

**Spring 2004 (10SP):****Supporting Your Investment in Women's Health**

Nutritionist Note: The overall goal of this session is to promote dietary adherence through the WHI close-out visit. This session focuses on 'supporting your investment' in women's health. It provides an opportunity for participants to explore how current nutrition recommendations for the public compare to the WHI Dietary Change goals. The session also offers an avenue for participants to begin saying 'good-bye' to other group members and time to explore how they might continue to support their WHI Dietary Change goals through the close-out visit.

Nutritionist Guidelines

Time: 120 minutes

WHILMA: Enter session in WHILMA as: **10SP**

Objectives: In this session, the participant will:

(Key Points)

- Explore how current nutrition recommendations for the public compare to the WHI Dietary Change goals.
- Share thoughts and feelings about the importance of group support as the Dietary Change group sessions come closer to the end.
- Identify ways to stay connected with WHI through the WHI close-out visit.

Materials:

- Nutritionist Resource (pages 15-16)
- Session reminder
- Session make-up sheet
- Self-monitoring tools

Other WHI Resources Related to Session:

- Making WHIse Choices newsletters:
 - Vol. 21, Winter 2002 – *Designed to Get Answers: A look at the power and promise of the WHI Dietary Study* (Q&A about WHI Dietary Study).
 - Vol. 8 Summer 1998 – *Fat Facts* (Q&A about safety of low-fat diet).

Optional Background Reading:

- Trumbo P, Schlicker, S, Yates AA, and Poos M: *Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Fatty Acids, Cholesterol, Protein and Amino Acids*; JADA; 102:1621-1628, 2002.
- Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients 2002), Diet & the Prevention of Chronic Diseases (160 pages).

Optional Internet Resources:

- IOM dietary recommendations:
 - <http://iom.edu>: Provides a brief 8-page summary of the IOM report. Select "Reports", then under the 2002 reports, select "Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fatty Acids, Cholesterol, Protein, and Amino Acids", September 5, 2002.
 - <http://www.nap.edu/books/0309085373/html/>: Provides the full report (936 pages) "Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients), 2002" - Food & Nutrition Board (FNB), Institute of Medicine (IOM).
- WHO/FAO recommendations: http://www.who.int/hpr/nph/docs/who_fao_expert_report.pdf: "Diet, Nutrition and the Prevention of Chronic Diseases" Report of a Joint WHO/FAO Expert Consultation -- 160 pages.
- Dietary Guidelines for Americans, 2000: <http://www.health.gov/dietaryguidelines/>

Peer Group Ideas (for March - August 2004):

Here are suggestions for peer group activities/topics to follow-up on the Spring 2004 session:

- *Putting My Best Foot Forward*: Share ideas about things that you, as an individual, might do to continue meeting (or maintaining) your WHI Dietary Change goals through your WHI close-out visit.
- *Future-Projection Exercise*: Imagine that it is one year in the future, and your group is meeting for a reunion. What would you most hope to be able to share with other group members about: your life, the dietary changes you've made, and/or the influence that the group has had on you?
- *Life in WHI is an Adventure*: Share unforgettable, touching, encouraging, uplifting, and funny moments/memories that have occurred during your participation in the WHI Dietary Study. Identify a memory that will help you continue to meet (or maintain) your WHI Dietary Change goals through your close-out visit.

Other Creative Ideas:

- Design an optional worksheet that participants could use during (or after) the "Walk Down Memory Lane" sharing/discussion described on pages 10-11. Participants could save this sheet and include it with the other materials they receive at the 10SU session (i.e., *Celebrating Your Investment in Women's Health* newsletter).
- Use ideas from the "Group Ideas" listed above (e.g., *Putting My Best Foot Forward*, etc.) to generate discussion during the "Moving Ahead-Creating Support for Yourself" discussion on page 12.

**Spring 2004: Supporting Your Investment in Women's Health
(Facilitation Outline)**

GROUP SHARING/NEXT STEPS FOLLOW-UP (~ 15 minutes)	
Objective:	Participants share with other group members how they applied skills discussed in the Winter 2003 session.
Purpose:	Build group cohesion and participant self-efficacy.
A. Group Sharing	
<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 and provide support and recognition of peer group activities. 	
<u>Q/A</u> (Potential question):	
<ul style="list-style-type: none"> ☞ What information would anyone like to share about how things are going or new discoveries (restaurants, food products, etc.) that have helped you meet (or maintain) your WHI fat gram goal? ☞ During the past 3 months, what types of activities have you done with other Dietary Change group members? 	
<ul style="list-style-type: none"> Reflect and summarize. 	
B. Next Steps Follow-up	
<ul style="list-style-type: none"> Very briefly recap the discussion from the Winter 2003 session. Help participants discuss how they have applied the information and skills talked about during the Winter 2003 session. 	
<u>Q/A</u> (Potential questions):	
<ul style="list-style-type: none"> ☞ In what way(s) were you able to use your personalized list of dietary change skills and strategies to help you meet (or maintain) your WHI fat gram goal? ☞ How do you see yourself continuing to use your personalized list to help you meet (or maintain) your WHI fat gram goal through your WHI close-out visit? 	
<ul style="list-style-type: none"> Reflect and summarize. 	

**Group Facilitation Suggestions and Examples:****Group Sharing:**

Point out common threads within the group.

- *It sounds like several of you have been very busy since our last meeting. For some of you this was a good thing. For others, it sounds like you would have welcomed a little more peace and quiet.*

Ask a "Who else" question:

- *Who else has some information that they would like to share with the group?*

Next Steps Follow-up:

Help participants think about and verbalize how they applied what was discussed during the Winter session.

- *At the Winter session, we reviewed a variety of skills and strategies you've acquired to help you meet (or maintain) your fat gram goal, and each of you created your own personalized list of most important skills and strategies.*
 - *In what way(s) were you able to use your personalized list of key dietary change skills and strategies to help you meet (or maintain) your WHI fat gram goal?*
 - *How do you see yourself continuing to use your personalized list (of key dietary change skills and strategies) to help you meet (or maintain) your WHI fat gram goal through your WHI close-out visit?*
- *It sounds like many of you felt a renewed sense of confidence to maintain your investment in women's health. A few of you shared that you were motivated by recognizing the number of different skills and strategies you've learned during your Dietary Change group sessions. Alice and Connie mentioned that by creating their own list of key skills and strategies, they felt more confident to handle challenging situations. Reviewing the skills and strategies you already have and recognizing your own low-fat eating expertise helps keep you going.*

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 (~ 8 minutes)
	<p><u>Nutritionist Note:</u></p> <ul style="list-style-type: none"> • The Skill Building component of this session includes three segments to help participants support the changes they've made to meet (or maintain) their WHI Dietary Change goals: 1) a comparison of WHI Dietary Change goals with current nutrition recommendations for the public; 2) a review of group experiences, and 3) an exploration of ways to maintain support for dietary adherence through the WHI close-out visit. Ideally, participants will have the opportunity to experience all three segments. • The nutritionist's role at this point in the session is to assess participants' relative interest in the three segments and tailor the Skill Building component to the group's interest. Assessing relative interest in the segments enables the nutritionist to acknowledge and support participant interest while providing the opportunity to experience all three segments. <p>A. Set the Stage</p> <ul style="list-style-type: none"> • Begin by briefly introducing the session topic. <p><u>Key point:</u></p> <ul style="list-style-type: none"> - This session focuses ways to continue 'supporting your investment' in women's health through the WHI close-out visit. <ul style="list-style-type: none"> • Describe the plan for the Skill Building component. <ul style="list-style-type: none"> - The first segment of the session provides participants an opportunity to explore how current nutrition recommendations for the public compare to WHI Dietary Change goals. - The second segment provides time for participants to share thoughts and feelings about the upcoming close of the Dietary Change group sessions and the value of their group participation. - The third segment offers participants an opportunity to identify potential ways that they might create (or maintain) support for themselves in continuing to meet (or maintain) their WHI Dietary Change goals through the close-out visit. <p>B. Assess Relative Interest in Skill Building Segments</p> <ul style="list-style-type: none"> • Find out which segment(s) of the Skill Building component participants are most interested in by asking them to share briefly, what they are looking forward to the most during the session. <p><u>QA:</u> (Potential question)</p> <p>☞ What segment (or segments) are you looking forward to the most?</p> <p>C. Emphasize Personal Choice</p> <ul style="list-style-type: none"> • Mention that each person has to decide what is important for them and how they might use the information discussed in the session.

**Group Facilitation Suggestions and Examples:**

Set the stage and assess relative interest in the Skill Building segments:

- *For today's session, I am prepared to talk about all three of the segments I just described. Based on your feedback, how about if we spend about ____ minutes on the first segment (exploring how the current dietary recommendations for the public compare to the WHI Dietary Change goals) and then about ____ minutes on the other two segments (sharing your thoughts and feelings about the upcoming close of the Dietary Change group sessions and identifying potential ways that you might continue to support your WHI low-fat eating pattern through your close-out visit). How does this sound to you?*

	SKILL BUILDING (~ 70 minutes)
~35 minutes	<p>1. Comparing WHI Dietary Change Goals to Nutrition Recommendations for Public</p> <p>Objective: Explore how current nutrition recommendations for the public compare to the WHI Dietary Change goals.</p> <p>Purpose: Provide support for maintenance of the Dietary Change goals through the WHI close-out visit. Support self-efficacy for study adherence. Inspire positive feelings about the study and personal benefits.</p> <p><u>Nutritionist Note:</u></p> <p>This segment provides participants a chance to talk about how the WHI Dietary Change goals compare to relevant nutrition recommendations for the public. The purpose of this discussion is to:</p> <ul style="list-style-type: none"> a) give participants an opportunity to recognize that there are many similarities between the WHI Dietary Change goals and current nutrition recommendations for the public, and b) share how these similarities might help them feel positive about study participation and support their motivation to continue meeting (or maintaining) their WHI goals through the close-out visit. <p>Offer the amount of information necessary for participants to feel comfortable and have a sense of the importance of WHI, but avoid providing unnecessary detail. See Nutritionist Resource (pages 15-16). Limit discussion to nutrition recommendations that relate to WHI Dietary Change goals (total fat, saturated fat, fruit/vegetable and grain intakes).</p> <p><u>Introduction</u></p> <ul style="list-style-type: none"> • Engage participants in a brief discussion about how nutrition recommendations for the public compare to WHI Dietary Change goals. Key points to include: <ul style="list-style-type: none"> - How are nutrition recommendations for the public determined? - Who issues nutrition recommendations for the public? - Who has issued nutrition recommendations for the public most recently? - How do the WHI Dietary Change goals compare to recent nutrition recommendations for the public? <p><u>Background</u></p> <p><u>How are nutrition recommendations for the public determined?</u></p> <ul style="list-style-type: none"> • Point out that nutrition experts determine recommendations for the public by reviewing the scientific evidence currently available about diet and disease. They look at data from thousands of studies and then make a collective judgment. <p><u>Who issues nutrition recommendations for the public?</u></p> <ul style="list-style-type: none"> • Point out that government agencies usually issue recommendations and guidelines for the public. These agencies include groups such as: the Food and Nutrition Board of the Institute of Medicine (IOM), the U.S. Department of Agriculture (USDA), the World Health Organization (WHO) and the Food and Agriculture Organization (FAO). The recommendations that these government agencies issue apply to the public in general.

- Point out that **professional organizations** also issue guidelines, but these guidelines are usually targeted to specific health conditions and thus are more specific than government recommendations. For example, the American Heart Association provides guidelines for the prevention and treatment of heart disease and the American Cancer Society focuses their recommendations on the prevention and treatment of cancer.
- Point out that for today's discussion, we will focus on the most recent government recommendations. Government recommendations are more general and thus are more related to WHI because WHI is looking at several chronic diseases, like breast and colorectal cancers and heart disease.

Who has recently issued nutrition recommendations for the public?

- Mention that with the hope of reducing the risk of chronic diseases, two large government organizations recently released nutrition recommendations for the public. In September 2002, the Food and Nutrition Board of the Institute of Medicine released a report with new dietary reference values for Americans and Canadians. In March 2003, the World Health Organization in Geneva, Switzerland and the Food and Agriculture Organization in Rome, Italy released a joint report expressing concern for public health and identifying new recommendations for governments to use in their battle to reduce the risk of chronic diseases.
- Point out that another important source of government nutrition recommendations for the public are the USDA Dietary Guidelines for Americans. The guidelines are important for a number of reasons: a) they serve as the cornerstone of federal nutrition policy, b) they provide sound advice to help people make food choices for a healthy, active life, and c) they reflect a consensus of the most current scientific and medical knowledge available. The USDA Dietary Guidelines were last reviewed and updated in 2000 and are scheduled to be updated again in 2005.
- Ask participants to share their ideas about WHY they think that the goals of research studies, such as WHI, might differ from nutritional recommendations provided for the public.

Q/A (Potential question):

☞ Why do you think dietary goals for a research study, like the WHI Dietary Study might differ from nutrition recommendations provided for the public?

- Reflect and summarize participant comments. Use the Nutritionist Note box below to provide supportive information, if needed, after participants share their responses.

Nutritionist Note:

The WHI Dietary Study is conducting research, not setting policy. The goal of research studies, like WHI, is to discover new information about diet and disease – (Can a 20% low-fat eating pattern, high in fruits, vegetables and grains reduce the risk of breast and colorectal cancer and heart disease). In contrast, nutrition recommendations for the public are based on 'what is already known' about diet and disease.

Point out that when the WHI Dietary Study ends and the results are published, the WHI study results will add important data to the current scientific knowledge about diet and disease and will forever be considered with other scientific evidence when future nutrition recommendations are considered for the public.

Comparison

How do the WHI Dietary Change goals compare to recent nutrition recommendations for the public?

- Ask participants to look at Spring Resource 1 - Comparison of WHI Dietary Change Goals to WHI-Related Nutrition Recommendations for the Public and share what they see as they look at the information provided in the table.

Nutritionist Note:

The *Spring Resource -1* provides a comparison of the WHI Dietary Change goals and specific WHI-related nutrition recommendations for the public. **The aim of this discussion is to focus on WHI goals, not other nutrients**, such as calcium, fiber, trans fats, etc.

- Give participants the opportunity to share their thoughts about what they see. Ask them what questions, thoughts, or concerns (if any) they have about the information provided in Spring Resource -1. Provide supportive information (if needed) after the participants share their responses. Refer to Nutritionist Resource (pages 15-16) for supportive information.

Q/A : (Potential questions):

- ☞ What differences do you see between the goals for the WHI Dietary Study and recommendations provided for the public?
- ☞ What similarities do you see?
- ☞ When you look at the information provided in the resource, what surprises you?
OR
What thoughts, questions or concerns (if any) come up for you?
- ☞ What do you see in the comparison that might help support your interest in meeting (or maintaining) your WHI Dietary Change goals through your close-out visit?

- Reflect and summarize participant responses. **Highlight the comments participants share about the similarities (between the WHI Dietary Change goals and government recommendations for the public) and how this helps them to feel positive about study participation and comfortable with continuing to meet (or maintain) their WHI Dietary Change goals through their close-out visit.**

**Group Facilitation Suggestions and Examples:**

Reflect and summarize.

- *You mentioned a few differences between the goals for the WHI Dietary Study and current nutrition recommendations provided for the public. Overall, I think I heard more similarities mentioned: ____, ____, ____. Some of you mentioned concern about ____ and during our discussion we learned that not everyone feels the same way. My sense is that you're feeling comfortable about the dietary changes you've made for the WHI Dietary Study. In fact, you mentioned several ways that our discussion could be useful in helping you continue to meet (or maintain) your WHI Dietary Change goals through your close-out visit: ____, ____, ____, and _____. What did I miss?*

Transition.

- *Now that we've talked about continuing to meet (or maintain) your WHI Dietary Change goals, let's take some time to share how your group participation and other group members help you maintain and support your commitment and involvement in the study.*

~ 20 minutes

2. Reviewing the Group Experience

Objective: Share thoughts and feelings about the importance of group support as the Dietary Change group sessions come closer to the end.

Purpose: Inspire positive feelings about study participation and the importance of supportive relationships.

**Food for Thought:**

It's important for nutritionists to recognize and be able to manage their own feelings about the upcoming close of the DM group sessions. Consider taking some time to think about your own feelings (by yourself or maybe as part of a nutrition staff meeting). **Ask yourself:** *How have I seen my participants grow and change during our time together? What will I miss the most about the DM group sessions? How might I encourage and support participants' self-efficacy (the feeling that they have the ability to continue meeting (or maintaining) their WHI Dietary Change goals through their close-out visit on their own)?*

Nutritionist Note:

- Provide an opportunity for participants to talk about their group experience: turning points for them, what they've learned and what they liked about the group.
- Encourage participants to be concrete as they share. If participants make global statements such as: *"This group has been fantastic, and I learned a lot from it."* Help them be more specific. For example, you might ask:
 - *"What is one of the ways that the group has been fantastic?"*

A. A Walk Down Memory Lane - Sharing the Moments

- Point out that participants have been a significant part of each other's lives for a number of years. During the next 20 minutes, you'd like to provide some time for them to 'begin a walk down memory lane' -- sharing some of the things they want to remember from their Dietary Change group sessions. **The purpose of this sharing is to help participants see the value of supportive relationships and inspire positive feelings about their WHI study participation.**
- Use the questions below, or questions of your choice to have participants begin sharing some of their thoughts and feelings about the upcoming close of the Dietary Change group sessions and how the groups and group members have helped support their continued participation in WHI.

QA: (Potential questions)

- ☞ What do you think you will miss the most about your Dietary Change group?
- ☞ In what way(s) has your group and/or other group members helped provide support for you in meeting (or maintaining) your WHI Dietary Change goals?
- ☞ Ask participants how they would complete the following statement(s):
"The best memory (or my favorite memory) that I will take away from my Dietary Change group experience is...."

Reflect and summarize. **Highlight the different types of support the group has provided and the ways in which this support has helped participants in meeting (or maintaining) their WHI Dietary Change goals.**

**Group Facilitation Suggestions and Examples:**

Reflect and summarize.

- *Wow – you've identified lots of ways that your fellow participants have helped you maintain your WHI Dietary Change goals over time. Let me see if I can summarize what you've shared: Many of you mentioned that group members provide ideas, encouragement, and humor that help you stay motivated and confident. Mary and Jane shared that group members have provided support and solutions for challenges that sometimes seem too big to solve alone. I also heard a few people mention that other group members provide a reminder that you're an important part of a big study and help you feel more "accountable." How did I do?*

Transition:

- *It sounds like support from the people around you can help keep you going. They provide encouragement, ideas and companionship. Let's take a little time to explore different ideas for ways that you might support yourself in meeting (or maintaining) your WHI Dietary Change goals between your last Dietary Change group session and your WHI close-out visit.*

~15 minutes

3. Moving Ahead - Creating Support for Yourself

Objective: Identify ways to stay connected with WHI through the WHI close-out visit.

Purpose: Support self-efficacy for study adherence.

Nutritionist Note:

This segment provides time for participants to think about and identify ways that they might create support for themselves in continuing to meet (or maintain) their WHI Dietary Change goals through their close-out visit.

- Have participants think about and share how they might create support that could help them meet (or maintain) their WHI Dietary Change goals in the gap period between their last Dietary Change group session and their WHI close-out visit.

Q/A: (Potential questions)

- ☞ I want you to use your imagination – Imagine that your WHI close-out visit is about six months from today and there are no more Dietary Change group sessions. You're committed to continuing to meet (or maintain) your WHI Dietary Change goals: What ways might you use to support yourself in continuing to meet (or maintain) your WHI Dietary Change goals through your WHI close-out visit?
- ☞ How is this different (or similar) to what you are currently doing?

- Reflect and summarize. **Highlight the ideas participants share for ways that they could continue to support themselves in meeting (or maintaining) their WHI Dietary Change goals through their WHI close-out visit.**


**Group Facilitation Suggestions and Examples:**

Reflect and summarize.

- *You had a number of different ideas for how you might continue to meet (or maintain) your WHI Dietary Change goals and stay connected, such as _____, _____ and _____. For some of you, this means doing what you've already been doing. For others, it sounds like you are thinking that you'll be doing things a bit differently between now and your close-out visit.*

Transition.

- *During today's session, you had a chance to discuss how the WHI Dietary Change goals compare to current nutrition recommendations provided for the public. You had time to recall how other group members have helped you stay connected to the study and maintain your WHI goals. You also had time to think about some ways that you might go about creating support for yourself in meeting (or maintaining) your low-fat eating pattern through your close-out visit.*
- *Before we wrap up today's session, I'd like you to think about what you heard today that could help you continue to meet (or maintain) your WHI Dietary Change goals through the WHI close-out visit.*

	NEXT STEPS (~15 minutes)
	<p>Objective: Participants share with group members how they might use the session discussion to help them support their investment in women's health.</p> <p>Purpose: Increase likelihood that participants will apply session information and skills to support WHI Dietary Change goals.</p> <p>A. Sharing - Next Steps Discussion</p> <ul style="list-style-type: none"> Use open-ended questions to have participants share how they might apply the session discussion and experience. <p>QA: (Potential question)</p> <p>☞ What is the most important thing that you heard today that supports your interest and/or comfort in continuing to meet (or maintain) your WHI Dietary Change goals through your close-out visit?</p> <ul style="list-style-type: none"> Reflect and summarize. Highlight the ideas participants express about what helps them to feel positive about (or comfortable with) continuing to meet (or maintain) their WHI Dietary Change goals through their close-out visit.
	<p>Group Facilitation Suggestions and Examples:</p> <p>Reflect and summarize.</p> <ul style="list-style-type: none"> <i>Several of you identified important things that you heard today that support your comfort and interest in continuing to meet (or maintain) your WHI Dietary Change goals through your close-out visit _____, _____, and _____.</i> <i>A number of you also shared how the support and encouragement of other people (especially other group members) helps you stay motivated to meet (or maintain) your WHI Dietary Change goals.</i> <i>_____ identified a couple of different ways that she might continue to support herself in maintaining her WHI low-fat eating pattern on her own between her last DM group meeting and her WHI close-out visit.</i> <p>Summarize participant comments and point out 'common threads' within the group.</p> <ul style="list-style-type: none"> <i>Thank you for sharing your thoughts. My sense is that many of you feel good about the similarities between the WHI Dietary Change goals and current nutrition recommendations for the public. Several of you said that you feel comfortable and positive about the dietary changes you've made and you're aware of why it's important for you to continue to meet (or maintain) these changes through your close-out visit. You also said that you are interested in staying connected with WHI as a way to support your low-fat eating pattern. Some of you plan to keep in touch with your nutritionist, while others have mentioned ways to continue meeting (or maintaining) your goals on your own. Each of you will decide what you can do to support yourself in meeting (or maintaining) your WHI Dietary Change goals, to the best of your ability, through your WHI close-out visit.</i>

	FOOD TASTING (~10 minutes)
	<p>Objective: Participants taste low-fat foods that support WHI goals.</p> <p>Purpose: Increase likelihood that participants will use recipes and foods that support WHI goals.</p> <p><u>Potential Delivery Ideas:</u></p> <ul style="list-style-type: none">• Focus on favorite low-fat 'comfort' foods or low-fat foods that help support the WHI Dietary Change goals.• Serve past WHI favorite recipe(s). For CCs that are asking participants about favorites during the 10 Fall or 10 Winter sessions, consider serving some of your participants' favorites at the 10 Spring session.

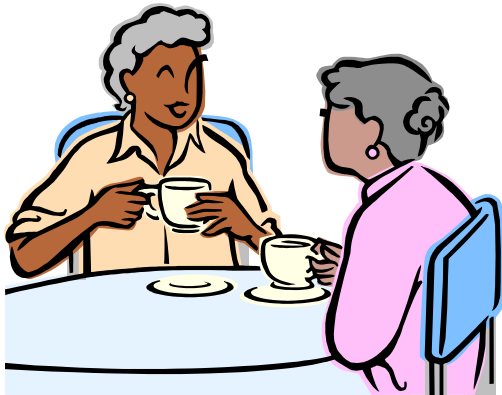
Nutritionist Resource

NOTE: This resource provides background information to support a brief discussion about how the WHI Dietary Change goals compare to relevant nutrition recommendations for the public (IOM recommendations, 2002; WHO/FAO recommendations, 2003; and USDA Dietary Guidelines for Americans, 2000).

Dietary Component	Key Ideas
Overview	<ul style="list-style-type: none"> The public recommendations for total fat, saturated fat, fruits, vegetables and grains are very similar to the WHI Dietary Change goals.
Total Fat	<ul style="list-style-type: none"> Recommendations range from 15-35% calories from fat. Ranges allow for varying individual needs. The IOM report suggests a range of 20%-35%; the WHO/FAO report suggests a range of 15%-30% and the USDA Dietary Guidelines point to 30% or less. Both IOM and WHO/FAO reports consider a diet that provides at least 20% total calories from fat is consistent with good health. The 20% energy from fat goal for WHI Dietary Study is within this range. <p><u>Saturated Fat</u></p> <ul style="list-style-type: none"> All three organizations (IOM, WHO/FAO and the USDA Dietary Guidelines) emphasize the need to reduce intake of saturated fat because of its association with risk factors for heart disease. The IOM report recommends a saturated fat intake of 7% or less of total calories. The report states that saturated fatty acids, trans fatty acids and dietary cholesterol have no known beneficial role in preventing chronic disease. So the IOM recommendation is to keep their intake as low as possible while maintaining a nutritionally adequate diet. Both the WHO/FAO report and the USDA Dietary Guidelines recommend limiting saturated fats to less than 10% of total calories. WHI also has a goal for saturated fat - less than 7% of total calories. But, to simplify and focus the dietary change message, the WHI Dietary study fat goal focuses on total fat because as people lower their total fat intakes, they usually decrease their intake of saturated fat. Dietary Change participants do not have a specific saturated fat self-monitoring goal.
Fruits and/or Vegetables	<ul style="list-style-type: none"> The IOM report does not have a specific recommendation for fruits and vegetables, but the report does recommend eating more plant foods, such as fruits and vegetables. The WHO/FAO report recommends a fruit and vegetable intake of 400 grams/day (this represents about 5-6 servings). The WHO/FAO report included a specific recommendation for fruits and vegetables because they felt that the benefits of these foods could not be credited to a single nutrient or even a mix of nutrients and bioactive substances (e.g., vitamin C, fiber, etc.). The USDA Dietary Guidelines also recommend 5 or more servings per day, but they encourage the public to get at least 2 of these servings from fruits and 3 from vegetables. The WHI fruit and vegetable goal is 5 or more per day. This is similar to nutrition recommendations provided for the public.

Dietary Component	Key Ideas
Grains	<ul style="list-style-type: none">• The IOM report has no specific recommendation for grains, but again, the report does recommend eating more plant foods (e.g., beans, legumes, and grains – especially whole grains).• The WHO/FAO report has no specific recommendation for grains, but does encourage the use of whole grain cereal foods.• The USDA Dietary Guidelines recommend 6 or more servings per day – especially whole grains.• The WHI grain goal of 6 or more servings per day is the same as the USDA Dietary Guidelines. WHI encourages whole grains but does not have a specific goal for whole grains.

Spring 2004 Reminder
(Electronic copy available)



Supporting Your Investment in Women's Health

Can you believe that there are only **two** more WHI Dietary Change sessions remaining? Please join us for the Spring 2004 session where we will explore ways that you (and your fellow group members) can continue supporting your long term investment in women's health.

We will look at how the goals for the WHI Dietary Study compare to current nutrition recommendations for the public. You will have an opportunity to share a favorite memory from your Dietary Change group experience and some ways that other Dietary Change group members have helped support your efforts to eat low-fat. You will also have a chance to consider ways that you might support yourself in continuing to meet (or maintain) your WHI Dietary Change goals through your close-out visit.

We look forward to seeing you!

Spring 2004 Makeup
(Electronic copy available)

Women's Health Initiative

MAKE-UP FOR SPRING 2004 GROUP SESSION

We missed you at the Spring 2004 session. This session is titled '*Supporting Your Investment in Women's Health*'.

The Spring 2004 session was the third of our last four group sessions. During this session, we compared the goals for the WHI Dietary Study to current nutrition recommendations for the public. We looked at the similarities between the two and talked about how they might help support your continued interest in meeting (or maintaining) a low-fat eating pattern through the WHI close-out visit. We also spent some time sharing thoughts and feelings about the upcoming close of the Dietary Change group sessions and the value of group participation. We shared memories about how other group members provided support, encouragement, ideas and companionship. Then the group brainstormed ways to support themselves in continuing to meet (or maintain) their WHI low-fat eating pattern through the WHI close-out visit.

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

1. Read the Spring 2004 session material.
2. Answer the following question:
 - What is the most important thing that you identified from this session that supports your interest in meeting (or maintaining) your WHI Dietary Change goals through your WHI closeout visit?

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.