

Winter Year 4

Celebrate Your Progress

In this session, the participant will:

1. Review studywide progress towards meeting the WHI nutrition goals.
2. Review individual progress towards meeting the WHI nutrition goals.
3. Identify a goal to help reduce or maintain fat intake.

	Checklist of Materials Needed
Supporting Materials	<ul style="list-style-type: none"> <input type="checkbox"/> Overhead projector, blackboard or whiteboard <input type="checkbox"/> Fat Scans or other self-monitoring tool <input type="checkbox"/> Individual Progress Reports for each participant <input type="checkbox"/> Rulers <input type="checkbox"/> Colored pencils or pens <input type="checkbox"/> Award Certificates <input type="checkbox"/> Blank Calendars or Post-It Notes, Stickers, colored pens or pencils (for optional activity) <p>WHILMA Reports to run <u>before</u> the session:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Individual Progress Reports for all group members (WHIP 0428) <p>Studywide Data Monthly Reports</p> <ul style="list-style-type: none"> <input type="checkbox"/> VCC/NCC Recruitment Data <ul style="list-style-type: none"> • Number of Women Randomized to DM - look at Randomization Activity by Clinic Group, Study Component and Month (WHIP 1108) • Number of Women Assigned to DM Intervention – look at Waiting Time for Start of Intervention Among DM Intervention Participants By Clinical Center (WHIP 1118) • Number of women who are assigned at session 18 - look at DM Session Adherence Summary by Clinic Group (WHIP 1105) <p>Studywide Data Monthly Reports</p> <ul style="list-style-type: none"> <input type="checkbox"/> VCC/NCC DM Performance - DM Session Adherence Summary by Clinic Group (WHIP 1105) <ul style="list-style-type: none"> • Attended session • Completed session • % Fat scores completed • Average fat grams • % meeting fat goals

Supporting Materials (continued)	<input type="checkbox"/> Clinic-specific data/group data – CC Reports: DM Session Adherence Summary (WHI 0419) (by clinic) and Session attendance and make-up activities (WHI 0427) (by group) <ul style="list-style-type: none"> • Attended session • Completed session • % Fat scores completed • Average fat grams • % meeting fat goals (new report, group data may not be available) <p><u>Look at:</u></p> <ul style="list-style-type: none"> • PMC Quarterly Summary of DM Intervention: participation, adherence and retention and latest DSMB report <p>% Meeting Goal at Session 12</p>												
Food & Paper Supplies	<input type="checkbox"/> Beverages of choice (coffee, tea, juice) <input type="checkbox"/> Sugar, skim milk, fat-free or low-fat creamer, stir sticks, optional <input type="checkbox"/> Paper supplies: plates, napkins, cold cups, hot cups (if needed) <input type="checkbox"/> Plastic spoons or forks <input type="checkbox"/> <u>Food Tasting:</u> Feature foods that are used for celebration. Choose a recipe from the session or other favorite dessert. Suggested optional activity includes a potluck as part of this session.												
Participant Manual													
Worksheets	<table> <tr> <th><u>Worksheet</u></th><th><u>Page(s) #</u></th></tr> <tr> <td>Winter 4-1</td><td>10</td></tr> <tr> <td>Winter 4-2</td><td>11</td></tr> <tr> <td>Winter 4-3</td><td>13</td></tr> <tr> <td>Winter 4-4</td><td>15</td></tr> <tr> <td colspan="2">Winter 4-2 (non-graphing version) copy in Group Nutritionist manual if needed.</td></tr> </table>	<u>Worksheet</u>	<u>Page(s) #</u>	Winter 4-1	10	Winter 4-2	11	Winter 4-3	13	Winter 4-4	15	Winter 4-2 (non-graphing version) copy in Group Nutritionist manual if needed.	
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Group Nutritionist Note: The purpose of this session is to praise participants for their remarkable progress in lowering fat intake. Explain that intervention participants have reduced their daily fat intake from 36% of calories from fat at the beginning of the trial to 24% of calories from fat after 1 year. Acknowledge the hard work it took to reduce fat intake. Emphasize that the trial depends on the efforts of every participant to reach her goal. Since not everyone is meeting their individual goals, some participants may be encouraged to try to eat a few fat grams less than their goals.

Suggestions for Peer Group Activities to follow-up this maintenance session (optional activities):

- New Year's Resolutions – How can you make them work?
- Dessert recipe exchange or chocoholics coping strategies.
- Making visual reminders, calendars or cards to maintain DM goals.

Winter 4 Session Outline--Key Activities

Activity Type (Time)	Activity
<p>Pair or Small Group Discussion (20 minutes)</p> <p> Notes</p>	<p style="text-align: center;">Review of Success/Progress</p> <p>♦ Discuss how participants feel about their progress since the last session.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - During the past three months, what have you done to keep your WHI eating patterns interesting for yourself and your family/friends? - Have you found any new ways to make your daily food preparation easier/quicker? - What strategies and skills do you think are the most helpful to maintain your continued success? - What news items have you read or heard that strengthen your interest or motivation in maintaining a low-fat, high fruit, vegetable and grain eating pattern? <p>(Ask the group a question that addresses their last maintenance session.)</p> <ul style="list-style-type: none"> - Fall, Year 3 – Making Sense of Health News - Fall, Year 4 – Unmixing the Mixed Dish <p>(Groups who had peer group activities):</p> <ul style="list-style-type: none"> - What peer-led activities did you have and how did they help you maintain your WHI nutrition goals?

<p>Large Group Discussion (15 minutes)</p> <p> <i>Notes</i></p>	<ul style="list-style-type: none"> ◆ Compare CC data to studywide data. Use a graph to display per cent fat intake at baseline, year 1 and year 2 compared to WHI study goal (use overhead or flip chart). Also include the following: <ul style="list-style-type: none"> • group attendance • completion • % scores turned in • % of women meeting goals ◆ Participants discuss and identify qualities that help them succeed (e.g. high attendance and self-monitoring). ◆ Key point—participants have made progress in changing their diets. However, the success of the study depends on each person making their <u>best</u> effort to meet the goals of the study.
<p>Individual Activity (15 minutes)</p> <p>Group Sharing (15 minutes)</p> <p> <i>Notes</i></p>	<ul style="list-style-type: none"> ◆ Introduce Individual Progress evaluation and distribute an Individual Progress Report to each participant. ◆ Participants evaluate their progress in meeting WHI goals. <ul style="list-style-type: none"> • Use Individual Progress Report (WHIP 0428) and Worksheets Winter 4-1 and Winter 4-2. • Have participants graph their fat scores and compare them to their individual fat gram goal. ◆ Discuss how self-monitoring is a tool for individual problem solving. ◆ Participants discuss what it means to be successful in WHI. <ul style="list-style-type: none"> • Participants focus on their successes. What behaviors or activities are they using to be successful? • Have participants set a goal to increase a positive behavior or activity using Worksheet Winter 4-3. ◆ Key point—participants evaluate progress and identify how they can be more successful in meeting their WHI nutrition goals.

Group Activity
(10 minutes)



Notes

- ◆ Awards presentations. Recognize participant's progress by giving out awards.
 - Suggested categories: best attendance, highest per cent self-monitoring tools turned in, highest per cent fat goals met, highest per cent fruit/vegetable goals met, highest per cent grain goals met, peer group leader, most positive family acceptance of eating pattern.
- ◆ Key point— participants receive recognition and encouragement to maintain dietary changes.

Optional Activity
Pair or Individual Activity
(20 minutes)



Notes

(Optional Activity)

- ◆ Introduce the concept of affirmations and visual reminders to maintain/increase participant's motivation.
- ◆ Participants create their own customized calendars or Post-it reminders.
- ◆ Participants share their visual reminders with other group members.
- ◆ Key point—participants create a visual reminder and share ideas of how they plan to use these tools to reduce fat and maintain their WHI nutrition goals.

Large Group Discussion
(15 minutes)



Summary

Discuss issues and identify participants who need more help.

- ◆ Participants share ideas and strategies that will help them be successful in meeting and maintaining their WHI nutrition goals

QA:

- What activity will you increase to be more successful in meeting your WHI nutrition goals?
- How do you plan to maintain your goal?

 <i>Notes</i>	
<p>Lecture (5 minutes)</p>  <i>Notes</i>	<p style="text-align: center;">Home Activity</p> <ul style="list-style-type: none"> ◆ Assign 3 Fat Scans (or other self-monitoring method). ◆ Suggest activities to work on during the next 3 months. Answer questions.
<p>Group Activity (15 minutes)</p>	<p style="text-align: center;">Food Tasting/Potluck</p> <ul style="list-style-type: none"> ◆ Feature foods that are used for celebrations. Choose a recipe from the session or other favorite low-fat dessert. ◆ Optional Activity: Potluck featuring desserts or full meal. Presentation of the foods to increase appeal and interest in low-fat foods could be promoted as part of the potluck. Awards could be given for the best recipes – Eye appeal, tastiest, quick and easy, etc.
<p>Total Time: 110 minutes</p>	<p>Allow 15 minutes more if doing a potluck.</p>

Winter 4 Session: Celebrate Your Progress

Activity Type (Time)	Activity
Pair or Small Group Discussion (20 minutes)	REVIEW OF SUCCESS/PROGRESS
	<p>◆ Discuss how participants feel about their progress since the last session.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - During the past three months, what have you done to keep your WHI eating patterns interesting for yourself and your family/friends? - Have you found any new ways to make your daily food preparation easier/quicker? - What strategies and skills do you think are the most helpful to maintain your continued success? - What news items have you read or heard that strengthen your interest or motivation in maintaining a low-fat, high fruit, vegetable and grain eating pattern? <p>(Ask the group a question that addresses their last maintenance session.)</p> <ul style="list-style-type: none"> - Fall, Year 3 – Making Sense of Health News - Fall, Year 4 – Unmixing the Mixed Dish <p>(Groups who had peer group activities):</p> <ul style="list-style-type: none"> - What peer-led activities did you have and how did they help you maintain your WHI nutrition goals?
	<p style="text-align: center;">OVERVIEW OF SESSION</p> <ul style="list-style-type: none"> • It has been over 4 years since you volunteered to participate in WHI. During this time you've learned many new skills and made some major changes in your eating habits. Today we're going to review the goals of the study and look at the progress the study has made in meeting these goals. You'll also have a chance to look at your individual progress and evaluate how you are doing. We'll also present some awards to acknowledge your hard work and celebrate with food.

NEW MATERIAL

Studywide Progress

PURPOSE: Report on the progress to date and motivate women to work harder to meet their goals.

Large Group
Discussion
(15 minutes)

- ◆ **Compare CC data to study wide data. Use a graph to display per cent fat intake at baseline, year 1 and year 2 compared to WHI study goal (use overhead or flip chart). Also, present the following:**
 - average group attendance
 - completion
 - % scores turned in
 - % of women meeting goals
- ◆ **Participants discuss and identify qualities that help them succeed (e.g. high attendance and self-monitoring).**
- ◆ **Key point—participants have made progress in changing their diets. However, the success of the study depends on each person making their best effort to meet the goals of the study.**



Group Nutritionist Note: The purpose of this section is to praise participants for their remarkable progress in lowering fat intake. Explain that intervention participants have reduced daily fat intake from 36% of calories from fat at the beginning of the trial to 24% of calories from fat after 1 year. Acknowledge the hard work it took to reduce fat intake, but point out that falling short of the goal may have a critical impact on the success of the trial. Explain that the study has the best chance of showing meaningful results if the fat goal of 20% calories from fat is met. Emphasize that the trial depends on the efforts of every participant to reach and maintain her goal. Since not everyone is meeting their individual goals, some participants may be encouraged to try to eat a few fat grams less than their goals.

- Lets start by reviewing the goals of the study.



Q/A: Ask for participants to share information about:

- What do you think the purpose of the DM program of the WHI is?
- What are we testing?
- Why is it important to test whether a low-fat eating plan helps prevent breast and colon cancers and heart disease?
- Who will benefit from this study? What do you plan to leave for future generations of women?

- We all recognize that WHI is an important study, costing millions of tax payer's dollars. As you've said the goal of the study is to test whether a low-fat eating pattern will reduce the rates of breast, colon and rectum cancers and heart disease. This study is unique, because it includes thousands of women and lasts long enough to measure the effect of dietary change on diseases.
- As you will see today the WHI study has made good progress in meeting its goals. We know that participating in the WHI is sometimes challenging and there may be times when it's difficult to meet the goals of the study. Even if you are going through difficult times it is important that you not drop out. Let us know when you are struggling and we will try to provide support. We've been meeting together for a long time and you have made friends in this group. We encourage you all to support each other when you are having challenges.
- Let's look at the progress of the DM intervention studywide and compare it to our CC and group progress. Later you will have a chance to look at your individual progress.
- We will focus on fat intake and participation in the DM intervention program.
- As of September, 1997, over 40,000 women have joined the DM program of WHI. Recruitment is on target and we expect to have all 48,000 women we need by July, 1998. At this time over 8,000 women have completed at least one year of DM intervention. You are one of the pioneers of this study and have been attending sessions for 3-4 years.



Group Nutritionist Note: The numbers provided in the above statement were obtained from monthly reports, adding VCC and NCC numbers together. Use the reports listed on the checklists of materials needed section (page 4-2) to provide up-to-date information on the overheads. Templates for overheads are found in the resource section of this module. You may provide copies of the overheads to participants as handouts. Use the sample templates and data from the latest reports to create the graphs described below. The initial fat intake measured on baseline FFQs is 39% calories from fat, however, we have adjusted this number based on statistical modules that predict regression to the mean.

- On this graph you will see that at the beginning of the study participants averaged 36% calories from fat.
- By year 1 the average per cent fat dropped to 24% from fat. This represents cutting out about 30 grams of the fat eaten each day. That's great progress!
- By year 2, the average fat intake didn't drop any further. In fact it went up slightly to 26% calories from fat.
- Many research projects show similar results. Participants tend to make more changes at the beginning, when information is new and motivation to succeed is high. However, it's often more challenging to maintain dietary changes over a long period of time.



Q/A: Ask for participants to share information about:

- What makes it challenging for you to keep your fat intake low?
- How can we help the success of WHI?
- Scientists who have looked at WHI data see that participation in DM intervention activities helps predict whether participants are successful in meeting their WHI dietary goals.
- While many participants are meeting their goal, not everyone is. Participants, who attend sessions regularly, keep up with make-ups if they miss class and keep food records frequently are more likely to meet their fat goals.



Group Nutritionist Note: Ask participants what they think creates challenges to meeting the DM goals for their group and solutions that can help. Look for ways that group members can be supportive not judgmental of those who are having problems.

- Attending more sessions usually results in lower fat intake. Let's look at studywide attendance and compare it to our CC and group averages. The average attendance during the first year starts high and gradually drops. Attendance at maintenance sessions is also dropping.



Q/A: Ask for participants to share information about:

- What are some reasons you think attendance falls?
- What could we do to help each other improve our attendance?
- What steps could you take to improve your attendance?

- Keeping up with make-ups is also important. Let's look at our make-up rates compared to the studywide averages. It looks like we're doing better/worse than average, but we are not at 100%. All of us have times when we can't attend our group sessions. Our absence could be due to a number of reasons: weather, unexpected emergencies, vacations, illness, or even car trouble. However, you may not have realized that making up sessions could help you successfully meet your WHI dietary goals.



Q/A: Ask for participants to share information about:

- What are some of the reasons you find it difficult to make-up sessions?
- How could we increase the number of make-ups?

- Self-monitoring is another important predictor of success. In general the more often participants keep records, the more likely they are to meet their dietary goals. This graph shows what per cent of women turn in self-monitoring scores studywide. Our CC results and group results look like this.



Q/A: Ask for participants to share information about:

- What makes it hard for you to keep track of what you eat?
- What are some strategies you have used when you have had difficulty keeping track of what you eat to help you continue?

- The per cent of women meeting their goals varies from group to group. Let's compare our data to national data. [Our group is better/worse than the national averages.] Studywide data show that 72% of women who turn in scores at session 16 are meeting their fat gram goal.
- Everyone has made some changes in their eating habits. However, some have made more changes than others have. For this study to be successful, everyone needs to try their best to meet the goals of the study. Some of you who are successful in meeting your fat goals easily, may be able to help the study, by aiming for a goal that is 5 fat grams less than the goal you were given. Another way to help the study is to provide support to those who are struggling to meet their goals. If you are struggling to meet your goals, don't give up, just do the best you can. Your Group Nutritionist and your group members may be able to help you. However, sometimes you may need to take time out from WHI and lower your participation temporarily. It's O.K. to take time out, but it hurts the study if you drop out.

	<p>Be Part of the Answer</p> <p>PURPOSE: Participants identify how their success at reaching and maintaining their WHI nutrition goals can have a major influence on the overall success of the study.</p>
<p>Individual Activity (15 minutes)</p> <p>Group Sharing (15 minutes)</p>	<div style="border: 1px solid black; padding: 10px; margin-bottom: 10px;"> <ul style="list-style-type: none"> ◆ Introduce Individual Progress evaluation and distribute an Individual Progress Report to each participant. ◆ Participants evaluate their progress in meeting WHI goals. <ul style="list-style-type: none"> ● Use Individual Progress Report (WHIP 0428) and Worksheets Winter 4-1 and Winter 4-2. ● Have participants graph their fat scores and compare them to their individual fat gram goal. ◆ Discuss how self-monitoring is a tool for individual problem solving. ◆ Participants discuss what it means to be successful in WHI. <ul style="list-style-type: none"> ● Participants focus on their successes. What behaviors or activities are they using to be successful? ● Have participants set a goal to increase a positive behavior or activity using Worksheet Winter 4-3. ◆ Key point—participants evaluate progress and identify how they can be more successful in meeting their WHI nutrition goals. </div> <ul style="list-style-type: none"> ● We've just looked at the studywide and local information on the progress of the study. Now you will have a chance to look at your own individual progress. The report I'm giving you tells you about your attendance, make-ups, and self-monitoring scores. This information will help you see how you are doing compared to the studywide and group averages you just saw. However, this information is just a snapshot. It may or it may not be typical of what you do on a daily basis. As you look at this information and fill out your worksheets, I want you to think about how you are doing on a daily basis in following the nutritional goals of this study. ● I'm giving you a copy of your Individual Progress Report. We're going to use this report and Worksheets Winter 4-1 and Winter 4-2 to review your progress so far. ● Worksheet Winter 4-1 provides directions to help you review your Individual Progress Report. Worksheet Winter 4-2 helps you graph your fat scores, that will help you see your progress. If you have any questions about the worksheets or graphing, please raise your hand and I'll help you.

- After you have completed the worksheets and graph, we'll discuss what you've discovered.



Group Nutritionist Note: Allow participants about 15 minutes to work on their worksheets and graphs. Circulate around the room to assist participants with the graphing exercise. If you think that the graphing exercise is too complicated for your participants there is an optional **Worksheet Winter 4-2** in the Resource section at the back of the Group Nutritionist materials. This worksheet allows participants to compare their fat scores to their fat gram goals at the same time points as the graphing exercise uses.

- After reviewing your Individual Progress Report and completing the worksheets - What do you think about your progress? You've all made major changes. Let's look at your graphs.



Q/A: (Ask for volunteers):

- Are you meeting your fat gram goals on the days you recorded?
 - In what ways do you eat differently on the days you record?
 - Do you have to think about your choice of foods all the time or have your eating choices become so routine that the only time you have to think about what to choose to eat is in unusual (infrequent) circumstances?
 - Do you think you're meeting your goals on the days you didn't record?
-
- Sometimes there is a temptation to avoid recording on days when you eat complicated foods or eat away from home at restaurants or as a guest. However, it's possible that these are also the days that you may eat more fat. You are encouraged to budget your fat. However it is difficult to budget fat grams if you are not self-monitoring. After all, if you don't know how many grams of fat you ate over your goal, how can you budget? It may be most useful for some women who have developed a routine to keep records on unusual days rather than usual days.



Q/A: (Ask for volunteers):

- How does self-monitoring help you stay on track?
- What methods do you use to estimate your fat intake on the days you don't record?

- After you have reviewed your Individual Progress Report and completed **Worksheets Winter 4-1 and 4-2**, complete **Worksheet Winter 4-3**.
- This worksheet asks you to think about and identify the behaviors you use that help you successfully meet your fat gram goals.



Q/A: (Ask for volunteers):

- What does success in WHI mean to you?
 - Focus on times you are successful, what are you doing that helped you?
 - What additional behaviors did you check that you want to do more of?
-
- Set a goal to increase a positive behavior or activity.

Group Activity
(10 minutes)

Award Presentations

PURPOSE: Provide recognition to participants for their continued efforts in reaching and maintaining their WHI nutrition goals.



- ◆ **Awards presentations. Recognize participant's progress by giving out awards.**
 - **Suggested categories: best attendance, highest per cent self-monitoring tools turned in, highest per cent fat goals met, highest per cent fruit/vegetable goals met, highest per cent grain goals met, peer group leader, most positive family acceptance of eating pattern.**
- ◆ **Key point—participants receive recognition and encouragement to maintain dietary changes.**



Group Nutritionist Note: Each woman should receive some type of recognition for participating in WHI. You may also want to acknowledge women who have made outstanding contributions, such as best attendance or lowest fat score, most improved or best effort under trying circumstances. Peer group leaders should also receive some recognition. It is important that each woman feels like she is being acknowledged for the efforts she has made. Supportive family members and friends should also be recognized in some way. If you have a system to give rewards to participants for their participation this would be a good time to give out these awards. See suggestions (page 22) for ways to reward participants for behaviors that help make them become more successful in meeting and maintaining their WHI goals (ideas from Gainesville, Reno). A template for certificates was supplied for sessions 9 and 18, you can modify the template as needed for this session.

- I would like to acknowledge all the hard work you've done to help the success of the study. All of you have helped the study and each of you will receive a certificate of appreciation. In addition, we have special awards for the best attendance, the most punctual group member, the most improved group member and our hard working peer group leader.

OPTIONAL ACTIVITY

	<p><i>Group Nutritionist Note:</i> If you choose <u>not</u> to do a potluck, consider adding this activity or encourage peer groups to try this out. Blank Calendars for January, February, March and April 1998 are included in the reference section at the back of the Group Nutritionists material.</p>
<p>Pair or Individual Activity (20 minutes)</p>	<p>Cues for Success PURPOSE: Participants create visual reminders they can use to reduce fat and maintain their WHI nutrition goals.</p> <div style="background-color: #e0e0e0; padding: 10px;"> <ul style="list-style-type: none"> ◆ Introduce the concept of affirmations and visual reminders to maintain/increase participant’s motivation. ◆ Participants create their own customized calendars or Post-it note reminders. ◆ Participants share their visual reminders with other group members. ◆ Key point—participants create a visual reminder and share ideas of how they plan to use these tools to reduce fat and maintain their WHI nutrition goals. </div>
	<ul style="list-style-type: none"> • Women often report that during maintenance sessions, they miss the frequent contact they had during year 1, which helped them follow the program. Coming to class reminded them of their commitment and motivated them to stay focused on their goals. Now, that we're meeting less frequently we need ways to remind us to keep eating low-fat foods. <p>Q/A: (Ask for volunteers)</p> <ul style="list-style-type: none"> - What are some ways you've kept motivated between maintenance sessions? • Visual reminders have been used in many situations to help participants remember their goals. Today, we're going to make our own customized calendar to serve as a visual reminder to stay on track. We have some colorful stickers, colored pens and some blank calendars. Worksheet Winter 4-4 lists some ideas for slogans or you can write your own.



Q/A: (Ask for volunteers)

- What are some of the positive things you say to yourself to keep motivated?
- What behaviors do you need to be reminded to do?



Group Nutritionist Note: Allow participants about 15 minutes to work on their calendars. After everyone has finished, ask participants to show their calendars to the group. Do a go around and ask the following questions.



Q/A: (Ask for volunteers)

- What slogans did you chose to remind you to stay on track?
- Where are you going to put your calendar?

SUMMARY

- Today you've had a chance to look at the studywide progress of WHI and evaluate your individual progress in meeting the nutrition goals of the study. We've discussed what it means to be successful in WHI and you have identified some behaviors to help you maintain your low-fat eating plan. We've seen that WHI participants have made major changes in their eating habits and that to be successful, the study needs everyone to do their best in reaching and maintaining their goals.

Large Group
Discussion
(15 minutes)

Discuss issues and identify participants who need more help.

- ◆ **Participants share ideas and strategies that will help them be successful in meeting and maintaining their WHI goals.**

QA:

- **What activities do you plan to increase to help you be more successful in meeting your WHI nutrition goals?**
- **How do you plan to maintain your goal?**

Lecture (5 minutes)	<p style="text-align: center;">HOME ACTIVITY</p> <ul style="list-style-type: none"> ◆ Assign 3 Fat Scans (or other self-monitoring method). ◆ Suggest activities to work on during the next 3 months. Answer questions. <ul style="list-style-type: none"> • During the next three months, use any form of self-monitoring you choose to keep track of your food choices (fat grams and servings of fruits/vegetables and grains). • Write down both “typical” and “unusual” days. This will give you a better picture of how different situations may affect the total grams of fat and servings of fruits/vegetables and grains you eat. • Each of you has identified a behavior, activity or food choice that has helped you be more successful in meeting your WHI nutrition goals. During the next three months, see how often you can increase your positive behavior/activity. Consider keeping a tally sheet on your refrigerator or bathroom mirror to track your success at meeting your goal.
Group Activity/Large Group Discussion (15 minutes)	<p style="text-align: center;">FOOD TASTING/POTLUCK</p> <ul style="list-style-type: none"> ◆ Feature foods that are used for celebrations. Choose a recipe from the session or other favorite low-fat dessert. ◆ Optional Activity: Potluck featuring desserts or full meal. Presentation of the foods to increase appeal and interest in low-fat foods could be promoted as part of the potluck. Awards could be given for the best recipes – Eye appeal, tastiest, quick and easy, etc.

There are many ways to promote adherence and retention during DM Maintenance. Here are two approaches currently used at two of the WHI Clinical Centers. These two ideas provide positive rewards for participation. Participants earn rewards and then get prizes. Prizes can be obtained by donation or by purchasing inexpensive items. In Gainesville, participants bring in “white elephants” and then use their bonus bucks to purchase the “white elephant” of their choice. Another approach could be a raffle, the more points you get the better your chance of winning the prize.

Gainesville: *Maintenance Goals and Bonus Bucks*

BONUS BUCKS are WHI FUN MONEY. It can be accumulated and used to purchase prizes at a year-end celebration potluck and auction. Participants can earn BONUS BUCKS in the following ways:

- Attendance/completion of quarterly sessions \$50.00
- Completion of quarterly food records (3 per quarter) \$50.00
- Meeting quarterly *group goals \$500.00
- Attendance at peer meetings \$100.00

*Group goals are based on attendance/completion of session activities, completed food records, and fat, fruit/vegetable and grain scores. The first group goal will be to maintain the group’s progress at Session 18. The remaining group goals will be set at the quarterly group sessions by the group and the Nutritionist.

Reno: *WHI Points*

Participants in DM Maintenance can earn points in the following ways:

- Attendance at quarterly sessions 5 points
- Meeting fat gram goal (record) 3 points
- Meeting fruit/vegetable goal 1 point
- Meeting grain goal 1 point
- Attendance at peer group meeting 2 points
- Attendance at birthday party 1 point
- Completion of annual clinic visit 5 points
- Completion of 6 month clinic paperwork/visit 2 points

Prizes are inexpensive (e.g., a small wicker basket, small kitchen gadget, etc.).