and the Comparison group.</li> <li>• At the beginning of the study, the Dietary Change and Comparison groups had the same personal characteristics (such as age) and other behavior (such as exercise) because women were randomly assigned to one of the two groups.</li> <li>• The two groups will be followed for disease occurrence for the duration of the study.</li> <li>• At the end of the study, we will compare disease occurrence in the two study groups to see if low-fat eating helped women in the Dietary Change group have less breast and colorectal cancers and heart disease.</li> <li>• WHI's randomized controlled clinical trial design is the “gold standard” of scientific study design.</li> </ul>

3	<b>DM study importance</b>	<p><u>Strength of Evidence:</u></p> <ul style="list-style-type: none"> <li>• WHI has the potential to give strong evidence about the role that low-fat eating plays in breast and colorectal cancers and heart disease in post-menopausal women.</li> <li>• The evidence from WHI is especially strong because the computer coin toss means that the Dietary Change and Comparison groups are exactly equal, except for their dietary pattern. Therefore, scientists can feel confident that differences in disease occurrence between these two groups is the result of the differences in eating patterns.</li> </ul>
4	<b>Participant contribution</b>	<p><u>Participants make the study possible:</u></p> <ul style="list-style-type: none"> <li>• WHI could not be done without participant volunteers. We could not test the question without: a) participant volunteers randomly assigned to the two groups for comparison and b) participants making the changes (or not, if Comparison) per their random assignment.</li> </ul> <p><u>Each participant is irreplaceable:</u></p> <ul style="list-style-type: none"> <li>• Each participant is irreplaceable. That is, she cannot be replaced by another person. Each participant's information will be included in study analyses (always confidential).</li> <li>• Including all participants in analyses is another reason that the evidence from WHI is especially strong.</li> </ul> <p><u>Each participant makes a huge contribution of time and effort:</u></p> <p>In order to compare disease rates between the Dietary Change and Comparison group at the end of the study, each participant:</p> <ul style="list-style-type: none"> <li>• Completes clinic visit exams and many forms at least once a year for duration of the study.</li> <li>• Eats a low-fat dietary pattern high in F/V or G (or eat as usual, if Comparison) for duration of the study, including attending Dietary Change group sessions and closely monitoring what she eats.</li> </ul> <p><b>THANK YOU!</b></p>
5	<b>Participant safety</b>	<p><u>Participant safety is paramount:</u></p> <ul style="list-style-type: none"> <li>• Participants in the HRT and CaD trials complete safety interviews during their clinical visits.</li> <li>• WHI staff are available to talk with participants about safety concerns.</li> <li>• WHI has a Data Safety and Monitoring Board (DSMB) that meets every six months. This group reviews WHI data and relevant non-WHI study results. They recommend WHI protocol changes if needed, and even whether it is appropriate to continue to WHI.</li> </ul>



**Nutritionist Resource 2**  
**Sample Questions for GUESTS to ask PARTICIPANTS**

#	Question
1	What were some of the reasons you joined the WHI?
2	What have you gained by being a part of the WHI ?
3	What do you want others (or me) to know about your involvement in WHI?
4	What are you most proud of accomplishing in WHI?
5	I understand that WHI runs until 2005; what are you planning to do to stay active in the WHI?
6	What are some changes you've made in your daily life while in WHI?
7	What do you find most challenging about eating the WHI way?
8	What new dietary changes do you still plan to work on?
9	How can others (or I) support your continuing efforts in the study?
10	How can others (or I) show appreciation to you for your participation?
11	Your personal question: _____?

**Nutritionist Resource 3**  
**Sample Questions for PARTICIPANTS to ask GUESTS**

#	Question
1	How does the WHI study matter to you?
2	How does my personal involvement in WHI impact you?
3	What additional things about the WHI would you like to know about?
4	What aspects of my WHI eating plan appeal to you?
5	What parts of my WHI eating plan seem difficult to you?
6	Are you considering any dietary changes of your own in the next 3 months?
7	How could I support your efforts to make dietary changes?
8	Sometimes it is difficult for me to talk about the WHI with others; would you be willing to share conversations with me about my WHI efforts?
9	How can I show you that I appreciate your support of my WHI work?
10	Tell me about the ways you make the world a better place for women.
11	Your personal question: _____?