

DIDACTIC PRESENTATION

All Foods Can Fit

Understanding the Nutrition Approach of the National DPP



EMORY
ROLLINS
SCHOOL OF
PUBLIC
HEALTH

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for Public Health
Training and
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Facilitator



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Objectives & Outline



Objectives: What's on our plate today

- Describe the nutrition approach of the National DPP CDC curriculum
- Name two of the nutrition updates to the Prevent T2 Refreshed curriculum
- Understand the scope of practice for lifestyle coaches related to nutrition guidance for participants



Outline: What's on the menu today

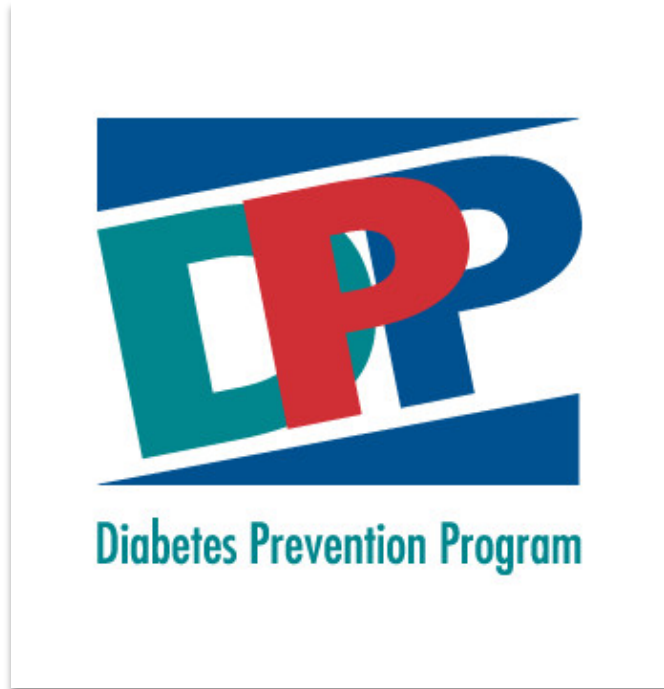
- Appetizer: National DPP nutrition approach
- Entre: Prevent T2 Refresh themes
- Desert: Facilitation so that all foods can fit!
- Clean Up: Summary and next steps

APPETIZER

National DPP Nutrition Approach

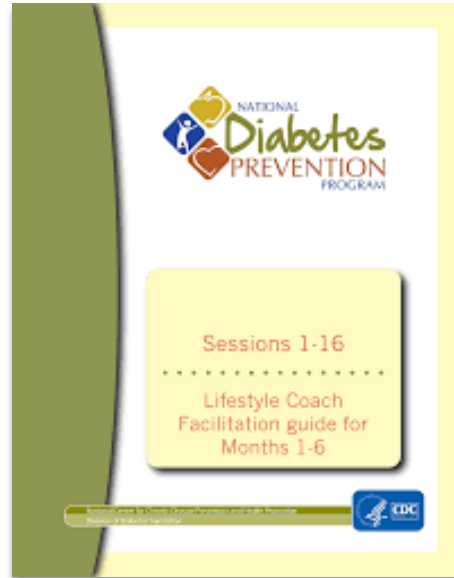
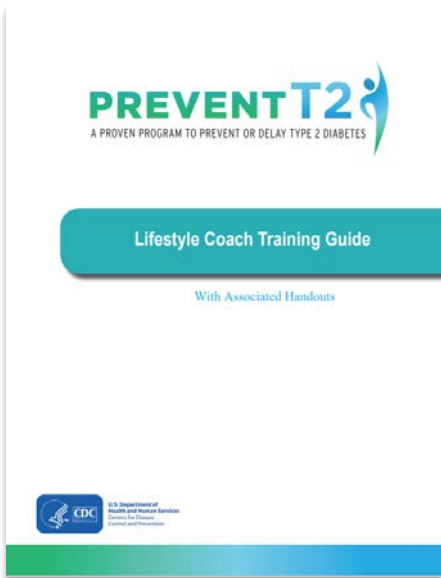
DPP Study - Present

The DPP Study and Nutritional Strategy



- The DPP study curriculum followed the USDA guidelines
- Nutritional guidance for weight loss focused around reduced calorie intake with a focus on total fat intake
 - Following the American Heart Association recommendations of 30% of calories from fat
 - Fat gram budget to give guidance for lowering calories without dictating food choices

The National DPP Nutrition Approach



- Study and program goals aligned
- Nutrition guidance evolved with USDA Guidelines, from food pyramid to MyPlate
- Curriculum encourages participants to identify sources of excess calories in eating patterns and reduce intake of saturated, fat, excess sugar
 - No individualized calorie goals
 - Fat gram budget strategy used in original curriculum by original 2012 curriculum*

USDA Dietary Guidelines for Americans 2020-2025



Follow a healthy dietary pattern at every stage of life



Customize and enjoy nutrient-dense foods and beverages to reflect personal preferences, cultural traditions and budgetary considerations



Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits



Limit foods and beverages higher in added sugars, saturated fat, and sodium and limit alcoholic beverages

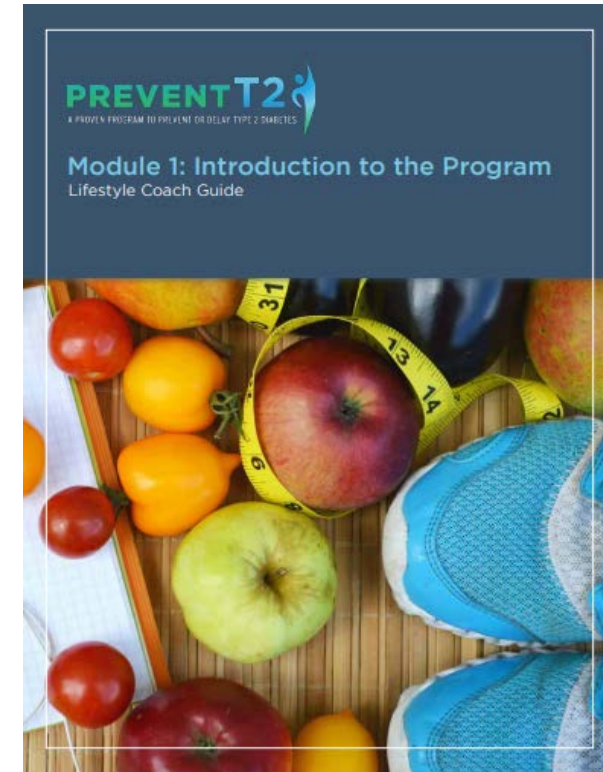


Entree

2021 Prevent T2 *Nutrition Approach*

2021 PT2 Nutrition Focused Sessions

- Eat Well To Prevent T2 (4)
- Track Your Food (5)
- Energy In Energy Out (7)
- Eating to Support Your Health Goals (8)
- Eat Well Away From Home (10)
- Managing Triggers (11)
- When Weight Loss Stalls (17)
- Shop and Cook to Prevent T2 (20)
- More about Carbs (25)

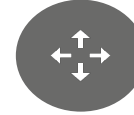


2021 Prevent T2 Nutrition Themes

- Focus on whole food and healthy eating patterns
- Focus more on nutrient density of food choices vs. just calorie content
- Positive tone with focus on building on participant strengths
- Focus on small changes that have big impact
- More guidance and options for food tracking
- Images and lists that reflect more realistic and relatable foods



Whole foods



Building on strengths



Small changes



Tracking options



Imagery

What is the relationship between these three food choices?



Nutrient Dense Food Focus

- Explains and discusses processed foods
- Encourages choosing more nutrient dense forms of food when possible

“The least processed form of a food gives you the most control over the ingredients and your portions.”

-LC Guide Eat Well To Prevent T2

Eating Well

Understanding Processed Foods

What's the difference?



A processed food is one that's been altered from its original form.

Less Processed





More Processed

Apple 	Peeled Apple 	Applesauce 	Apple Juice
Steak 	Ground Beef 	Beef Chili in a Can 	Packaged Lunch Meat

5 | Eat Well To Prevent Type 2 | Participant Guide

Focus on Nutrient Density vs. Calories






Session Focus

Eating well can help you prevent or delay type 2 diabetes.

This session we will talk about:

- How to eat well
- How to build a healthy meal
- The items in each food group

You will also make a new action plan!

**Tips:**

- ✓ Use herbs, spices, lemon juice, and low-fat dressing to make veggies taste better.
- ✓ Fill up on fiber and water.
- ✓ Shop, cook, and eat healthy with friends and family.


Key points to remember:

Choose items that are:

- Low in calories, fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

Limit items that are:

- High in calories, fat, and sugar
- Low in fiber and water
- Low in vitamins, minerals, and protein




Participant Guide: Eat Well to Prevent T2

2

Subtle shift in messaging to put attention *first* on nutrient density of food choices over calories.

Session Focus



Eating well can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- How the food you eat can help prevent or delay type 2 diabetes
- Using the plate method to balance the food groups
- Processed food and its role in your eating patterns
- Building on your strengths


You will also make a new action plan!

Tips:

- ✓ Choose foods that include fiber, vitamins, and minerals, which are found in vegetables, whole grains, and fruit.
- ✓ Make small changes to adjust the amount of processed foods in your diet.
- ✓ Work toward incorporating more nutrients and fewer calories in your diet.

Key Points to Remember:

- Use the "Diabetes Plate Method" as a guide to create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates.
- Make sure your meal has a good proportion of vegetables, not too much fat, and not too many starchy foods.
- Identify your strengths and find ways to build on them to make eating well a little easier.



1 | Eat Well To Prevent Type 2 | Participant Guide

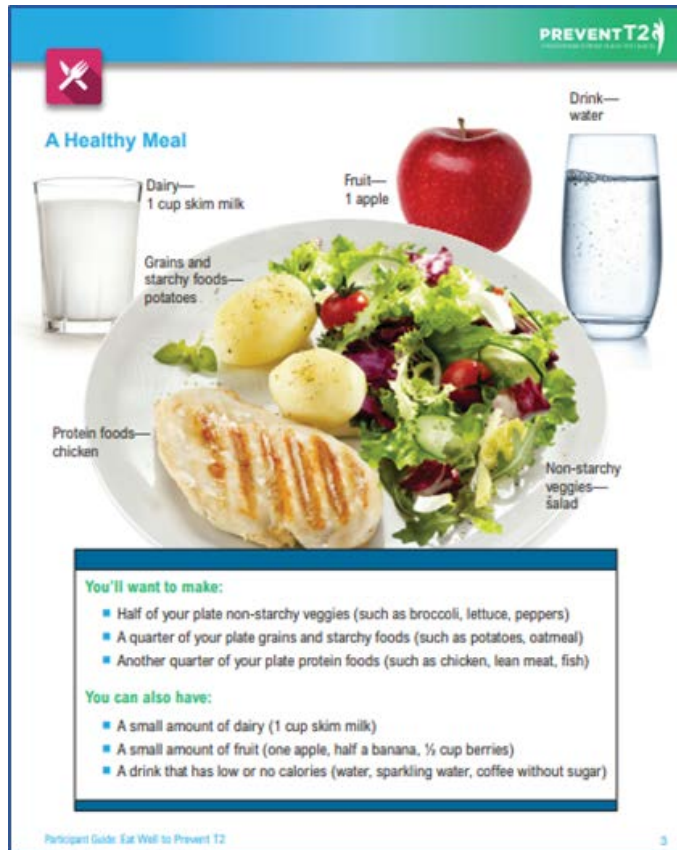
Focus on Whole Foods – *What Does this Mean for You?*

- Re-direct participant focus from simply on calories to nutrient density/whole foods & portion sizes
- Use food tracking to reveal strengths and opportunities around whole foods vs. processed
- Provide opportunities for practice identifying nutrient dense foods
- Continue to convey that *all foods can fit and* avoid a *good food bad food* language
- Refer participants with need for individualized guidance to a Registered Dietitian or other healthcare provider
- Be mindful of participant realities*

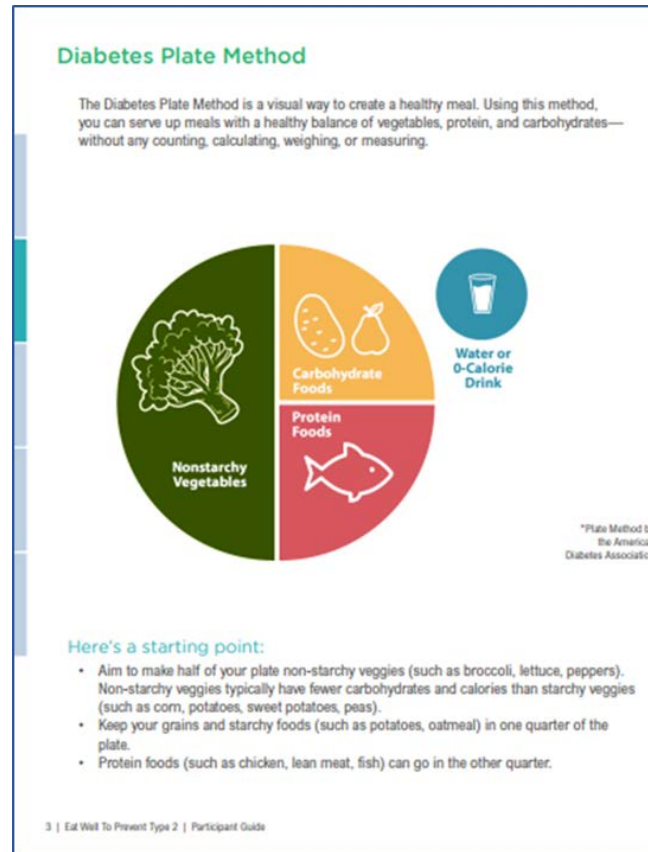


Create My Plate

Current Plate



Refreshed Plate



Other Healthy Plates

Breakfast	Lunch	Dinner
Acai fruit smoothie bowl with berries and fresh fruits	Two chicken salad wraps	Shrimp with mixed vegetables
Oatmeal with apple slices, almonds, honey, and cinnamon	Black beans crust pizza with corn, spinach, tomatoes, black beans and red onion	Pan roasted Cajun seasoned salmon, served with organic steamed vegetables, bell peppers, squash, carrots, and zucchini

Sneak Peak- More Extensive Food Lists

PREVENT T2

Foods to Choose

Non-starchy veggies:

- Asparagus
- Broccoli
- Cabbage
- Carrots
- Celery
- Cucumbers
- Leafy greens
- Mushrooms
- Onions
- Peppers
- Tomatoes
- Your favorites:

Grains and starchy foods:

- 100% corn tortillas
- 100% whole grain cereal
- 100% whole wheat bread
- Black beans
- Brown rice
- Corn
- Green peas
- Lentils
- Oatmeal
- Popcorn
- Potatoes
- Pumpkin
- Yams
- Your favorites:

Sources: CDC, ADA

Participant Guide: Eat Well to Prevent T2



Foods To Choose

Non-Starchy Veggies	Grains and Starchy Foods	Protein Foods	Dairy Foods	Fruit	Drinks
<ul style="list-style-type: none"> Asparagus Broccoli Cabbages like green cabbage or bok choy Carrots Celery Cucumbers Leafy greens like collard greens, kale, and mustard greens Lettuces Mushrooms Okra Onions Peppers Tomatoes Radishes, including daikon Squash like bitter melon, spaghetti squash, and zucchini Water chestnuts 	<ul style="list-style-type: none"> 100% corn tortillas 100% whole grain cereal 100% whole wheat bread Black beans Black-eyed peas Pinto beans Kidney beans Garbanzo beans Lima beans Brown rice Dried peas Lentils Oatmeal Popcorn Potatoes Pumpkin Yams 	<ul style="list-style-type: none"> Eggs Fish and seafood such as salmon, cod, mackerel, sardines, tuna, shrimp, and so on Lean meat (lean ground beef, chicken and turkey without skin, pork loin) Nuts (moderate portion) 	<ul style="list-style-type: none"> Cheese (moderate portion) Milk Yogurt Milk substitutes such as soy, almond, rice, oat, and so on 	<ul style="list-style-type: none"> Apples Bananas Pears Peaches Apricots Oranges Grapefruit Blueberries Strawberries Cherries Grapes Mangoes Papayas Plantains 	<ul style="list-style-type: none"> Coffee without sugar Sparkling water Tea without sugar Water



What could you swap?



Track your Food Updates

- Offers practical and flexible approaches to food tracking
 - Weekly food log
 - Food tracking activity log:
 - Track one meal for several days
 - Track days not at work
 - Track one work day and one day off
- Focus on what can be learned
 - “From Tracing to Taking Action”
 - “*Learn from your logs*”


How To Track Your Food


Tracking Methods

Track 1 full day of eating.	Figure out where your calories are coming from and your eating patterns in a single day.
Track 1 working day and 1 day off.	Since eating patterns can change between days you work and days you don't, track 1 working day and 1 non-working day to get a sense of how you eat at work and at home.
Track 1 meal for a few days at a time.	Get a better idea of the range of foods you have at specific meals and where you might find some easy tweaks or adjustments to make. After you do a tune-up on that meal, track another meal.
Track 3 to 4 full days.	Learn fast and furious! Use an app, take photos with your phone, or take notes in a notebook.
Track for just a weekend, vacation days, or other non workdays.	When our routines change, our eating patterns change. Zero in on your weekend, days you don't work, or vacation days to keep on track with your healthy eating goals.
Track everything you eat and drink in between meals.	Sometimes it's not the meals, but what you eat in between. Being mindful of portions and snacks, and when and where you have them, can help you plan ahead.
Track your drinks.	Drinks can be a source of “hidden” calories. Focus on tracking the drinks you have with or between meals. Measure how much sugar, milk, or cream you add to your tea or coffee. Measure the ounces in your glasses at home to confirm how many calories you've been drinking. And look at the menu at your coffee shop to find out what's in your drink.

8 | Track Your Food | Participant Guide

Traditional Weekly Food Log





A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Weekly Food Log (Optional)

Week of: _____

Try to use this log each day to track when, what, and how much you eat and drink. Track your water intake by circling a water bottle every time you finish one. You may also track how many calories you take in. Write down a daily reflection of your wins for the day and how you feel. You don't need to share this log with your Lifestyle Coach. It's just for you.

Monday

Meal/Snack	Time	Item	Amount (piece, volume, weight)	Calories
Breakfast				
Lunch				
Dinner				
Snacks				
Drinks				
Daily Reflection				

Tuesday

Meal/Snack	Time	Item	Amount (piece, volume, weight)	Calories
Breakfast				
Lunch				
Dinner				
Snacks				
Drinks				
Daily Reflection				

Food Tracking Updates - *What Does this Mean for You?*

- Guide participants to consider what method and approach to tracking feels most doable for them
- Reinforce that any amount of food tracking can be helpful
- Incorporate *learn from your logs* into your regular session conversations
- Review new logs and food tracking methods offered
- Try them yourself!

What approach to food tracking would be most helpful or feels most doable for you to start with?

100

- [illegible]



Building on Strengths- *What Does this Mean for You?*

- Look and listen
 - Call attention to
- Ask questions
- Invite participants

“Kathy, what about yourself allowed you to create the Saturday walking club?”

Listen for Strengths

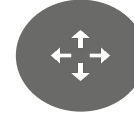
- What strengths did you hear?
- How might these strengths help this participant in her lifestyle change?
- How might you draw the participants attention to her strengths?

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Dessert

2021 Prevent T2

Facilitating So That All Foods Can Fit!

DTTAC Program Principles

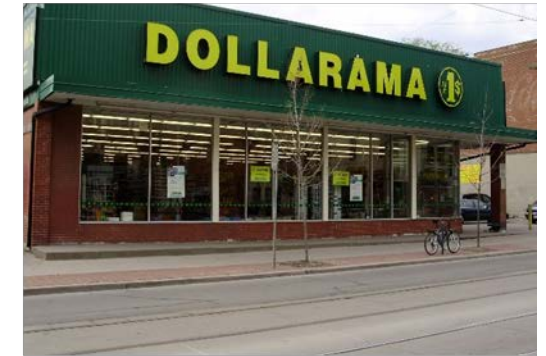
The How of the Lifestyle Change Programs!

DTTAC Lifestyle Change Program Principles

1. Goals are clearly defined and realistic
2. The program is not restrictive or prescriptive
3. Lifestyle Coaches are supportive, caring, and empathetic
4. Lifestyle Coaches serve as group facilitators, not expert teachers
5. Group members offer each other support, ideas, and problem solving
6. Lifestyle Coaches adhere to the National DPP curriculum
7. Participant realities and needs are taken into account
8. Participants track their food, physical activity, and weight

Key Reminders

- Be mindful of the social determinants that impact individuals
- Be curious about participant cultures and social contexts
- Use examples that invite all participants to see themselves as successful in the program



Program Is Not Restrictive or Prescriptive

- Small changes
- Sustainability
- Choice
- Healthy
- Balance



Role of the Lifestyle Coach

- Lifestyle coaches are not trained (even if their background is as an RD) to provide individualized dietary advice, prescribe diets, or nutrition guidance beyond the curriculum
- The role of the Lifestyle Coach is to:
 - Guide conversations
 - Ask thought provoking questions
 - Express support and empathy



Lifestyle Coaches Serve as Group Facilitators Rather than Expert Teachers

- Participants are given generalized nutrition guidance in the curriculum and through guided group discussions
- Participants are tracking food intake to learn about their personal food patterns and preferences
- This self awareness coupled with curriculum guidance are used to form that participants' personal strategy
- Lifestyle Coaches facilitate group conversation to elicit ideas, strategies around small changes participants can make to their food choices and patterns
- Lifestyle Coaches assist participants/groups in tailoring conversations to be relevant to groups needs



Summary, Resources & Next Steps

Summary and Next Steps

- Consider how to integrate more small steps language into your sessions
- Continue to use inclusive language related to food preferences, cultural traditions and access
- Continue to emphasize the choice based, *all foods can fit* approach of the program
- Continue to focus on facilitation rather than directive teaching
- Take time to review each session-look for themes discussed, get familiar with updated content



Resources

- USDA Dietary Guidelines for Americans
- Home | Dietary Guidelines for Americans
- Eating Well | ADA (diabetes.org)
- Common Ground resource: *From the Farmer's Market to the Food Bank*



Thank You!