

# ***Life!* – Information for the Dietitian**

Thank you for participating in the *Life! Taking Action on Diabetes Program*.

This information is designed to familiarise you with the *Life! program*, and guide you in delivering session 4. The Facilitator will give you a copy of the *Life! Participant Manual* where you will see that prior to session 4, participants should have completed a *Fat and fibre barometer* and an *Eating habits diary* and have an understanding of the key messages of the *Dietary Guidelines* and *the Australian Guide to Healthy Eating*. In session 4, participants are working towards setting short-term healthy eating goals and this is where your expertise is required. Please study the manual carefully and discuss any queries with the *Life! Facilitator* who is conducting the program.

Please find attached a copy of the *Session Overview*, the ***Outline of topics and timings*** and ***Instructions***. **It is expected that you facilitate activities 4.2 – 4.6** and that you contact the Facilitator if you have queries related to the activities. It is important for you to get a copy of the *Session 4 PowerPoint presentation* from the Facilitator prior to the session. You are also asked to please to bring to the session resource materials suitable for a short small group activity on label reading. Talk to the Facilitator further about this as required.

**Facilitators:** please copy THIS page AND Session 4 Instructions for Facilitators pages 33-37 and give to the Dietitian

# Session 4: Overview

1 ½ hours

## Objectives

- To support *Life!* participants with goal setting for lifestyle change
- To assist *Life!* participants with making action plans for healthy eating
- To support *Life!* participants to reduce barriers to making healthy eating choices
- To show *Life!* participants that eating healthily doesn't need to be difficult; there are ways to make it easier

## Main messages

- I am more likely to achieve my goals if I make plans
- Changing to a healthy diet doesn't have to mean feeling hungry and deprived; it can mean feeling satisfied and energetic

## Session materials

PARTICIPANT  
MANUAL



- Fat and fibre barometer
- Small changes in eating habits can make a big difference
- Label reading and using the Healthy shopping card
- Recipe modification
- Ideas for setting healthy eating goals
- Steps to achieve my healthy eating goals – short term
- Session 4 rating and review

## Homework materials

PARTICIPANT  
MANUAL



- Planning for lapses
- Stress management and Sleeping well
- My eating habits goals – how did I go?

## Pre-session reading

FACILITATOR  
TRAINING  
MANUAL



Facilitators are advised to review the following sections of the Facilitator Training Manual prior to session 4 of the program:  
Section 4: Physical activity and eating habits to prevent diabetes  
Section 7: Effective communication  
Section 8: Positive and negative thinking  
Section 9: Goal setting and problem solving

## Preparation before session 4

Prior to the session, you should have a discussion with the Dietitian about arrangements for co-facilitation of session 3.

Give the Dietitian:

- *Life!* Participant Manual
- Photocopy of the *Information for Dietitians* (page 51 of *Session Instructions for Facilitators*)
- *Session 4: Overview*, the *Outline of topics and timings* and *Instructions* (pages 33-37 of *Session instructions for Facilitators*)
- A copy of the session 4 PowerPoint presentation from the multimedia DVD

In session 4, participants are working towards setting short-term healthy eating goals and this is where your expertise is required.

Asked them to:

- Read through the materials you have given them carefully, prepare to facilitate **activities 4.2 – 4.6** and contact you if they have queries
- Please bring to the session, resource materials suitable for a short small group activity on label reading

Also let the Dietitian know that while they attend the session because they have healthy eating expertise, it is important that they guide discussion and clarify queries rather than dominate the session.


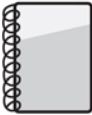

## Preparation before session 4 – checklist

- Check access to the room and facilities
- Organise the room
- Laptop, data projector, projection screen and multimedia DVD with PowerPoint presentation
- White board or butcher paper and markers
- Name tags or stickers
- Spare box of pens or pencils
- Calculators (to determine *Fat and fibre barometer* scores)
- Diabetes Australia – Vic Reply Paid* envelope for return of session evaluation forms
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## Session 4: Outline of topics and timings

5 min	Review session 3
35 min	Overview of eating habits issues
30 min	Eating habits goal setting
10 min	Discussion of homework
5 min	Homework preparation
5 min	Session evaluation

## Session 4: Instructions

	<p><b>Topic: Review session 3</b></p> <p><b>Activity 4.1: Revisit main messages from session 3</b></p> <ul style="list-style-type: none"> <li>Facilitate a brief group discussion of session 3.</li> <li>Ask participants to complete the review of homework on page 70.</li> </ul>
<p>MULTIMEDIA DVD</p>   <p>PARTICIPANT MANUAL</p>  <p>PAGES 59 - 64</p>  <p>PARTICIPANT MANUAL WORKSHEET</p>  <p>PAGES 57 - 58</p>	<p><b>Topic: Overview of eating habits issues and investigating my eating habits</b></p> <p><b>Activity 4.2: Mini-presentation – delivered by dietitian</b></p> <ul style="list-style-type: none"> <li>Go through the session 4 PowerPoint presentation which is on the multimedia DVD that accompanies this manual. This presentation revisits program goals related to healthy eating and weight introduced in session 2.</li> </ul> <p><b>Activity 4.3: Discussion about making healthy food choices</b>  <b>Small group activity to practise label reading</b></p> <ul style="list-style-type: none"> <li>Use the materials in the participant manual on pages 59-64 as the basis of discussion about making healthy food choices. These include:             <ul style="list-style-type: none"> <li><i>Small changes in eating habits can make a big difference</i></li> <li><i>Label reading</i></li> <li><i>Recipe modification</i></li> </ul> </li> </ul> <p>The dietitian is to organise small group activities related to label reading. NB: slight change in sequence of activities compared with sequence in participant manual.</p> <p><b>Activity 4.4: Self monitoring of eating habits</b></p> <ul style="list-style-type: none"> <li>Ask participants to complete the <i>Fat and fibre barometer</i> and compare the score to that of the <i>Fat and fibre barometer</i> completed in session 2 (pages 26-27). Use this information for activity 4.5.</li> <li>Bring the completed <i>Eating habits diary</i> (page 33) to the session and the <i>Three day food diary</i> task if participants have chosen to complete it. Use this information for activity 4.5.</li> </ul>



## Topic: Eating habits goal setting

### Activity 4.5: Ideas for setting healthy eating goals

- Allow about five minutes for participants to complete the checklist designed to prompt ideas for setting eating habits goals. Mention to participants that if they have answered 'yes' to the questions then they should keep up the good work. If they have answered 'no' or 'sometimes' then they may like to think about making changes in these areas.

### Activity 4.6: Steps to achieve my healthy eating goals – short term

- Ask participants to complete the *Steps to achieve my healthy eating goals – short term* form. As they progress through the worksheet, discuss the following:
  - The concept of SMART goals.
  - The recommendation that goals focus on behaviours rather than outcomes. A good example is that weight loss is an outcome and a behaviour might be to include eating less take-away food or changing to low fat instead of full fat milk.
  - The benefits of social support and using healthy rewards to improve likelihood of achieving the planned steps in the goal setting process.
  - The images of self-care activities in the participant manual may be useful prompts to assist participants with completion of the goal setting worksheet. The self-care activities may be useful rewards or may be opportunities for social support to increase goal achievement.
- If participants find it challenging to complete the steps to achieve their eating habits goals, encourage them to at least write something for the week ahead and they can do the rest at home when they have more time to think. Acknowledge that there are differences in the pace that individuals work through such a task and that it is fine to take more time.



## Topic: Discussion of homework

### Activity 4.7: How do I reward myself?

#### Positive thinking

- For variety, perhaps organise participants into pairs or small groups to discuss their responses to these tasks. Facilitate by spending time with each pair or group. When discussing the *How do I reward myself?* task, aim to direct the discussion towards the fact that it is possible to enhance motivation for positive lifestyle changes by using rewards.
- When discussing the *Positive thinking* task, emphasise that positive thoughts include 'I can' statements and 'I will...' Negative thinking includes self-criticism, pessimism about one's ability to achieve a goal and self-defeating worrying about what others think. Often negative thoughts are not based on fact and they are irrational. By challenging their own negative thoughts, participants can improve their likelihood of achieving goals.





## Topic: Homework preparation

### Activity 4.8: Discussion of homework for the next session

- *Planning for lapses* – complete and bring to session 5
- *Stress management* and *Sleeping well* – read before session 5
- *My healthy eating goals – how did I go?* – complete and bring to session 5

Homework set in earlier sessions:

- *Managing cravings*
  - *My physical activity goals – how did I go?*
- Advise participants that in session 5 they should wear suitable clothing to have their waist and weight measured. Reassure participants that all measures will be taken and recorded privately. These data are important feedback to participants to enhance motivation for lifestyle change.



## Topic: Session evaluation

### Activity 4.9: Session 4 rating and review

- Ask participants to complete the *Session 4 rating and review* form and put them in the *Reply Paid* envelope to be sent to *Diabetes Australia – Vic.*