



**Fall 2003 (10F):
Recognizing Your Investment
in Women's Health**

Nutritionist Note:

The overall goal of this session is to provide an opportunity for participants to feel positive about the value and importance of WHI in their own lives and for the advancement of women's health. This session also provides an opportunity for participants to: a) strengthen their commitment to study adherence and retention, and b) begin to prepare for closure of the Dietary Change group sessions.

Nutritionist Guidelines

- Time:** 120 minutes
- WHILMA:** Enter session in WHILMA as: **10F**
- Objectives:
(Key Points)** In this session, the participant will:
- Review plans for the final year of Dietary Change sessions.
 - Explore the priceless value of WHI in women's health research.
 - Revisit personal reasons for participating in WHI and current benefits.
- Materials:**
- *Nutritionist Resource – I*, pages 16-18
 - Session reminder (sample provided, page 19)
 - Session make-up sheet (sample provided, page 20)
 - Self-monitoring tools (available options)

Other WHI Resources Related to Session:

- Fall 2001 (8F) – *Women Helping Women*, Group Nutritionist materials – *Nutritionist Resource 1*
- *WHIse Choices*, Vol. 21, Winter 2002 – *Designed to Get Answers: A look at the power and promise of the WHI Dietary Study*
- *WHIse Choices*, Vol. 18, Winter/Spring 2002 – *WHI Impact Felt Beyond Food*
- *WHIse Choices*, Vol. 4, Spring 1997 – *Salute to Motivation*

Optional Nutritionist-Optional Background Reading:

- *Vol. 1, Study Protocol and Policies:*
 - *Section 2.3.4. – The Need for a Controlled Trial of a Low-Fat Eating Pattern*
- WHI E+P study results: WHI Participant website – www.whi.org – “HRT in the News’ section” FAQs, Updates and Links.
- WHI Studies:
 - The ‘Focus on Findings’ column in the *WHI Matters* newsletter has described some of published WHI papers (Vol.8A - 2002-03; Vol.7C - 2002; Vol.7B - 2002; Vol.7A - 2001-02; and Vol.6C - 2001-02).
 - Public Folders\All Public Folders\ Scientific Publications\ Bibliography of Published WHI Papers - lists many of the WHI published papers.
- Journal references for WHI papers described in this session:
 - *Fat intake in husbands of participants in the Dietary Modification component of the Women's Health Initiative. Nutrition Research. 2002;22:577-586.*
 - *Hypertension and its treatment in postmenopausal women: Baseline data from the Women's Health Initiative. Hypertension. 2000;36:780-789.*

Other Suggestions for Icebreaker Activities:

- Develop a ‘knock-off’ of the MasterCard ‘priceless’ ad campaign (e.g., “Price of two tickets to a sold-out baseball game, \$150.00. Price of hot dogs, sodas and a bag of popcorn for three during the game – \$35.00. Price of a jacket with team logo – \$50.00. Smile on your son’s face when he caught the winning ball – Priceless”).
 - A CC could price out common goods, services or items that women might buy for their daughters or granddaughters and then compare those to the ‘priceless’ value of the participant’s WHI contribution to those same daughters and granddaughters.

Peer Group Idea:

Here is a suggestion for a peer group activity/topic to follow-up on the Fall 2003 session:

- *Getting Together:* Active peer groups invite another peer group, or other Dietary Change participants they know to join them at their next peer group meeting.

Upcoming Maintenance Session Topics:

[Note: The CCC Update for the May 2003 LN regional calls provides a brief overview of the overall goals for Year 10 as well as the objectives for each session.]

Fall 2003:
Recognizing Your Investment in Women's Health
(Facilitation Outline)

| | GROUP SHARING/NEXT STEPS FOLLOW-UP (~ 20 minutes) |
|--|---|
| | <p><u>Objective:</u> Participants update group members on life events and peer group activities since the last session and share how they applied skills practiced during the Summer session.</p> <p><u>Purpose:</u> Build group cohesion and participant self-efficacy.</p> <p>A. Group Sharing:</p> <ul style="list-style-type: none"> Introduce guests from other groups and offer to provide a brief update on absent participants. Provide an opportunity for participants to share experiences since the last group session. <p><u>Q/A</u> (Potential questions):</p> <p>☞ Before we begin talking about today's topic, would anyone like to share information about how things are going or any new discoveries (restaurants, food products, etc.) that have made it easier for you to follow a low-fat eating pattern?</p> <p>B. Next Steps Follow-up:</p> <ul style="list-style-type: none"> Ask participants to share their thoughts and/or experiences about furthering their enjoyment of summertime fruits and vegetables. <p><u>Q/A</u> (Potential questions):</p> <p>At the Summer session, we talked about potential ways to increase enjoyment of summertime fruits and vegetables.</p> <p>☞ What did you do to increase or broaden your enjoyment of summertime fruits or vegetables?</p> <p>☞ What summer fruits or vegetables did you try or decide to use more frequently?</p> <p>Group Facilitation Suggestions and Examples:</p> <p>Point out common threads within the group.</p> <ul style="list-style-type: none"> <i>Several of you have mentioned that you have favorite summer fruits or vegetables such as _____ and _____. And you shared that you decided to increase your use of these because you really enjoy them. Others shared that they have tried new ways to prepare fruits and vegetables. Anne, you mentioned that you tried grilling your vegetables and Phyllis you said that you decided to try a new vegetable – snow peas.</i> <p>Use the 'who else' question:</p> <ul style="list-style-type: none"> <i>Who else tried a new fruit or vegetable or a new way of enjoying fruits and vegetables?</i> <p>Summarize and reflect group comments.</p> <ul style="list-style-type: none"> <i>It sounds like most of you found ways to broaden your enjoyment of summertime fruits and vegetables by either trying a new way to prepare them, sampling a new food that you had never tried before, or eating more of your favorites.</i> |



Peer Group Sharing (If peer groups):

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

Q/A (Potential questions):

- ☞ During the past 3 months, what types of activities have you done with other WHI group members?
- ☞ What do you enjoy about getting together?

Note: Consider re-introducing the peer group idea after the “Benefits” discussion – page 13 (e.g., *How might meeting together outside your usual Dietary Change group meeting be supportive or helpful?*). Reinforce the idea that a beneficial (or worthwhile) peer group meeting may only have 3-4 people.

**Transition into Setting the Stage:**

- Okay, if most of you are ready, let me introduce what is planned for today's session.

SETTING THE STAGE for SKILL BUILDING (~ 5 minutes)

Nutritionist Note:

The Skill Building component in this session includes 3 segments: 1) a brief overview of the plans for the final year of Dietary Change sessions, 2) a discussion of the priceless value of WHI in women's health research, and 3) an opportunity for participants to share some of the reasons why they are part of WHI and some of the current benefits that keep them participating.

We acknowledge that the 'importance' of WHI has been discussed in previous sessions; however, it was usually accomplished by a presentation/speaker (e.g., PI, Nutritionist, etc.). The expectation in this session is that participants will have an opportunity to hear themselves talk about and share what has made WHI a ground-breaking study for them. We want participants to rekindle their excitement and commitment to the study by exploring why and how WHI is important to them.

The amount of time devoted to each segment will be determined by participant interest in each segment relative to the others. Assessing relative interest in the segments helps the nutritionist acknowledge and support participant interest while including all segments. It is important to be in touch with participant interest as the session proceeds. Be flexible and make adjustments, if needed, as the session unfolds.

A. Set the Stage & Assess Interest

- Let participants know that beginning with the Fall 2003 session, we are approaching the last four group sessions.
- Explain that the last four group sessions are linked and provide a way for participants to continue to stay connected and involved with the study and with each other. Point out that during these last four group sessions, we plan to provide support and guidance to help them continue participating through their close-out contact.
- Provide a brief overview of what you are prepared to cover in the session:
 - A "BIG" picture overview of what is planned for the last four group sessions.
 - A look at the priceless value of WHI in women's health research and a discussion of the importance of the WHI Dietary Study.
 - An opportunity to revisit some of the reasons for participating in WHI and some of the benefits of that participation – and share how these have helped them maintain their study connection and contributions.

QA:

- ☞ How does this sound?
- ☞ Where would you like our group to spend most of our time?

B. Emphasize Personal Choice

- Point out that each participant will have slightly different priorities and needs in their lives, so each of them may focus on different things during the session. They need to decide what's important and how they might use the information that we talk about today.

| | SKILL BUILDING (~ 60 minutes) |
|--------------|---|
| (10 minutes) | <p>1. Looking Ahead: Plans for the Last Four Group Sessions</p> <p><u>Objective:</u> Review plans for the final year of Dietary Change sessions.</p> <p><u>Purpose:</u> Prepare participants for closure of the Dietary Change group sessions.</p> <p><u>Nutritionist Note:</u> Provide a brief overview of the topics for the Year 10 sessions. To help participants visualize where we are going, consider using a metaphor (i.e., cultivating a garden, going on a long-planned journey, or making an investment). <u>Example:</u></p> <ul style="list-style-type: none"> • <i>Your participation in WHI could be compared to a planting a garden. When you joined WHI, you made a commitment to contribute your time and effort to help answer important women's health-related questions. The time and energy that you have contributed to WHI are similar to the time and energy it takes to get a productive garden started: preparing the soil, planting the seeds and then taking care to water, weed and fertilize. After some time, the garden begins to grow and finally it is ready to harvest.</i> • <i>However, in WHI it's not quite time to celebrate and harvest the results – we need to continue to water, weed and fertilize our WHI garden. During our last four group sessions, we plan to provide time for you to:</i> (Use information provided below to provide an overview of the last four group sessions.) <p>A. Provide an Overview of the Last Four Group Sessions.</p> <ul style="list-style-type: none"> - Fall 2003 – Recognizing your investment in WHI: Strengthen your commitment to WHI by recognizing the importance of the study and by taking time to reflect and share some of your reasons for participating and current benefits. - Winter 2003 – Maintaining your investment in WHI: Identify ways to maintain your investment by reinforcing personal skills and strategies that can help you continue to meet (or maintain) your fat gram goal through your WHI close-out contact. - Spring 2004 – Reinforcing your investment in WHI: Look for ways to reinforce your efforts to meet (or maintain) your fat gram goal by comparing the WHI eating pattern to the Institute of Medicine's recommendations for the general public. - Summer 2004 – Celebrating your investment in WHI: Take time to celebrate each person's contribution to WHI and receive session close-out materials. • Share thoughts and feelings about the last four group sessions. <p><u>Q/A:</u></p> <ul style="list-style-type: none"> ☞ What about these plans interests you the most? ☞ How does it feel to hear that this is our last year of being together as a group? <p>Food for Thought</p> <ul style="list-style-type: none"> • Remember to reflect participants' feelings – try not to become personally invested (e.g., in participants who are very excited or distressed about the end of the group sessions). • Consider thinking about your own feelings before facilitating the Fall session. How do you feel about the group sessions ending? |





Group Facilitation Suggestions and Examples:

Reflect and summarize.

- *It sounds like some of you are very happy that DM group sessions are coming to an end, while others are feeling a little unsure. On one hand, you might be happy that the DM sessions are ending, but on the other hand, you're feeling a little 'blue' about losing contact with other group members.*

Transition:

- *My feelings are very similar to the ones you all expressed – I will miss seeing and working with all of you, but I'm also excited about my opportunity to be part of WHI. I know that in earlier group sessions, we have talked about the importance of the WHI study in women's health research. Now is a great time to have you reflect on how being part of this very important study makes you feel.*

(35 minutes)

2. WHI: Answers for Tomorrow

Objective: Explore the priceless value of WHI in women's health research.

Purpose: Inspire positive feelings about the study and personal contributions.
Strengthen commitment to study adherence and retention.

A. Icebreaker Suggestion:

- Consider providing a visualization exercise to help participants see that they are part of something BIG (example provided below). Follow-up the visualization with an open-ended question to help elicit participants' thoughts and feelings about their WHI participation.

"Picture yourself alone in a huge, empty football stadium. Gradually, a few more women enter, then dozens more, hundreds more, even thousands flood in. Finally, after the last women walk through the door – there you are – sitting among more than 160,000 women. Imagine the vastness of that crowd, its energy, potential and enthusiasm. You belong to such a group – the Women's Health Initiative."

Q/A:

- ☛ If you were asked to give one word or sentence describing how being part of WHI makes you feel, what would it be?



Group Facilitation Suggestions and Examples:

Reflect and summarize.

- *It sounds like all of you are proud to be part of WHI. I heard phrases like: "It feels great being part of a better future"; "I feel like I am helping the next generation and myself"; and "I am proud to be part of a national ground-breaking study that will help women for years to come".*

Transition:

- *Let's take another look at what makes WHI such a landmark study for women's health. My hope is that this review will inspire you to recognize the priceless contribution you are making to women for all time – by being part of WHI.*

Nutritionist Note:

This segment is intended to be brief. The idea is to provide an opportunity for participants to 'feel positive' about their WHI participation. Facilitate a discussion that will give participants an opportunity to share their knowledge and perspective of WHI.

B. Participants Discuss Importance of WHI for Them

- Briefly review and discuss key points about the purpose and importance of WHI. Provide an opportunity for participants to hear themselves acknowledge their WHI participation as a valuable and meaningful experience.
- Use the delivery method below, or develop your own.

Delivery Idea: Participant/Nutritionist Sharing the Vision:

- Nutritionist provides an opportunity for participants to reflect and share their knowledge and perspective about the importance of the WHI study. Provide supportive information, if needed after participants share their responses. Supportive information is provided in *Nutritionist Resource-1* (pgs. 16-18).

Key points to highlight during the group discussion:

- Review the key points listed below, or develop your own.
 - Point 1: WHI is a landmark study.
 - Point 2: WHI is already providing information.
 - Point 3: The WHI Dietary study is important and unique.
 - Point 4: Participant contributions are vital.

Point 1: WHI is a Landmark Study.

- Acknowledge that participants have heard that WHI is a landmark or ground-breaking study, but ask them to share what makes WHI a 'landmark' study for them.

Q/A:

- ☛ What makes WHI a 'landmark or ground-breaking' study for you?

Nutritionist Note:

If the open-ended question listed above does not elicit some of the key ideas listed in the *Nutritionist Resource-1* (pgs. 16-18), then consider using more focused questions, for example:

- *What are some of the diseases that WHI is investigating that make it a landmark study?*
- *How does focusing on women's health issues make WHI a ground-breaking study?*

Point 2: WHI is Already Providing Information.

- Point out that it has been 10 years since WHI enrolled the first participant (1993) and the WHI is in the final two years.
- Let participants know that WHI has already provided a lot of information about postmenopausal women.

- Point out that there have been a number of scientific papers published using WHI baseline data and data from small ancillary studies. While these are not the main Dietary Study results – which will not be ready for a few more years – they can help us understand other important women's health issues.
- Mention that the WHI scientific papers have looked at a variety of areas for postmenopausal women such as: the frequency and treatment of high blood pressure, the fat intake of WHI Dietary Change participants' husbands, and how health insurance coverage affects women's access to cancer screenings. However, the most notable WHI publication focused on the WHI Hormone Trial (E+P component).
- Provide some examples of the types of information that has been published (3 examples provided).
 - If participants ask for additional information about the different types of scientific papers that have been published using WHI baseline data – use the information provided under “WHI Studies” on page 2 – (*Focus on Findings*’ column in the *WHI Matters* newsletter or list of studies in the WHI Public Folders).

WHI Scientific Papers:

Example: Hypertension and its treatment in postmenopausal women (baseline data).

- Summary: The results of this study that looked at WHI baseline information suggest that hypertension in older women is not being treated aggressively enough. This assumption was made because a large proportion of postmenopausal women do not have adequate blood pressure control (especially women over 70 years who are most at risk for stroke and heart disease by virtue of age).

Example: Fat intake of WHI Dietary Change participants' husbands (small ancillary study):

- Summary: This study demonstrated that an intervention aimed at reducing dietary fat intake in postmenopausal women resulted in reduced fat intake in their husbands. There was a statistically significant difference noted in the percent of energy contributed by total fat and types of fat (e.g., saturated, monos, and polys) between husbands of Dietary Change participants compared to husbands of Comparison participants.

WHI Hormone Trial (E+P component):

- Remind participants that WHI has many parts: an observational study and three clinical trials – the HT (Hormone trial), the DM (Dietary Modification trial) and the CaD (Calcium/Vitamin D trial).
- Point out that one arm of the Hormone trial (E+P) stopped early and is already providing some answers that have ‘rocked the world’. Mention that past studies had led health care professionals to believe that a combination of estrogen + progestin helped prevent cardiovascular disease – but that conclusion was based on observational studies – not a randomized, controlled clinical trial.
- Point out that for women in the estrogen alone arm of the Hormone study, the major questions have not been answered. In fact, to date, women in the estrogen alone study have shown no increased risk of breast cancer.
- Ask participants to share their feelings and reactions about being part of a study that has made the news and because of its size and design is very likely to continue making news in the future.

Q/A:

- ☞ How does it feel being part of a study that is already finding answers to questions about women's health?

Point 3: The WHI Dietary Study is Important & Unique.

- Point out that scientists have learned a lot about how diet affects health but there are still gaps in our knowledge about the link between diet and disease risk.
- Ask participants to share what they know about what makes the WHI Dietary Study different from other dietary studies they may have heard about in the media.

Q/A:

- ☞ How is the ground-breaking WHI Dietary Study different from other dietary studies that have been in the news (e.g., Nurses Health Study)?
- ☞ How does the design of a randomized, controlled clinical trial (like the WHI Dietary Study), affect when study results are available?
- Use participants' comments about how a randomized, controlled clinical trial design impacts when study results are available – to help them understand why study results will not be available until sometime after their close-out contact.
- If participants need help understanding how the WHI design impacts the 'availability' of study results, use the key points summarized in the box below to help explain the process.
- Acknowledge and reflect any disappointment that participants may express.

Nutritionist Note

Key points: How a randomized, controlled clinical design affects when study results are available.

- In a randomized, controlled clinical trial, like WHI, information (data about disease outcomes) is collected until the very end of the study and researchers are 'blinded' to ALL the information until the study is finished.
- In the WHI Dietary Study, data is still being collected at the close-out contact – from both DM Dietary Change and Comparison participants – over 48,000 women.
- All the final outcome information needs to be entered into the WHI database before the study results can be analyzed and evaluated.
- Point out that this process could take at least a year. At the Summer 2004 session, participants will receive more information about how and when study results will be available.
- Point out that the WHI study design makes completion of their close-out contact critical. The information collected at this close-out contact provides an important piece of the puzzle for the study.



- Ask participants to share what makes the WHI Dietary Study important for them. Provide supportive information, if needed, after participants share their responses. Supportive information is provided in *Nutritionist Resource-1* (pgs. 16-18).

Q/A:

- ☞ What makes the WHI Dietary Study so important for you?

Food for Thought:

After participants have shared what makes the WHI Dietary Study important for them, consider sharing how it feels for you to be involved and participate in WHI as a health professional (e.g., pride in being involved in a groundbreaking study, the opportunity to potentially fill in some of the gaps in the knowledge about the relationship between diet and disease, etc).

Point 4: Participant Contributions are Vital.

- Point out that each participant in WHI is irreplaceable. Help each woman see how her contributions are important. Consider using a visual such as the one below:
 - “Imagine that you are putting together a 50,000 piece puzzle filled with beautiful scenery. There are hundreds of colorful flowers, trees, butterflies, and fluffy clouds in a bright blue sky. All the pieces seem to look alike and it takes a very long time to put the puzzle together – this is just like the WHI Dietary Study.”
- Ask participants to think about what happens when they finish a puzzle that has missing pieces. How do they feel and how does it affect the picture?

Q/A:

- ☞ What happens when a puzzle has missing pieces?

- Point out that every participant is an important piece of the WHI puzzle. Ask them to think about what they can do as individuals to continue contributing to WHI to the best of their ability.

Q/A:

- ☞ What could you do, as an individual, to see that WHI has as many pieces of the puzzle as possible?



Group Facilitation Suggestions and Examples:

Reflect and summarize.

- *You are making many contributions that are vital to the success of WHI and you've identified several of them. Many of you said that you feel it's important for you to maintain your low-fat eating pattern through the end of the study – and some of you are thinking that your dietary changes might be something that you will continue to do as a lifestyle change. Many of you also pointed out the importance of the close-out contact because the information you provide is critical.*



(15 minutes)

Group Facilitation Suggestions and Examples:

Transition: (link to puzzle pieces)

- *Each of you is irreplaceable! It sounds like many of you see that staying involved and connected with the study will help guarantee that WHI has as many puzzle pieces as possible.*
- *One important way to stay connected with the study is to think about some of the things that inspired you to join WHI in the beginning. Each of you is motivated by a variety of different reasons, let's share some of these reasons with each other.*

3. The Women of WHIObjective: Revisit personal reasons for participating in WHI and current benefits.Purpose: Inspire positive feelings about the study and personal contributions.
Strengthen commitment to study adherence and retention.**A. Reasons for WHI Participation**

- Point out that each participant was motivated to join WHI for a variety of different reasons. Ask them to share information about: 'what' prompted them to join WHI, 'what' keeps them going, and, 'what' will keep them going.

Q/A:

- ☞ What excited or attracted you to participate in the WHI Dietary Study?
- ☞ What has kept you participating in the study?
- ☞ What will keep you going?

**Group Facilitation Suggestions and Examples:**

Reflect and summarize the things that have kept participants involved and continuing to participate.

- *You've shared many reasons that you joined WHI, but one of the key underlying reasons that I heard, was the potential to help future generations of women – in your own family and worldwide.*
- *Donna observed that she joined because she thought that not enough African American women take part in studies and it's important that their voices and experiences are heard.*

Use a 'who else' question:

- *Who else would like to share some of the reasons that keep them participating in the study?*

Transition to a discussion focused on benefits.

- *As you were sharing some of the reasons that keep you participating in WHI, I heard some things that you consider to be potential benefits, such as enjoyment of other group members and increased awareness of healthier eating patterns. Let's talk about some of the things that you see as benefits of your WHI participation.*

B. Benefits of WHI Participation

- Ask participants to share some of the things that they see or identify TODAY as benefits of their WHI participation (e.g., social benefits, such as support and friendship of other women in group, physical or emotional benefits, such as weight loss, or a sense of well-being, etc.).

Q/A:

- ☞ What do you see today as a benefit(s) of participating in WHI?

**Group Facilitation Suggestions and Examples:**

Reflect and summarize.

- *Wow, you shared a lot of benefits, let me see if I can capture the ideas that you shared. While it's exciting to think about how your commitment to WHI may affect the future of women's health, it sounds like it's also great to realize how you benefit right now. There are a variety of benefits that you shared – healthier bodies and minds, the beneficial effect that WHI has had on your families' eating patterns, the sense of accomplishment that WHI is providing, and the admirable and honorable women that you have met in your groups.*
- *How did I do? What else would you like to add something?*

Nutritionist Note:

Consider re-introducing the peer group idea after talking about potential “benefits” of WHI participation (e.g., *How might meeting together outside your usual Dietary Change group meeting be supportive or helpful?*) Reinforce the idea that a beneficial (or worthwhile) peer group meeting may only have 3-4 people.

| | NEXT STEPS (~15 minutes) |
|--|--|
| | <p><u>Objective:</u> Participants share with group members how they might use the session discussion and experience to help them meet WHI goals.</p> <p><u>Purpose:</u> Increase likelihood that participants will apply session information and skills to support WHI goals.</p> <p>A. Next Steps Discussion</p> <ul style="list-style-type: none"> • Ask participants open-ended questions to help assess their level of interest in the information presented and their readiness in using the information. • Ask participants to summarize what was discussed in the session or provide a brief summary. For example: "Today, we talked about the landmark nature of the WHI Study for women's health and you had an opportunity to revisit and share some of the reasons that you joined WHI, as well as some of the benefits that you continue to receive." <p><u>Q/A:</u></p> <ul style="list-style-type: none"> ☞ What discoveries (old or new) has this session helped you find? ☞ How might our discussion today about WHI help you maintain or rekindle your motivation to continue contributing to the study? <p>Group Facilitation Suggestions: Reflect and summarize.</p> <ul style="list-style-type: none"> • <i>Some of you shared that seeing WHI in the news has given you a 'shot in the arm' and helped you remember just how big and important this study will be for women. Others found it motivational to hear why their peers (other Dietary Change group members) joined WHI. You said this helped rekindle some of your own excitement and motivation about continuing to be involved in the study.</i> • <i>Tell me, what else did you hear during our discussion that helped rekindle your excitement or commitment to the study?</i> <p>Point out common 'threads' within the group, for example:</p> <ul style="list-style-type: none"> • <i>Several of you mentioned that _____ and _____ are key motivators for your continued participation.</i> • <i>What are some other things that you'd like to share?</i> <p>B. Thank You</p> <ul style="list-style-type: none"> • These are exciting times for women's health – made possible by each WHI participant's determination to provide information and help get answers for future generations of women. Thank you for continuing these groundbreaking efforts! |



| | FOOD TASTING (~10 minutes) |
|--|---|
| | <p><u>Objective:</u> Participants taste low-fat foods that support WHI goals.</p> <p><u>Purpose:</u> Increase likelihood that participants will use recipes and foods that support WHI goals.</p> |
| | <p><u>Nutritionist Note</u></p> <p>If you decide to use a 'community' food tasting option, the nutrition team would need to decide which type of community dish they would want to create. Then, you could either ask participants in the session reminder to bring specific types of foods to the Fall session, or provide a selection of foods for participants to use when they are creating the dish.</p> <p>Heads up note: Creating a soup would take longer than the 10 minutes provided.</p> |
| | <p><u>Delivery Idea:</u></p> <ul style="list-style-type: none"> • Build on the theme of community and camaraderie. Point out that it has taken all different types of the women coming together to make WHI and the Dietary Study happen. Ask participants to join together and see what type of community dish they can create to share as a group <ul style="list-style-type: none"> • Community soup pot. • Community salad bowl (fruits, vegetables, greens, toasted nuts or seeds, etc.). • Community dessert table (angel food cake, flavored yogurts, fruits, etc.) |

Nutritionist Resource-1

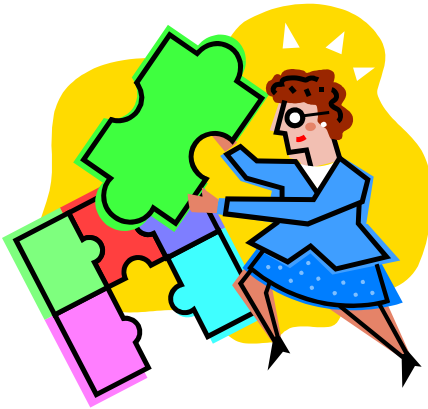
NOTE: This resource provides background information to support a brief discussion about the priceless value of WHI. The intent is to provide an opportunity for participants to feel positive about their involvement and participation in WHI and rekindle their motivation to continue their participation through the close-out contact. Offer the amount of information necessary for participants to have a sense of the importance of WHI, but avoid providing unnecessary detail.

| # | Key Point | Key Ideas |
|---|--|--|
| 1 | WHI is a Landmark Study. | <ul style="list-style-type: none"> • WHI is looking at diseases that have major public health implications for women (i.e., breast and colorectal cancers, coronary heart disease and bone fractures). • WHI is the largest and most complex clinical trial ever undertaken in the U.S. There are 48,836 participants in the Dietary Study. • WHI is focusing on women and women's health problems that have received little attention compared to men's health problems. |
| 2 | WHI is Already Providing Information. | <ul style="list-style-type: none"> • WHI has already provided a lot of information about postmenopausal women. Here are some examples of WHI research findings. While these are not the Dietary Study main study results – which will not be ready for a few more years – they will help all of us understand other important women's health issues. <p><u>Example:</u> <i>Hypertension and its treatment in postmenopausal women: Baseline data from the Women's Health Initiative.</i> Hypertension. 2000;36:780-789.</p> <p><u>Detailed Summary (optional information):</u></p> <ul style="list-style-type: none"> ▪ The researchers looked at the first 98,705 WHI participants to see how many women had hypertension (high blood pressure) and how it was being treated and controlled. Hypertension is a major risk factor for stroke and heart disease among both women and men. ▪ The researchers found that 38% of women had high blood pressure (equal to or above 140/90 mm Hg) or were on medication for high blood pressure. Twice as many women over 70 years of age had hypertension (53%) compared to women aged 50-59 years (27%). Rates were higher in blacks (59%) than in whites (39%), Asians (44%), or Hispanics (33%) and in those with lower education and income levels. ▪ Of those with high blood pressure, 64% were being treated with medication. However, blood pressure was under control in only 36% of the hypertensive women overall. Even fewer women over age 70 with hypertension had good control. ▪ Perhaps high blood pressure is more difficult to control in older women or the treatments offered to older women may be different from what younger women get. Yet, older women are most at risk for stroke and heart disease by virtue of age. |

| # | Key Point | Key Ideas |
|---|---|---|
| 2 | WHI is Already Providing Information (continued) | <p><u>Example:</u> <i>Fat intake in husbands of participants in the Dietary Modification component of the Women's Health Initiative.</i> Nutrition Research. 2002;22:577-586.</p> <p><u>Detailed Summary (optional information):</u></p> <ul style="list-style-type: none"> ▪ Intakes of total, saturated, monounsaturated, and polyunsaturated fats over the previous 3 months were assessed in husbands (or domestic partners) of women randomized to the WHI Dietary Modification study for at least one year (Dietary Change and Comparison groups) at the Birmingham, AL Clinical Center. ▪ Dietary intake was estimated using a semi-quantitative food frequency questionnaire mailed to each husband. ▪ Husbands of Dietary Change participants consumed 35% of total energy from fat compared to 37.4% in the Comparison group husbands ($p < 0.01$). ▪ Saturated, monounsaturated and polyunsaturated fat intakes also differed between the two groups: <ul style="list-style-type: none"> - 11.9% saturated fat for Dietary Change group husbands and 12.6% for Comparison group husbands ($p < 0.05$). - 13.7% monos for Dietary Change group husbands and 14.7% for Comparison group husbands ($p < 0.005$). - 6.7% polys for Dietary Change group husbands and 7.2% for Comparison group husbands ($p < 0.05$). ▪ The study results demonstrated that the WHI Intervention to reduce fat in postmenopausal women had the added effect of reducing fat intake in their husbands. <p>WHI E+P Trial:</p> <ul style="list-style-type: none"> • Major research findings were announced in July 2002 when the E+P arm of the Hormone trial ended early. The WHI hormone therapy results made headlines around the world. Past studies had led health care professionals to believe that a combination of estrogen + progestin helped cardiovascular disease – but that conclusion was based on observational studies. <ul style="list-style-type: none"> ▪ Summary provided on page 9 of Group Nutritionist materials. ▪ For additional information, refer to WHI participant website and look at section on the right-hand side of the website – “HRT in the News”. |

| # | Key Point | Key Ideas |
|---|---|---|
| 3 | The WHI Dietary Study is Important and Unique. | <ul style="list-style-type: none"> • The WHI Dietary Study is important. Turning a HINT into a proven FACT requires a randomized controlled clinical trial – like the WHI Dietary Study. Only this type of trial can establish an answer to the effectiveness and safety of a preventive measure such as diet. • The WHI Dietary Study is unique. 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 post-menopausal women. Therefore, the findings about diet and risk of cancer and heart disease will apply to all healthy post-menopausal women. • Most of our current information about dietary intake and disease information is mainly based on observational study designs. In these types of studies, researchers simply observe disease occurrence among women who choose a healthy eating pattern compared to women who have less healthy eating patterns. • However, we know that women who choose healthy eating patterns are also more likely to choose other healthy behaviors, such as more exercise and more disease screening. Therefore, scientists can never be sure in observational studies, which of these healthy lifestyle choices are affecting disease risk. • Observational studies, like the Nurse's Health Study can offer HINTS, sometimes strong ones, on the benefits and risks of various habits, but they cannot give definitive answers. |
| 4 | Participant Contributions are Vital | <ul style="list-style-type: none"> • Each participant helps WHI move forward by her contributions of time and effort. <ul style="list-style-type: none"> - It is important that each individual participant continues to participate at the highest level possible for them through her close-out contact. - It is important for each participant to complete her close-out contact – whether it is an in-person visit or a phone contact. • Each participant is irreplaceable and all contributions are vital – the women's health puzzle cannot be complete or clear without your help! |

Fall 2003 Reminder
(Electronic copy available)



Recognizing Your Investment in Women's Health?

Can you believe that there are only four more WHI Dietary Change sessions remaining? Please join us for the Fall 2003 Session where we will provide you with a picture of what is planned for the final year of group sessions. We will also briefly review the reasons why WHI is so valuable and important to women's health. Overall, the session will provide an opportunity for you to feel involved and connected with the study by recognizing the priceless contribution you are making to women for all time—by being a part of WHI. We hope you will join us for the first of the final four Dietary Change sessions!

We look forward to seeing you!

Fall 2003 Makeup
(Electronic copy available)

Women's Health Initiative

MAKE-UP FOR FALL 2003 GROUP SESSION

We missed you at the Fall 2003 session. This session is titled '*Recognizing Your Investment in Women's Health*'.

The Fall 2003 session was the first of our last four group sessions. During the session we provided a picture of what is planned for these final sessions. We also briefly reviewed the reasons why WHI is so valuable and important to women's health. Overall, the session provided an opportunity for everyone to feel involved and connected with the study by recognizing the priceless contribution they are making to women for all time.

To complete this session by mail, please do the following activities:

1. Read the Fall 2003 session material.
2. Answer the following question(s):
 - What discoveries (old or new) has this session helped you find?
 - How might this session help you maintain or rekindle your motivation to continue contributing to the study?
3. Mail this page in the enclosed envelope. Please include any self-monitoring tools you completed during the last 3 months.

Thank you for your continued contribution to WHI.