



Session Seventeen: Promoting Maintenance

In this session, the participants will:

1. Identify factors that help maintain their dietary changes.
2. Learn how loss of motivation can cause drift back to old eating patterns.
3. Identify self-monitoring ideas that can be used to maintain dietary changes.
4. Learn ways to add flavor to food without fat.

Checklist of Materials Needed															
Supporting Materials:	<input type="checkbox"/> Fat Scans <input type="checkbox"/> Additional copies of Worksheet 1-1 (Session 1)														
Food & Paper Supplies	<input type="checkbox"/> Beverages of choice (coffee, tea, juice) <input type="checkbox"/> Creamer, sugar, coffee stir sticks, optional <input type="checkbox"/> Paper supplies: plates, napkins, cold cups, hot cups (if needed) <input type="checkbox"/> Plastic forks or spoons <input type="checkbox"/> <u>Food Tasting</u> : Flavored vinegars, mustards, peppers, sauces to sample. <p style="text-align: center;">Serve with lettuce and/or low-fat crackers.</p> <p><i>Note:</i> If you choose different foods for the Food Tasting, emphasize lower-fat flavorings to season food.</p>														
Participant Manual															
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Session 17 Outline—Key Activities

Activity Type (Time)	Activity
Large Group Discussion (15 minutes)	<p style="text-align: center;">Review of Home Activity</p> <p>◆ Discuss experiences identifying and handling their thoughts before and after high-risk situations.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What high-risk situations did you experience last month? - How did your thoughts <u>before</u> the situation influence the actions you took? - What did you learn from the way you handled the situation? - What would you do differently next time?
 <i>Notes</i>	
Large Group Discussion (10 minutes)	<p style="text-align: center;">New Material</p> <p>◆ Discuss Year 2 changes.</p> <ul style="list-style-type: none"> • Share feelings about change in group schedule. • Ways they plan to stay motivated and maintain changes. <p>◆ Key point—participants identify ways they might be influenced by change in group schedule.</p>
	

Large Group
Discussion
(15 minutes)



- ◆ Use **Worksheet 17-1**.
 - Introduce peer-led group idea.
 - Review benefits of participation—use **Worksheet 1-1**, Session 1.
- ◆ Key points—participants identify:
 - Benefits gained from WHI participation.
 - Importance of group support (peer-led groups).

Large Group
Discussion
(15 minutes)



- ◆ Complete **Worksheet 17-2**.
 - Identify and discuss changes made.
 - Identify things that support changes (physical, social, thoughts).
- ◆ Key point—participants identify ways to maintain their progress.

Large Group
Discussion
(10 minutes)



- ◆ Discuss potential drift in fat intake.
 - Gradual, subtle changes.
- ◆ Discuss strategies to help prevent drift in fat intake.
 - Self-monitoring options.
- ◆ Key point—participants recognize importance of continued self-monitoring.

Large Group
Discussion/
Food Tasting
(25 minutes)



- ◆ Use **Worksheet 17-3**.
 - Discuss low-fat seasoning alternatives.
- ◆ Include **Food Tasting**.
 - Emphasize ways to season foods without using fat.
 - Encourage discussion of food/recipe acceptability.
- ◆ Key point—participants identify acceptable low-fat seasoning to use.

Summary

Large Group
Discussion
(10 minutes)




Discuss the issues and identify participants who need more help.


- ◆ Focus on ways that drift could occur during maintenance and ways to prevent it.

Q/A:

- What do you see as the most important thing to help you stay motivated to maintain your dietary changes?
- What self-monitoring ideas do you think will be the most useful for you to stay aware of any drift in your eating behaviors?

Large Group Discussion (8 minutes) 	Home Activity <ul style="list-style-type: none">◆ Assign two Fat Scans.◆ Ask them to complete Worksheet 17-5 at home. Answer questions.
Total Time: 108 minutes	Participant Reminder for Next Session <ul style="list-style-type: none">◆ Bring a low-fat dish and recipe (with fat grams calculated from Worksheet 17-5) to potluck.◆ Ask guest to come to the potluck, if possible.

Session Seventeen: Promoting Maintenance

Activity Type (Time)	Activity
Large Group Discussion (15 minutes) 	REVIEW OF HOME ACTIVITY
	<p>♦ Discuss experiences identifying and handling their thoughts <u>before</u> and <u>after</u> high-risk situations.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What high-risk situations did you experience last month? - How did your thoughts <u>before</u> the situation influence the actions you took? - What did you learn from the way you handled the situation? - What would you do differently next time?
	OVERVIEW OF SESSION
	<ul style="list-style-type: none"> • Today we'll look at some of the factors that are important for motivation. We'll talk about how motivation can influence your ability to maintain your dietary changes. Then we'll review some self-monitoring ideas that you can use to prevent gradual drift back to old your eating patterns.

NEW MATERIAL

Staying Motivated

PURPOSE: Discuss the key factors which enhance motivation.

**Large Group
Discussion
(10 minutes)**

- ◆ **Discuss Year 2 changes.**
 - **Share feelings about change in group schedule.**
 - **Ways they plan to stay motivated and maintain changes.**
- ◆ **Key point—participants identify ways they might be influenced by change in group schedule.**



- You have been with the WHI for almost one year. During this time, you have made many changes in your eating habits. Your monthly group sessions have helped provide ideas and support.
- After our meeting next month, we will be meeting less frequently (four times per year). This decrease in the number of group meetings may be a concern to some. Others may feel that they will have no problem staying motivated and maintaining their dietary changes.



Q/A:

- Tell me, what are some of your feelings about this change in group meetings?
- What ways do you use to stay interested and motivated in maintaining your healthy eating patterns?
- All of you have some really good ideas for staying motivated and maintaining your eating pattern changes.
- One of the opportunities that will be available to all women after the first year is to be part of a peer-led group. A peer-led group is a group of WHI Dietary Change participants who, after the first year, want to meet more often than once every three months. The peer-led group provides support to help you maintain your new eating behaviors between your regular group meetings.

- Each peer-led group is led by one or two participants (co-leaders) chosen and trained by your Group Nutritionist. In our group _____ have volunteered to lead a small peer group (let the group know who has agreed to be peer-group leaders). Next month, we'll have a sign-up sheet available for any of you who are interesting in being part of a small peer-led group.
- Now, let's review a few of the important steps you can take to stay motivated.
 - Identify your benefits.
 - Recognize your successes.
 - Create supportive surroundings: places, people and thoughts.
 - Take charge of your actions.
 - Reward yourself.
- As we talk about each of these steps, we'll use the questions on **Worksheet 17-1** to guide our discussion. You don't need to complete the questions. They are there to help you look at each area and think about your ideas.

<p>Large Group Discussion (15 minutes)</p>	<p>Identify Your Benefits</p>
	<ul style="list-style-type: none"> ◆ Use Worksheet 17-1. <ul style="list-style-type: none"> • Introduce peer-led group idea. • Review benefits of participation—use Worksheet 1-1, Session 1. ◆ Key points—participants identify: <ul style="list-style-type: none"> • Benefits gained from WHI participation. • Importance of group support (peer-led groups).
	<ul style="list-style-type: none"> • At our very first group meeting (Session 1), we talked about the benefits of being a part of the WHI program. Let's look at the some of the reasons you joined the study. Take a look at the benefits you checked at the first group meeting on Worksheet 1-1.
	<p> <i>Group Nutritionist Note:</i> Use Worksheet 1-1 from Session 1 to review the benefits they checked when they began the study. Be sure to have extra copies of the worksheet available, in case the women do not have their manuals.</p>
<p></p>	<p>Q/A:</p> <ul style="list-style-type: none"> - Which benefits are still important to you? - What benefits did you gain that you didn't expect? - What benefits do you think will motivate you to maintain your dietary changes? <ul style="list-style-type: none"> • Many women report that one of the benefits of being part of WHI is contributing to science. They feel that their participation and the information learned from this study may help their daughters and granddaughters in the future. Other women report that their new eating style makes them feel better. They see their future health as a benefit for taking part in the study. • To stay motivated, you need to feel good about what you're doing. It's important to remember the reasons why you joined the WHI. It is also important to identify the benefits that you continue to gain throughout your participation in the study.

**Large Group
Discussion
(15 minutes)**

Recognize Your Success

- ◆ **Complete Worksheet 17-2.**
 - **Identify and discuss changes made.**
 - **Identify things that support changes (physical, social, thoughts).**
- ◆ **Key point—participants identify ways to maintain their progress.**

- Another important step for motivation is to focus on the positive things you've done. Think about the changes you have made to improve your eating habits during the past year.
- Look at **Worksheet 17-2** and check the changes you've made. Then go back over the changes you checked and star the ones that make you feel most proud.



Q/A:

- Which of your eating changes habits do you feel most proud of?
- Be sure to give yourself credit for all your changes. Focus on your progress. Success helps you build your self-confidence and your motivation.

Create Supportive Surroundings

- Remember when we first talked about goal setting, we discussed the importance of looking at three areas: the things around you, the people around you, and your own thoughts. Your surroundings may influence your motivation and your success.
- Let's take a few minutes review these three areas. The more supportive your surroundings are, the easier it is for you to maintain your low-fat eating patterns.
 - Physical surroundings (things around you).
 - Social surroundings (people around you).
 - Emotional surroundings (your own thoughts).

Physical Surroundings

- I want you think about the things around you. Make a mental picture of the places where you spend a lot of your time (kitchen, family room, office at work, friend's house, etc.). Close your eyes and think about the things around you (snack foods, candy dishes, refrigerator, TV, refrigerator magnets, etc.).



Q/A:

- What things support your dietary changes?
- What things make these places less supportive of your dietary changes?
- How could you change the things around you to make them more supportive of your new eating style?

Social Surroundings

- Most of us do better when the people around us are supportive. The support of others is particularly helpful when we are having difficulties. To get other people's support, it helps to involve them in the change process. Their involvement might be in the form of advice, companionship, support, or even competition.
- Think about the people around you: your family, friends, the other members in your Dietary Change group.



Q/A:

- What types of support do you currently get from the people around you?



Group Nutritionist Note: Below are some suggestions for ways other people or peer-led group members could be supportive.

- Share goals with others—to keep them involved and updated on your progress.
- Share your successes—to receive positive feedback.
- Share information—to learn and get inspiration from the experiences of others.
- Find a "buddy"—to help you find solutions and discuss your efforts.
- Use others (family or friends)—to help you reward yourself for positive behaviors.



Q/A:

- When is it difficult to ask for help?
- What steps could you take to get more support, if you feel that you need it?



Group Nutritionist Note: The following list provides some suggestions for steps participants could take to get support.

- Decide who can help.
- Decide what kind of help you want.
- Ask for help.
- Show your thanks.

- Ask for help if you want more support. Think of a few of the people who influence your success in the WHI. Identify at least one way they can provide help. Then use the steps you learned in Session 8 to ask for help.

Emotional Surroundings

- Your thoughts may influence your motivation. Most of us have both positive and negative feelings about our dietary changes.
- Pay attention to your feelings. Negative feelings such as anger, fear of failing, resentment, feeling overwhelmed, and sometimes even the fear of succeeding may get in the way of your success. These feelings can lead to negative self-talk and increase your chances of sliding back to old high-fat eating patterns.
- Focus on your positive feelings, as much as possible. These include excitement, pride, hope and happiness.



Q/A:

- What positive feelings do you have about the eating changes you have made? (Try to state them in single words such as excited, happy, proud, etc.)
- Tell me, what are some examples of negative feelings you might have about the eating changes you've made?
- How could you reword your negative self-talk into positive self-talk messages that would support your new eating behaviors?

Take Charge of Your Actions

- Another way to stay motivated is to make a commitment to yourself. Decide how important it is for you to maintain the changes you have made. Put your new eating style at the top of your list.
- Identify some steps you can take to maintain your progress. The more you feel in control of your eating, the more successful you'll be.



Q/A:

- Tell me, what steps could you take to make you feel more in charge of your eating?

Reward Yourself

- Finally, remember to reward yourself. This step is frequently forgotten when you are trying to stay motivated. Identify some non-food ways you can reward yourself for maintaining your dietary changes. A reward can be anything. For example, you can buy yourself some fresh flowers, go to a movie, take a relaxing walk, or just give yourself some "free" time.



Q/A:

- What can you do to reward yourself for maintaining your low-fat eating pattern?
- If maintaining your dietary changes is not at the top of your list, go back and review some of the steps we just discussed. Identify a step you could use to get yourself back on track.

**Large Group
Discussion
(10 minutes)**

Motivation and Drift in Eating Patterns

PURPOSE: Discuss how motivation influences maintenance of lower-fat eating pattern.

- ◆ **Discuss potential drift in fat intake.**
 - Gradual, subtle changes.
- ◆ **Discuss strategies to help prevent drift in fat intake.**
 - Self-monitoring options.
- ◆ **Key point—participants recognize importance of continued self-monitoring.**

- In WHI we have found that women increase the fat in their eating patterns in a couple of ways. One way we call a setback. The other way we call "drift."
- Last month we defined setbacks as a time when you feel your eating is out-of-control. You begin to go back to your old high-fat ways of eating. Your eating changes happen quickly and you are aware of the changes you are making.
- On the other hand, you may also increase the amount of high-fat foods you eating very slowly. You are not aware of your changes. We call this type of change "drift."
- Drift is when you tend to make very small, unconscious changes in your eating patterns over a long period of time. This slow change may occur because of changes in your life (e.g., retirement); demands of family or friends (e.g., watching grandchildren, caring for older parent or friend); changes in your general health (e.g., decreased mobility, eye sight), and decreased interest in the study.



Q/A:

- What changes in your life might cause you to drift away from a healthier eating pattern?
- These gradual changes tend to sneak up on you and they are hard to spot. They are not things you consciously do. The drift back to a higher-fat intake is often so slow that you don't notice it.

- Your motivation can have a big influence on this drift. If you lose interest in maintaining your dietary changes, you may be less likely to use the steps needed to stay motivated. For example, you may not be concerned about how the people or things around you support (or don't support) your dietary changes.
- To prevent drift in your eating patterns, use some or all of the steps we just talked about. In addition, you need to identify some ways you can stay aware of changes in your eating patterns.

Keep Track of Your Eating Patterns



Q/A:

- How can self-monitoring help you stay motivated and prevent drift in your eating behaviors?
- What other methods could you use to be aware of any drift in your eating patterns?
- Self-monitoring helps you identify foods and other influences (surroundings, people, places, feelings, etc.) that may cause you to slowly drift away from your dietary goals. It also increases your awareness.
- Each of you has a favorite method and a schedule for keeping track of the foods you eat. Your schedule may vary. Some of you may still be keeping track of the foods you are eating every week, while others are completing at least one Fat Scan every month. As long as you continue to routinely self-monitor, you will be aware of any drift in your eating patterns.
- However, there will be times when you don't keep track of the foods you eat. You may feel that you don't have time, you're tired of keeping track of what you eat, or you feel that you're already eating low-fat and don't need to monitor.



Group Nutritionist Note: Get participants to think about self-monitoring options they could use to identify potential problem areas. Possible suggestions:

- Use the list of Lower-Fat Substitutes (**Worksheet 4-5** in Session 4) to inventory the foods in your kitchen.
 - Keep a low-fat shopping list (**Worksheet 13-1** in Session 13).
 - Keep a Progress Checklist (**Worksheet 17-2** in Session 17).

 - Keep an occasional Fat Scan to see how you are doing. Consider keeping a Fat Scan in the following situations:
 - After a challenging holiday or social situation where you felt that you maintained your eating pattern. See how well it went.
 - When you find yourself eating more high-fat snacks, desserts, or red meats.
 - When you find yourself eating fewer fruits, vegetables and grains.
 - Think about: what, where and how much and how often you are eating. Are your eating behaviors causing you to drift? If yes, keep a Fat Scan.
-
- So, you can see that there are some other ways for you to keep track of your eating patterns in addition to the Fat Scan. For variety, consider using another method. If you identify any drift in your eating patterns, makes changes to get yourself back on track.

**Large Group
Discussion/
Food Tasting
(25 minutes)**

Add a Little Spice to Your Meals

PURPOSE: Reinforce ways to limit fats and oils by using other flavorings for foods.

- ◆ **Use Worksheet 17-3.**
 - **Discuss low-fat seasoning alternatives.**
- ◆ **Include Food Tasting**
 - **Emphasize ways to season foods without using fat.**
 - **Encourage discussion of Food/recipe acceptability.**
- ◆ **Key point—participants identify acceptable low-fat seasoning to use.**

- One of the common areas where people start drifting back toward higher-fat intakes is in their use of the fats and oils group. Over time you may slowly begin to use more margarine, butter, mayonnaise, salad dressings and oils. This may happen for a couple of reasons. First, you may be less aware of the amounts of fat you use in cooking or spread on breads. Secondly, family members may comment that lower-fat foods are drier and less flavorful.
- Fat adds flavor to foods and taste is an important reason people choose the foods they eat. However, low-fat foods don't have to be bland and boring. There are many different ways to flavor your food without adding fat. Let's sample and review some ways you can add flavor to your foods without adding fat.



Group Nutritionist Note: Assemble foods for tasting to illustrate idea of seasoning without fat. Allow the participants to share their experiences in cooking with the suggested seasonings and flavorings: herbs, spices, peppers, flavored vinegars, mustards, and sauces. Have examples of some popular local flavorings and some new flavorings to add interest to the discussion.



Q/A:

- What seasonings or flavorings do you use to add flavor to your lower-fat dishes?

Herbs, Spices and Peppers

- There are many different spices and seasonings used throughout the world. For example, Italian food uses basil, thyme, and oregano; Mexican food uses cayenne, cilantro and cumin; Oriental food often has garlic, ginger or hot pepper flakes. Experiment with different combinations of herbs and spices. There is more information about herbs and spices in the Resource section of your Participant Manual.
- Peppers are another delicious way of adding flavor to your dishes. There are many different peppers to choose from, ranging from sweet to fiery hot. New Mexican are the mildest, and habanero are claimed to be the hottest.

Vinegars, Mustards and Sauces

- There are a wide variety of flavored vinegars such as herbed, raspberry, balsamic and rice vinegar. They add interest to marinades and homemade salad dressings. Seasoned rice vinegar makes a great salad dressing all by itself.
- Mustards also come in a variety of flavors from hot to sweet. They can be used in marinades, sauces and salad dressings. In addition, there are several commercial sauces that can add flavor to your food without fat. Some you may already use are barbecue, Worcestershire and Tabasco. Some oriental sauces to try are oyster, hoisin, fish or soy sauce. Try something new like Pick-a-Pepper. And don't forget the old standbys, catsup and A-1 sauce.
- Look for more information on adding flavor in cookbooks, magazines and the Resource section of your Participant Manual. There are some delicious recipes provided at the end of this session. Refer to **Worksheet 17-3** as a quick review of ways to add flavor without adding fat.

SUMMARY

- Your motivation affects how well you maintain your dietary changes. Over time you may drift back toward a higher-fat intake that has fewer fruits, vegetables and grains. (Use the questions in the box below to encourage discussion.)

Large Group Discussion
(10 minutes)



Discuss the issues and identify participants who need more help.

- ◆ **Focus on ways that drift could occur during maintenance and ways to prevent it.**

Q/A:

- **What do you see as the most important thing to help you stay motivated to maintain your dietary changes?**
- **What self-monitoring ideas do you think will be the most useful for you to stay aware of any drift in your eating behaviors?**

HOME ACTIVITY

Large Group Discussion

(8 minutes) ◆ **Assign two Fat Scans.**

Large Group Discussion

(8 minutes) ◆ **Assign two Fat Scans.**

Large Group Discussion

(8 minutes) ◆ **Assign two Fat Scans.**

Large Group Discussion

(8 minutes) ◆ **Assign two Fat Scans.**

Large Group Discussion

(8 minutes) ◆ **Assign two Fat Scans.**

◆ **Assign two Fat Scans.**

◆ **Ask them to complete Worksheet 17-5 at home. Answer questions.**

Think about our discussion on flavoring without fat, review the ideas on **Worksheet 17-3** and look at the recipes in this session for more ideas on how to add flavor. Choose one of these ideas to try. Write it down on your Home Activity Worksheet (**Worksheet 17-4**) and try it during the next month. Be sure to remember to add this new food to your grocery list.

Our meeting next month is a special occasion. It will be one year since you began this program and we are going to celebrate by having a potluck; please bring a dish to share. In addition, we would like you to bring a guest to the potluck to share the food and celebration. Awards will be given out and you will receive a calendar of events for the coming year.

We will have a recipe contest and give out prizes for the best recipes. Use **Worksheet 17-5** to write down your potluck recipe.

Think about our discussion on flavoring without fat, review the ideas on **Worksheet 17-3** and look at the recipes in this session for more ideas on how to add flavor. Choose one of these ideas to try. Write it down on your Home Activity Worksheet (**Worksheet 17-4**) and try it during the next month. Be sure to remember to add this new food to your grocery list.

Our meeting next month is a special occasion. It will be one year since you began this program and we are going to celebrate by having a potluck; please bring a dish to share. In addition, we would like you to bring a guest to the potluck to share the food and celebration. Awards will be given out and you will receive a calendar of events for the coming year.

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