Making the Workshop Series a Hit in Your Community

Presented by
U.S. Department of Health and Human Services’ Office of Disease Prevention and Health Promotion
INTRODUCTION

Moderator

Amber L. Mosher, MPH, RD
Prevention Science Fellow
Office of Disease Prevention and Health Promotion

Presenters

Katrina L. Butner, PhD, RD, ACSM CES
Physical Activity and Nutrition Advisor
Office of Disease Prevention and Health Promotion

Sarah D. Burkett, MAT, CFCS
Senior Extension Agent
Family and Consumer Sciences
Virginia Cooperative Extension
OBJECTIVES

1. Demonstrate how participants can use the workshops to motivate individuals in your community to eat healthier and engage in regular physical activity

2. Describe ideas for planning a successful workshop series, improving attendance, and boosting group participation

3. Present firsthand experiences from one pilot site instructor who shares ways she made the workshop a success in her community
Eat Healthy ● Be Active

Community Workshops

• Based on

  – Dietary Guidelines for Americans

  – Physical Activity Guidelines for Americans
EAT HEALTHY ● BE ACTIVE
COMMUNITY WORKSHOPS

Workshop 1
Enjoy Healthy Food That Tastes Great

Workshop 2
Quick, Healthy Meals and Snacks

Workshop 3
Eating Healthy on a Budget

Be Active, Healthy, and Happy!
EAT HEALTHY ● BE ACTIVE
COMMUNITY WORKSHOPS

Workshop 4
Tips for Losing Weight and Keeping It Off

Workshop 5
Making Healthy Eating Part of Your Total Lifestyle

Workshop 6
Physical Activity Is Key to Living Well

Be Active, Healthy, and Happy!
DIETARY GUIDELINES KEY CONSUMER MESSAGES

• **Balancing calories**
  – Enjoy your food, but eat less
  – Avoid oversized portions

• **Foods to increase**
  – Make half your plate fruits and vegetables
  – Make at least half your grains whole grains
  – Switch to fat-free or low-fat (1%) milk

• **Foods to decrease**
  – Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers
  – Drink water instead of sugary drinks
PHYSICAL ACTIVITY GUIDELINES

Key Guidelines for Adults

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.

- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.

- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.

- Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Key Guidelines for Children and Adolescents

- Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.
  - **Aerobic:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
  - **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
  - **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.

- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.
COMMUNITY WORKSHOPS COMPONENTS

- Lesson plan
- Learning objectives
- Talking points
- Ice breakers
- Hands-on activities
COMMUNITY WORKSHOPS COMPONENTS

- Educational handouts
- Stretch breaks
- Short videos
- Evaluation forms

Slow Cooker Tips and Recipes

Tips for Using a Slow Cooker
- Always thaw meat and poultry in the refrigerator before cooking them in the slow cooker. This way, the meat will cook completely. Follow this order when putting food into a slow cooker: (1) put the vegetables in first, (2) then add the meat, and (3) top with liquid (beef, wine, sauce).
- Fill the slow cooker between halfway and two-thirds full. Cooking too little or too much food in the slow cooker can affect cooking time and quality.
- To store leftovers, move food to a smaller container to allow food to cool properly; refrigerate within 2 hours after cooking is finished. Do not rebake leftovers in the slow cooker. Instead, use a stove, microwave, or oven to reheat food to 165°F.

Changing Recipes To Use in a Slow Cooker

Try your favorite recipes in a slow cooker with these tips:
- Liquids do not boil away in a slow cooker. In most cases, you can reduce liquids by one-third to one-half (soups do not need the liquid reduced).
- Add pasta at the end of cooking, or cook it separately to prevent it from getting mushy.
- Milk, cheese, and cream can be added 1 hour before serving.
- For more tips on changing recipes for a slow cooker, download the PDF at http://www.4h.sfasu.edu/4h/cookbooks/slowcooker.pdf.

Slow Cooker Recipes

“Refried” Beans
1 onion, peeled and halved
3 cups dry pinto beans, rinsed
1/2 teaspoon fresh ground black pepper
1/2 teaspoon garlic, crushed
1/2 teaspoon chopped
3 cups water

Preparation:
- Place the onion, rinsed beans, jalapeno, garlic, pepper, and water into a slow cooker.
- Pour in the water and stir to combine.
- Cook on HIGH for 8 hours, adding more water as needed. Note: if more than 1 cup of water has evaporated during cooking, then the temperature is too high.
- Once the beans have cooked, strain them, and reserve the liquid.
- Mash the beans with a potato masher, adding the reserved water as needed to attain desired consistency.

Be Active, Healthy, and Happy!
Educational Handouts

• Developed using health literacy principles
ADDITIONAL RESOURCES

- we can!™
  Ways to Enhance Children’s Activity & Nutrition

- ChooseMyPlate.gov

- President's Challenge Program

- FDA
WORKSHOP EVALUATION

• Each workshop includes a tailored evaluation form
PILOT TESTING

• Assess usability and effectiveness
PILOT TESTING

- Conducted at ten locations across the U.S.

<table>
<thead>
<tr>
<th>Site</th>
<th>Location</th>
<th>Audience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arkansas State University</td>
<td>Beebe, AR</td>
<td>University staff</td>
</tr>
<tr>
<td>Boston Organization of Nutritionists and Dietitians of Color</td>
<td>Boston, MA</td>
<td>Baptist church group</td>
</tr>
<tr>
<td>Clemson Cooperative Extension</td>
<td>Clemson, SC</td>
<td>University custodial staff, church group</td>
</tr>
<tr>
<td>Cole County Health Department</td>
<td>Jefferson City, MO</td>
<td>Church group</td>
</tr>
<tr>
<td>Health Resources Services Administration</td>
<td>Rockville, MD</td>
<td>Federal employees</td>
</tr>
<tr>
<td>Montgomery County Cooperative Extension</td>
<td>Collegeville, PA</td>
<td>Head Start parents, county employees</td>
</tr>
<tr>
<td>Naval Support Activity</td>
<td>Millington, TN</td>
<td>Spouses of military or retired military personnel</td>
</tr>
<tr>
<td>Panama City Cooperative Extension</td>
<td>Panama City, FL</td>
<td>Elementary school parents</td>
</tr>
<tr>
<td>Pulaski Cooperative Extension</td>
<td>Pulaski, VA</td>
<td>Adult education participants</td>
</tr>
<tr>
<td>Purdue Cooperative Extension</td>
<td>Valparaiso, IN</td>
<td>County employees</td>
</tr>
</tbody>
</table>
PILOT TESTING EVALUATION

• Oral and written survey
  – Pre- and post-questionnaires
  – Instructors and participants

• Qualitative and quantitative data
  – Usability
  – Satisfaction
  – Effectiveness
**Key Findings: Usability**

- Content was useful and informative

- Activities and handouts helped motivate participants to make behavior changes

---

**My Shopping List**

These are good items to have on hand to make healthy meals and snacks.

- **Dairy and Eggs**
  - Fat-free (skim) or low-fat (1%) milk
  - Fat-free, low-fat, or reduced-fat cottage cheese
  - Low-fat or reduced-fat cheeses
  - Fat-free or low-fat yogurt
  - Egg substitute

- **Breads, Muffins, and Rolls**
  - Whole-wheat bread, bagels, English muffins, brittles, pita bread

- **Cereals, Crackers, Rice, Noodles, and Pasta**
  - Unsalted corn, hot or cold Rice (brown)
  - Pasta (noodles, spaghetti)

- **Meat**
  - White meat chicken and turkey (skin off)
  - Fish (not battered)
  - Extra-lean ground beef or turkey
  - 95% fat-free lunch meats or low-fat deli meats

- **Meat Equivalents**
  - Tofu (or bean curd)
  - Beans (soy bean list)
  - Egg substitute (see dairy and eggs list)

- **Vegetables (Fresh, Canned, and Frozen)**
  - Fresh Vegetables:
  - Frozen Vegetables (without sauces):

- **Fats and Oils**
  - Light margarine
  - Margarine, low-fat
  - Olive oil
  - Canola oil

- **Baking Items**
  - Nonstick cooking spray
  - Canned evaporated milk—fat-free (skim) or reduced-fat (2%)
  - Nonfat dry milk powder
  - Gelatin, any flavor (reduced-calorie)
  - Baking mixes (reduced-calories)

- **Condiments, Sauces, Seasonings, and Spreads**
  - Fat-free or low-fat salad dressings
  - Salsa or picante sauce
  - Soy sauce (low-sodium)
  - Bouillon cubes/granules (low-sodium)

- **Beverages**
  - No-calorie drink mixes
  - Reduced-calorie juices
  - Unsweetened iced tea

- **Nuts and Seeds (Unsalted)**

Source: Dietary Guidelines for Americans, A Healthier You

Be Active, Healthy, and Happy!
**KEY FINDINGS: BEHAVIORAL INTENTION**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoy Healthy Food that Tastes Great</td>
<td>96%</td>
</tr>
<tr>
<td>Quick, Healthy Meals &amp; Snacks</td>
<td>92%</td>
</tr>
<tr>
<td>Eating Healthy on a Budget</td>
<td>94%</td>
</tr>
<tr>
<td>Top Tips for Losing Weight &amp; Keeping it Off</td>
<td>94%</td>
</tr>
<tr>
<td>Making Healthy Eating Part of Your Total Lifestyle</td>
<td>94%</td>
</tr>
<tr>
<td>Physical Activity is Key to Living Well</td>
<td>85%</td>
</tr>
<tr>
<td>All 6 Workshops</td>
<td>93%</td>
</tr>
</tbody>
</table>

Percentage of participants who *plan to change* eating behaviors, by workshop.
Percentage of participants who *changed eating or physical activity behaviors* after attending the workshops.
FEEDBACK FROM PILOT TESTING

- Spanish translation of handouts
- Food safety information
- Best practice tips
- Organization of handouts within each workshop
BEST PRACTICES FOR IMPLEMENTATION

• Preparing for the workshops
BEST PRACTICES FOR IMPLEMENTATION

- Enhancing participation through activities

---

**Overhead Arm Raise**

This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying heavy items easier.

1. You can do this exercise while standing or sitting in a sturdy, armless chair. Hold weight with palm facing upward.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head, keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 6–12 times.
8. Rest; then repeat 6–12 more times.
9. As you progress, use a heavier weight and alternate arms until you can lift the weight.

---

**Front Arm Raise**

This exercise will strengthen your shoulders and make lifting groceries easier.

1. Stand with your feet shoulder-width apart. Keep your feet flat on the floor during the exercise.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 6–12 times.
7. Rest; then repeat 6–12 more times.
8. As you progress, use a heavier weight and alternate arms until you can lift the weight comfortably with both arms.
Certificate of Completion
presented to

Insert Name of Recipient

For participating in the

Eat Healthy • Be Active

Community Workshops
based on the Dietary Guidelines for Americans 2010 and 2008 Physical Activity Guidelines for Americans

[Insert MM/DD/YEAR]

[Insert Name, Title]
OVERVIEW OF PILOT SITE

• Virginia Cooperative Extension
  – Pulaski County

• Pearisburg, Virginia

• Giles High School
  – Family & Consumer Sciences Department
PARTICIPATION

- 85% of participants attended four or more workshops

<table>
<thead>
<tr>
<th>Gender</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>4 (20)</td>
</tr>
<tr>
<td>Female</td>
<td>16 (80)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;25</td>
<td>2 (10)</td>
</tr>
<tr>
<td>25–45</td>
<td>8 (40)</td>
</tr>
<tr>
<td>45–65</td>
<td>9 (45)</td>
</tr>
<tr>
<td>65+</td>
<td>1 (5)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Education</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>High school or vocational</td>
<td>10 (50)</td>
</tr>
<tr>
<td>College</td>
<td>7 (35)</td>
</tr>
<tr>
<td>Advanced Degree</td>
<td>3 (15)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caucasian</td>
<td>20 (100)</td>
</tr>
</tbody>
</table>
EXAMPLES OF INCENTIVES

- Food tasting and recipes
  - Ice water with fresh fruit
  - Fruit and vegetable garnishes to make foods attractive

- Prizes for attendance
  - Weekly door prizes
  - Bean cookbooks for all participants

- Cookbooks for participants who attended four or more workshops

---

Modifying a Recipe

<table>
<thead>
<tr>
<th>Lasagna</th>
<th>Substitutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Original Ingredients:</td>
<td>Substitutions:</td>
</tr>
<tr>
<td>1 box lasagna noodles</td>
<td>1 box whole-wheat lasagna noodles</td>
</tr>
<tr>
<td>1 pound ground beef</td>
<td>1 pound extra-lean ground beef or lean ground turkey</td>
</tr>
<tr>
<td>½ cup chopped onion</td>
<td></td>
</tr>
<tr>
<td>8 ounces sliced mushrooms, optional</td>
<td>12 ounces sliced mushrooms, optional</td>
</tr>
<tr>
<td>1 jar (about 16 ounces) spaghetti sauce</td>
<td>Tip: Look for vegetable-based sauces without added cheese or meat. Compare brands and choose a sauce with a lower sodium content.</td>
</tr>
<tr>
<td>1 teaspoon garlic powder</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
<td>Omit salt</td>
</tr>
<tr>
<td>1 teaspoon dried leaf oregano, crumbled</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon dried leaf basil, crumbled</td>
<td></td>
</tr>
<tr>
<td>½ cup ricotta cheese</td>
<td>1% cups part-skim ricotta cheese</td>
</tr>
<tr>
<td>2 cups shredded Monterey Jack cheese</td>
<td>1 cup reduced-fat Monterey Jack cheese</td>
</tr>
<tr>
<td>½ cup grated Parmesan cheese</td>
<td>½ cup reduced-fat Parmesan cheese</td>
</tr>
</tbody>
</table>

- Cook lasagna noodles according to package directions; drain and set aside.
- In a large skillet, brown beef, onion, and mushroom. Note: Don’t forget to drain the fat from the meat when you brown it.
- Stir in spaghetti sauce, garlic powder, salt, oregano, and basil.
- In a 2-quart baking dish (about 11×7×2 inches) sprayed with cooking spray, layer ⅔ of the lasagna noodles, ⅔ of the sauce, ⅔ of the ricotta cheese and Monterey Jack cheese. Repeat layers twice.
- Sprinkle Parmesan cheese on top.
- Bake lasagna for 30 minutes or until thoroughly heated and bubbly in a 350°F oven.
- Let stand for 9 to 10 minutes before cutting and serving.

Serves 6 to 8.

Source: We Can! Fox Family Recipes & Tips
http://www.affectcan.org/nash/status/public/heart/chests/xwafj/fat-red/fox-family-recipes.htm
INCENTIVES: PARTICIPANT SATISFACTION

• Prizes for attendance
  • Participants loved the daily door prizes
  • Participants had the option to select one of two cookbooks for prizes
  • Participants were delighted to receive cookbooks for regular attendance

• Food tasting and recipes
  – Participants arrived early to help with food preparation to increase food handling skills
PARTICIPANT FEEDBACK: ANECDOTAL

• “I loved this program!”

• “What are we going to do after this class is over? Now we are just like family!”

• “My family has started drinking water with fruit in it like we did in class.”

• “I learned new ideas for healthier meals.”

• “Put me on the mailing list for other programs you will be teaching.”
PARTICIPANT FEEDBACK: ANECDOTAL

- Participants shared behavior changes they made as a result of the workshops
  - Tried new recipes
  - Increased physical activity
  - Consumed less processed foods
  - Ate more fruits & vegetables
  - Changed portion sizes
  - Drank more water
  - Read nutrition labels
PARTICIPANT EVALUATIONS

• 90% made changes in their food choices or their level of physical activity

• 95% said the community workshops helped them to make these changes
OVERALL INSTRUCTOR EXPERIENCE

• Amazing the amount of content and activities covered in one hour

• It was great to have the lessons already prepared
  • Course content easy to teach
  • Lessons followed a similar format
  • Course objectives were clearly identified
  • Excellent handouts and activities suggested for each lesson

• Positive learning experience for the instructor and the participants
  • Attracted new participants
THANK YOU FOR JOINING!

COMING SOON:
Print edition of the complete
Eat Healthy ● Be Active
Community Workshop series

For more information, visit
health.gov/dietaryguidelines/workshops/