

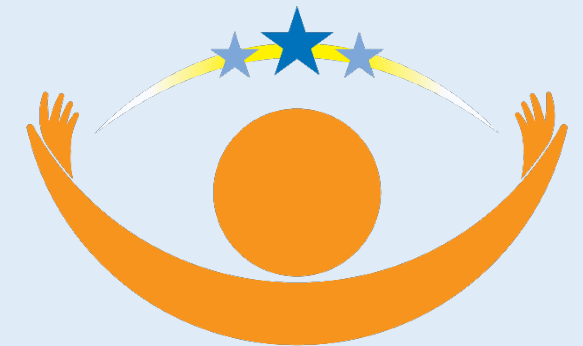
Stoplight Healthy Living

Train the Trainer Webinar

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Presented by

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Disability and Health Program
kansans with disabilities can be healthy

KU LIFE SPAN
INSTITUTE
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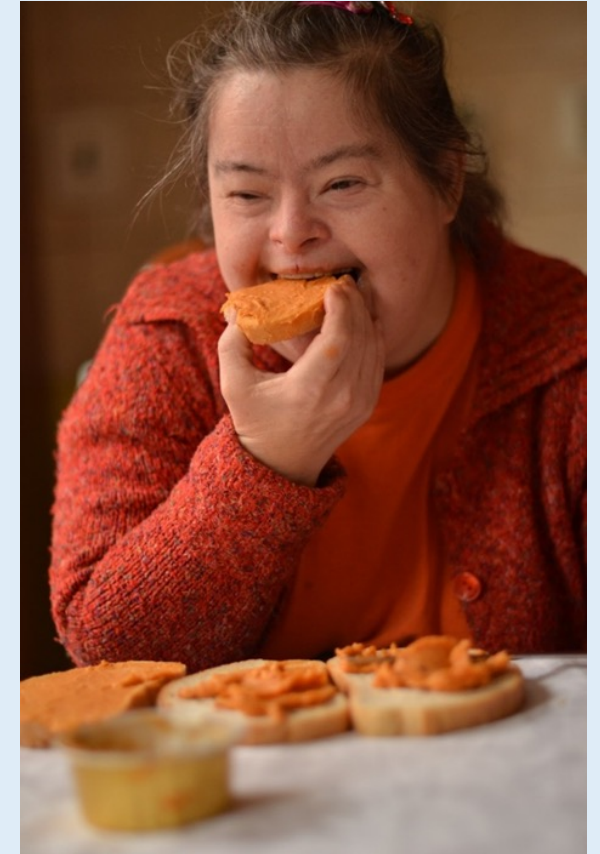
Training Objectives

- Provide an overview of *Stoplight Healthy Living*
- Review activities and materials for the six sessions
- Explain data collection tools and procedures
- Answer questions
- Confirm schedule for 6 sessions and 6 technical assistance teleconferences

Stoplight Purpose

- To address health disparities* of adults with intellectual disability (IDD) by promoting good nutrition, increased physical activity and increased water consumption by:
 - Providing opportunities to learn about the importance of and how to implement:
 - Healthy food and drink choices
 - Physical activity

*health disparities are defined as *preventable* differences in health of a specific group within the overall population



Program Overview

- Extends an existing evidence-based program: The Stoplight Diet
- Uses a simple visual method of distinguishing healthy foods from less healthy and unhealthy foods with the color scheme of a stoplight:
 - Green (Go, eat all you want) (e.g., apples and carrots)
 - Yellow (Slow, use caution) (e.g., eggs and peanut butter)
 - Red (Whoa, eat rarely or never) (e.g., cookies and cake)
- Has been used successfully in several weight loss trials with adults with IDD and with mobility impairments
- Expanded from narrow focus on weight loss to emphasize health behaviors including increased physical activity and water consumption



Foundational Concepts

- Promote choice and self-determination for participants
- Focus on behavior change by reinforcing the importance of several healthy behaviors:
 - eating healthier foods
 - increasing physical activity
 - increasing water consumption
- Involve disability service providers, such as case managers and direct support professionals (DSPs), who can provide ongoing support for healthy lifestyle choices after the formal program ends
- Disseminate the program through disability service providers across the state via a train-the-trainer model

Participant Goals

1. Be healthy
2. Have fun
3. Value self-determination in making healthy choices
4. Support each other
5. Make small changes every day



Session Content

- Designed to be delivered in six ~1.5 hour consecutive weekly sessions to groups of 6-8 participants
- Common across all sessions
 - Information on healthy behaviors
 - Activities to reinforce new knowledge or put it into practice
 - A healthy snack to demonstrate that healthy foods can be delicious



Introduction to Manual

- Facilitator/participant ratio
- Including other attendees
- Setting/equipment
- Estimates of session times
- Sequence of snack activities
- Evaluations and facilitator checklists
- Physical activity for participants who use wheelchairs
- Support needs of participants
- Prompts between sessions
- Taking photographs
- Frequently asked questions

Setting/Equipment

To deliver Stoplight sessions, the following are required:

- a large room with tables and chairs that allows participants to both move around and do seated activities
- equipment including a large screen and speakers to project videos and music for a group (not just a laptop)
- internet access for programs and for technical assistance meetings
- kitchen facilities to prepare and clean up after snacks

Delivering the Sessions

- Review materials before the sessions
- Aim to use session plan scripts loosely—not word for word
- Encourage participation by asking participants to distribute materials, soliciting show of hands, etc.
- Facilitate peer support for participants
- Show that small changes can make a big difference
- Make it fun!
- Take photos and send them to us—they will help us to promote the program!



Session Themes

1. Introduction to the Program
2. Get Moving
3. Healthy Drinks and Snacks
4. Healthy Meal Preparation
5. Shopping for Healthy Foods
6. Healthy Eating Out & Celebration!



Session One: Introduction

- ****Pre-program evaluation****
- Introduce the Stoplight concept of food groups: GREEN, YELLOW and RED
- Discuss groups of foods that participants report eating often
- Use My Plate placemat and pictorial food cards to assemble healthy meal
- Plan to put GREEN, YELLOW and RED stickers on appropriate foods at home (e.g., green on fresh apples, yellow on low fat yogurt, and red on cookies)



Session Two: Get Moving

- Check-in on what foods were labeled at home
- Discuss what exercise does to your body to make it healthy
- Think of different ways to increase physical activity
- Exercise to a video routine

****Post session evaluation****

Session Three: Healthy Drinks & Snacks

- Guess the amount of sugar in drinks using *Oral Health Kansas* Sugary Drink display
- Exercise session
- **Post-session evaluation**



Session Four: Healthy Meal Preparation

- Exercise session
- Discuss how to make common foods healthier and use more foods from the GREEN group
- Discuss how to consume more water
- ****Post-session evaluation****



Session Five: Shopping for Healthy Foods

- Exercise session
- Activity to put pictorial food cards in GREEN, YELLOW or RED shopping bags
- Video and discussion-*Awesome Mary Shops the Rainbow*
- Distribute and discuss color-coded grocery shopping lists (GREEN, YELLOW, and RED foods)
- **Post-session evaluation**



Session Six: Healthy Eating Out & Celebration

- Discuss and role-play ordering healthier foods at fast-food restaurants
- ****Post-program evaluation****
- Distribute Certificates of Completion and recognize individual achievements
- Hold dance party or play Bingo with music and healthy snacks



Facilitator Checklists



- Important for us to evaluate the fidelity and efficacy of Stoplight
- Should be completed as soon as possible after sessions end
- Help us to know how the content was delivered
- Details help—tell us which activities participants enjoyed; which were more difficult to deliver; suggestions for change; any evidence, from observation or conversation, that participants adopted healthier behaviors
- Send after each session by scanning and emailing, or by USPS
- We will be waiting to receive them to use the information to improve the program!

Memorandum of Partnership

- Outlines the responsibilities and duties of both the Disability and Health Program and the partnering organization in delivering Stoplight Healthy Living
- Requires signatures of both parties, including an administrator of the partnering organization
- Clarifies roles and lays the groundwork for a cooperative working relationship

Technical Assistance

- Consists of a ~30-minute Zoom meeting after sessions 2, 3, 4, 5, 6
- Both facilitators should attend
- Important because we don't expect you to remember everything from today's training!
- Opportunity to share information and troubleshoot
- Let's schedule this now!

Stoplight Supply Kits

- Supplies are provided, with forms filed by session
- Number of items sent will be based on the number of participants you report on your planning form
- Funds will be provided to purchase food for snacks
 - How will your organization access funds to purchase snacks?

Evaluations (worksheets)

- Evaluations are important for us to show that the program is effective
- We are also looking for ways to improve the program
- Conducted
 - Start of Session 1 (pre)
 - After Session 2,3,4,5
 - After the role-play segment of Session 6 (post)
 - Should be completed on the two tablets provided with responses transmitted automatically upon completion
- Available on hard copy (only as a backup)

Q & A

