


Session Eighteen: Managing The Future



In this session, the participant will:

1. Review strategies that help maintain a low-fat eating plan.
2. Review progress made in the WHI.
3. Identify sources of continued support for low-fat eating.

	Checklist of Materials Needed
Supporting Materials	<ul style="list-style-type: none"> <input type="checkbox"/> Fat Scans <input type="checkbox"/> Schedule of group sessions for Year 2 <input type="checkbox"/> Sign-up sheet for peer-led group meetings <input type="checkbox"/> Name tags <input type="checkbox"/> Award Certificates <input type="checkbox"/> Blank recipe forms <input type="checkbox"/> Ballots for recipe contest <input type="checkbox"/> Prizes for best recipes, optional <input type="checkbox"/> Meal of Fortune supplies (see page 3) <input type="checkbox"/> Low-fat cookbooks and magazines <input type="checkbox"/> Available information on: <ul style="list-style-type: none"> Health newsletters TV shows (public TV, local access, cable) ADA consumer hot line (1-800-366-1655) Community nutrition programs (cooking classes, behavior change skills) (senior centers, community centers, hospitals, local junior colleges, etc.)
Food & Paper Supplies	<ul style="list-style-type: none"> <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 eating utensils <input type="checkbox"/> Serving utensils <input type="checkbox"/> Warming trays, water pitchers <input type="checkbox"/> Table cloth(s), optional <input type="checkbox"/> <u>Food Tasting</u>: Potluck

Meal of Fortune Supplies	<input type="checkbox"/> Flip chart or board to write on <input type="checkbox"/> Black marking pen or chalk <input type="checkbox"/> Prizes for game (food coupons, spice samples, etc.), optional <input type="checkbox"/> Spinner wheel <input type="checkbox"/> Play money <input type="checkbox"/> Free spin tokens (10) <input type="checkbox"/> Instructions for “Vanna White” (sample puzzle provided, page 17) <input type="checkbox"/> Instructions for “Banker” (page 18) <input type="checkbox"/> Instruction keys for other puzzle phrases (to be made by Group Nutritionist)	
	Participant Manual	
Worksheets	Worksheet	Page(s) #
	18-1	7-8
	18-2	9
Resource Section	Additional materials available in Participant Manual	
	Resource	Page(s) #
	Cooking Healthy: Low-Fat Cookbooks and Magazines	62-64
	<p><i>Group Nutritionist Note:</i> This potluck is a special occasion, the end of the first year of DM Intervention. The women have worked hard to change their diets and they need congratulations on their success and motivation to continue eating low-fat. Consider sending special invitations to participants and guests to encourage them to come.</p> <p>Display cookbooks, magazines and information about community programs that support low-fat eating. Many organizations (senior centers, community centers, hospitals, etc.) may sponsor cooking classes or behavior change classes on topics such as stress management or assertiveness training. While people are arriving, encourage them to socialize and look through the display.</p>	

Session 18 Outline—Key Activities

Activity Type (Time)	Activity
Large Group Discussion (10 minutes)	<p style="text-align: center;">Group Mixer</p> <ul style="list-style-type: none"> ◆ Provide opportunity for group members and guests to talk with each other. ◆ As they arrive, participants complete name tags and recipe card for dish. <ul style="list-style-type: none"> • List the name of the dish, fat per serving and highlight the low-fat ingredients.
 <i>Notes</i>	
Large Group Activity (45 minutes)	<p style="text-align: center;">Eat/Vote on Recipes</p> <ul style="list-style-type: none"> ◆ Participants taste the different dishes. <ul style="list-style-type: none"> • Vote on recipes. ◆ Key point—participants build group rapport and support.
	

Large Group
Activity
(25 minutes)



Review of Maintenance Strategies

- ◆ Divide into two groups.
- ◆ Use Meal of Fortune Game (or alternative activity).
 - Review maintenance ideas.
- ◆ Key point—participants identify strategies to help maintain dietary changes.

Large Group
Presentation
(15 minutes)



Sources of Continued Support

- ◆ Acknowledge participant's contributions.
 - Present other awards for best attendance, recipe winners, etc.
- ◆ Acknowledge contributions of family and friends.
- ◆ Key point—participants receive recognition and encouragement to maintain dietary changes.

Large Group
Discussion
(10 minutes)

- ◆ Discuss importance of maintenance activities (peer-led groups, etc.).
 - Circulate sign-up sheet for peer-led groups.
 - Review schedule for Year 2 activities.
- ◆ Use **Worksheet 18-1**.
 - Review information available in Participant Manual.
- ◆ Key point—participants identify Year 2 DM activities.



Large Group
Discussion
(10 minutes)

Summary

Discuss the issues and identify participants who need more help.

- ◆ Focus on activities over the past year.

Q/A:

- What new recipes or cooking ideas will you try at home?
- What steps are you going to take to help you maintain your dietary changes?



Large Group
Discussion
(8 minutes)


Home Activity

- ◆ Assign three Fat Scans.
- ◆ Ask them to complete **Worksheet 18-2** at home. Answer questions.



Total Time:
120 minutes

Session Eighteen: Managing The Future

Activity Type (Time)	Activity
Large Group Discussion (10 minutes)	<p style="text-align: center;">GROUP MIXER/WELCOME</p> <p>Group Mixer PURPOSE: Provide opportunity for group members and guest to socialize and build rapport.</p>
	<ul style="list-style-type: none"> ◆ Provide opportunity for group members and guests to talk with each other. ◆ As they arrive, participants complete name tags and recipe card for dish. <ul style="list-style-type: none"> • List the name of the dish, fat per serving and highlight the low-fat ingredients.
	<div style="border: 1px solid black; padding: 10px;">  <p><i>Group Nutritionist Note:</i> As women and guests arrive, encourage them to share information about the dishes they brought by having them fill out name tags for their foods. They will have had experience doing this at the potluck at Session 9.</p> <p>Encourage participants to socialize and look through the display of low-fat cookbooks, magazines and health information.</p> </div>
	<ul style="list-style-type: none"> • I'd like to welcome you all to this special occasion. It's been one year since you volunteered for this study. You've learned a lot and changed your eating habits during this past year. • Before we eat I'd like everyone to introduce their guests to the group. Some of you we met at the last potluck. _____, will you begin by introducing your guest?

POTLUCK/VOTE ON RECIPES

Potluck and Vote on Recipes

PURPOSE: Allow time to socialize, sample foods, share recipe ideas and build group support.

**Large Group
Discussion
(45 minutes)**

- ◆ **Participants taste the different dishes.**
 - **Vote on recipes.**
- ◆ **Key point—participants build group rapport and support.**

- Thank you all for coming. Let's eat before the foods gets cold. I'll talk later.



Group Nutritionist Note: If the group doesn't want to vote on recipes, be sure to give everyone recognition of their efforts and the foods contributed for the potluck.

- I hope everyone enjoyed the food. I know I did. I'm passing around ballots and I'd like you to vote for your favorite recipe in each category. There will be an award for the best flavor, the most creative use of fat grams and the best appearance. Return your ballots to me when you have voted.

REVIEW OF MAINTENANCE STRATEGIES

Meal of Fortune Game

PURPOSE: Use a fun method to review maintenance ideas and foster motivation to maintain dietary changes.

**Large Group
Activity
(25 minutes)**

- ◆ **Divide into two groups.**
- ◆ **Use Meal of Fortune Game (or alternative activity).**
 - **Review maintenance ideas.**
- ◆ **Key point—participants identify strategies to help maintain dietary changes.**



Group Nutritionist Note: You may use another activity to review maintenance ideas, or choose an activity that fosters participants' motivation to maintain dietary changes. For example, an activity where participants (and their guests) give testimonials about their successes, hard work, and progress of the past year could be very inspirational and motivating. Note that an activity of this type will work best if participants (and guests) know ahead of time that they will be speaking in front of the group.

- Now we're going to play a game called Meal of Fortune. How many of you have watched the TV show Wheel of Fortune? Well, this is a modified version of that game.
- We need five volunteers—three people will be contestants, one will be the banker and one person will fill in for Vanna White since she couldn't be here today.
- The three contestants will take turns spinning the wheel and guessing letters. The phrases are related to dietary change maintenance strategies you have learned about in the last year.



Group Nutritionist Note: Instructions for Meal of Fortune Game.

This game is patterned after the TV program Wheel of Fortune. Participants will choose letters until they are able to guess what the mystery word or phrase is. The following is a list of potential words and phrases that could be used in the game.

Set realistic goals	Social support
Assertiveness	Problem solving
Plan ahead	skills
Use time management skills	Use positive self-talk
Self monitoring	Fat budgeting
Low-fat eating pattern	Eat more complex carbohydrates

Choose three to four phrases depending on time available. There is a key to a sample game on page 17. Use it as a guide. Make a key for each phrase you use. On a flip chart or white board, draw a dash for each letter and leave spaces between words.

Ask for five volunteers from the audience: three contestants, a banker and a Vanna White. The contestants will take turns spinning the wheel and guessing letters. They will earn money for each correct guess. They must win at least \$250 before they can buy a vowel. When they think they know the answer they can guess what the phrase is. If they are right they win the game. If they are wrong they lose their turn.

Vanna White will fill in the correct letters in the appropriate spaces as they are chosen. Give the participant who volunteers to be Vanna the instructions for Vanna White (sample shown on page 17).

Give the participant/guest who volunteers to be the Banker the instructions for the banker (page 18). The banker will give the women the amount of money they win after each guess.

Rules of the Game-Meal of Fortune

1. Before beginning the game, draw a line for each letter of the phrase and number all the lines consecutively.
2. Each player spins the wheel and the one who spins the highest dollar amount goes first. Play proceeds to the left.
3. The first player spins the wheel. The spinner must make at least one complete spin to be valid. If the spinner stops on a line between two spaces, the player spins again.
4. If the spinner stops on a dollar amount, the player names a consonant letter she believes may be in the puzzle (vowels must be purchased). Vanna White uses her key to fill in the letters in their proper locations, if the correct letter is chosen.
5. If the letter selected is in the puzzle, the player receives the dollar amount spun on the wheel. If the letter appears in the puzzle more than once, the dollar amount spun is multiplied by the number of times the letter appears. The banker will do the math and give the participant the money she won.
6. The player continues to spin and ask for letters until she:
 - Asks for a letter not in the puzzle.
 - Asks for a letter that has already been selected.
 - Spins a Lose a Turn or Bankrupt.
 - Asks for a vowel without purchasing it.
 - Purchases a vowel not in the puzzle.
 - Makes an incorrect guess at solving the puzzle.

Should any of the above occur, the player's turn ends and it is the next player's turn.
7. On each turn after her initial one, a player may choose to do any of the following: spin the wheel, buy a vowel, or try to solve the puzzle. If she decides to spin the wheel, she follows the instructions for 4 and 5 unless she spins:
 - **Lose a Turn**—in which case the turn is over.
 - **Bankrupt**—in which case the turn is over and she must return all the money she has won.

In order to buy a vowel, the player must have \$250. This amount must be paid to the banker before she asks to see if there is a vowel in the puzzle. If the vowel does appear, the player continues. If the vowel does not appear, the turn is over. NOTE: The \$250 is paid regardless of whether or not the vowel appears in the puzzle, and even if the vowel appears more than once the player only pays \$250.

8. If a player spins **Free Spin**, she takes a **Free Spin** token and continues her turn. She may use her token at any point in the round (i.e., when she selects a letter not in the puzzle, spins **Lose a Turn**, or spins **Bankrupt**). However, **Bankrupt** still results in losing all the money she's won. Players should announce the intention to use a **Free Spin** token before actually doing so.

Solving the Puzzle



Group Nutritionist Note:

1. To continue to win money, players may keep spinning and selecting letters even after the puzzle solution becomes obvious. A player should announce her intention to solve the puzzle before giving her answer aloud.
2. After the player gives her solution, Vanna White checks to see if she is right. If the player's solution is correct in every detail including word order, the player wins and the round is over.
3. If the player's solution does not match exactly, the player forfeits all her money from the round. The round continues until another player wins.
4. When a round ends, only the player who has solved the puzzle may keep her winnings for that round. All other players must return any money won during the round to the banker. NOTE: Players do not have to return money won from previous rounds. Players may also keep any **Free Spin** tokens to use in future rounds until the game is over.

- That was a fun game! The winners were so smart, I think we should send them to Hollywood to compete in the real Wheel of Fortune.

SOURCES OF CONTINUED SUPPORT

Award Presentations

PURPOSE: Acknowledge all WHI intervention participants and give special recognition to the participants and supportive family members who have made outstanding contributions.

**Large Group
Presentation
(15 minutes)**

- ◆ **Acknowledge participant's contributions.**
 - **Present other awards for best attendance, recipe winners, etc.**
- ◆ **Acknowledge contributions of family and friends.**
- ◆ **Key point—participants receive recognition and encouragement to maintain dietary changes.**



Group Nutritionist Note: Each woman should receive some type of recognition or for participating in the WHI. You may also want to acknowledge women who have made outstanding contributions, such as perfect attendance or lowest fat score or most improved. Awards for the recipe contest can also be given out at this time. It is important that each woman feels like she is being acknowledged for the efforts she has made during the last year. Supportive family members and friends should also be recognized in some way.

- We will end today's session by giving out awards. All of you have contributed to the success of this study. Each of you will receive this certificate. In addition, we have special awards for the best attendance, the most punctual group member and the most constructive group member.



Group Nutritionist Note: Awards or recognition could be given for: most flavorful recipe, best appearance, and recipe with the most creative use of fat.

**Large Group
Discussion
(10 minutes)**

Maintaining Your Eating Habits

PURPOSE: Provide information about maintenance activities and promote the importance of maintaining a lower-fat eating pattern.

- ◆ **Discuss importance of maintenance activities (peer-led groups, etc.).**
 - **Circulate sign-up sheet for peer-led groups.**
 - **Review schedule for Year 2 activities.**
- ◆ **Use Worksheet 18-1.**
 - **Review information available in Participant Manual.**
- ◆ **Key point—participants identify Year 2 DM activities.**

- In the upcoming year, you will receive a variety of support. There will be four regular group meetings that will provide nutritional information to help you maintain your eating pattern changes. In addition, there may be two clinic social functions including all the Dietary Change participants at our clinic.
- Four times a year you will receive a newsletter giving you helpful hints, recipes, and maintenance ideas.
- You will also have an opportunity to be part of a peer-led group. Last month I told you a little about peer-led groups. The purpose of these groups is to provide women who want more frequent contact, an opportunity to meet with other participants. The small groups can provide the extra support you may need to maintain your new eating behaviors between regular group meetings.
- It's important that all group members contribute to their peer-led groups by coming to the meetings and sharing the workload. Each peer-led group decides on the type of program they want. This may include: educational programs, cooking demonstrations, guest speakers, or more informal meetings where you can socialize and share ideas and recipes.



Group Nutritionist Note: Pass out sign-up sheets for peer-led groups and calendars with the regular group meetings and small peer-group meeting schedule (if known). Point out upcoming events.

- There are a couple of sign-up sheets available for anyone who would be interested in participating in a small peer-led group. In addition, there is a calendar of the scheduled meetings for the coming year.
_____ and _____, your peer group co-leaders, have planned your first group meeting on (date) at (where) .
- We have found that it is easier to maintain low-fat eating habits when you get support from other people. Your WHI group is one source of social support, but there are other sources of support in our community. You may have noticed the display of community resources we put together.



Q/A:

- What other sources of social support are available in your community?
- One of your most important self-management skills is self-monitoring. It helps you keep track of your fat intake and servings of fruits, vegetables and grains. To prevent drift in your eating patterns, complete a Fat Scan at least once a month. If you find that you are eating more fat or fewer fruits, vegetables and/or grains, refer back to your Participant Manual.
- **Worksheet 18-1** lists all the information we've covered in the last year and shows you the Session number where you can find more details. So, if a specific food or situation causes you problems, use **Worksheet 18-1** to find the Session that contains helpful ideas.
- In addition, you may want to review some of the strategies found in the following sessions: Session 3 - Setting Goals, Session 10 - Problem Solving, and Session 16 - Preventing Setbacks. Make a plan to get back on track.
- Remember, there are delicious recipes at the end of each session and more detailed information in the Resource section of your Participant Manual. Be sure to call other group members or your Group Nutritionist if you are having problems and need more help.

SUMMARY

- It's hard to believe that we have been meeting together for a year. Today, you had a graduation ceremony and awards. You should all be proud of the progress you have made in changing your eating habits. You have all made major changes, but your commitment and work don't stop after today. The biggest challenge remains—to maintain your new low-fat eating pattern.

Large Group Discussion (10 minutes)



Discuss the issues and identify participants who need more help.

- ◆ **Focus on activities over the past year.**

Q/A:

- **What new recipes or cooking ideas will you try at home?**
- **What steps are you going to take to help you maintain your dietary changes?**

HOME ACTIVITY

Large Group Discussion (8 minutes)

- ◆ **Assign three Fat Scans.**
- ◆ **Ask to complete Worksheet 18-2 at home. Answer questions.**

- During the next three months, use a Fat Scan once a month. Make a plan to remind yourself to do this self-monitoring. Consider marking your calendar or putting a note in with your monthly bills. Each time you complete a Fat Scan, calculate your fat score and your average daily servings of fruits/vegetables and grains.
- Prepare one of the recipes served at the potluck and write down your comments. If you had guests at the potluck, ask them for their comments about the foods they ate. Find out which ones they liked the best. Use **Worksheet 18-2** (Home Activity Worksheet) to write down any comments.

Meal of Fortune Instructions for Vanna White

Your Group Nutritionist has given you a group of words (phrase). She has also written down a line for each letter in the phrase and placed a number under each line. The numbers will help you keep track of where to write the letters in your phrase.

When a player guesses a letter, check the letter chart to see if the letter appears in the answer. The number(s) under each letter shows where to write the letter. If the letter is not in the puzzle, write the letter down at the bottom of the board or flip chart. Below is a sample.

Key to Sample Game

LETTER CHART:

A 2,16,24	B 18	C 8,15	D 22	E 1,7,13,26	F
G	H 20	I	J	K	L 12
M 4,10	N	O 5,9,19	P 11	Q	R 6,17,23
S 27	T 3,25	U	V	W	X 14
Y	Z				

ANSWER:

<u>E</u> 1	<u>A</u> 2	<u>T</u> 3	<u>M</u> 4	<u>O</u> 5	<u>R</u> 6	<u>E</u> 7	<u>C</u> 8	<u>O</u> 9	<u>M</u> 10	<u>P</u> 11	<u>L</u> 12	<u>E</u> 13	<u>X</u> 14
<u>C</u> 15	<u>A</u> 16	<u>R</u> 17	<u>B</u> 18	<u>O</u> 19	<u>H</u> 20	<u>Y</u> 21	<u>D</u> 22	<u>R</u> 23	<u>A</u> 24	<u>T</u> 25	<u>E</u> 26	<u>S</u> 27	

Meal of Fortune Instructions for Banker

If the letter chosen by the player is in the puzzle, give the player the dollar amount spun on the wheel. For example, if they spin \$100 and correctly guess a letter, you would give them \$100.

If the letter chosen by the player is in the puzzle in several places, multiply the dollar amount spun on the wheel by the number of times the letter appears. Give the total amount to the play. For example, if they spin \$100 and pick a letter that letter appears in four places in the puzzle, you would give them \$400.

To buy a vowel, the player must give you \$250. The player must give you this amount **BEFORE** they ask to see if there is a vowel in the puzzle. If the vowel is in the puzzle, the player continues. If the vowel the choose is not in the puzzle, her turn is over.

NOTE: The player must pay you \$250 even if there is no vowel. If the vowel appears in more than one place in the puzzle, the player only pays you \$250.

If a player spins the wheel and lands on **BANKRUPT**, she must give all her money to you.