

The Trouble with Tracking

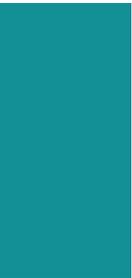
Strategies for Participant and Lifestyle Coach Success with Food Tracking



Facilitator



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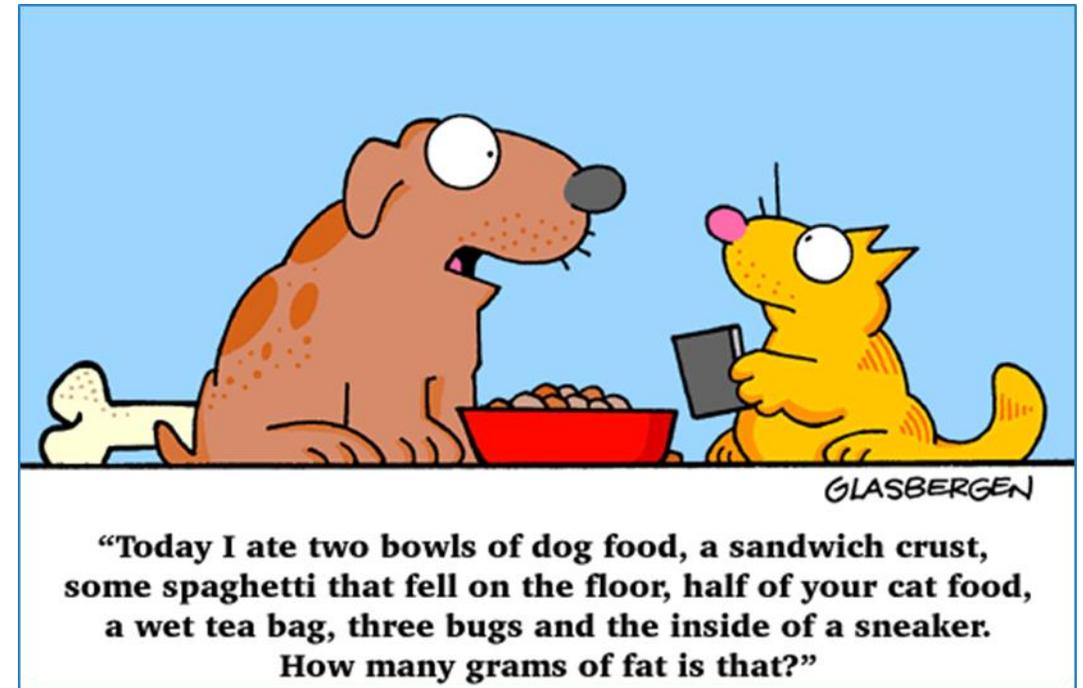


Tracking Review



What are the Benefits of Food Tracking?

- Why is it important to emphasize tracking with our National DPP participants?
- What are the benefits to them personally and in the program?



Personal Benefits of Food Tracking

Weekly Food Tracker

Day	Breakfast	Lunch	Dinner	Snacks	Wa
M					
T					
W					
Th					
F					
Sa					
Su					

- Provides awareness of food choices and patterns
- Raises awareness of food portion size
- Helps track progress towards goals
- Creates accountability to self & someone else (Lifestyle Coach & group)
- May reveal connections between eating behaviors and stress, emotions or locations

Evidence for Food Tracking

More frequent food tracking = More weight loss

- A weight loss maintenance trial revealed that the more days a person kept a careful record, the more weight he or she lost
- The National Weight Control Registry has established food tracking as key behavior of individuals who lose and maintain weight
- Self-monitoring of food intake was the number one predictor of success in the DPP study
- Lifestyle Coaches delivering the Lifestyle Change Program report greater weight loss in participants who track vs. do not track

“Those who kept daily food records lost twice as much weight as those who kept no records.”

-Kaiser Permanent Center for Health Research

➤ Completing trackers is the **#1 predictor** for success

The Process of Food Tracking

1. Participants are asked to track their food using a food tracker provided by the curriculum, the organization or one of their choosing
2. Participants are guided to track everything they eat and drink or to choose a different focus for tracking
3. Participants should include as much detail in their trackers as possible: portion size, condiments, time of day, etc.
4. Each week Lifestyle Coaches collect trackers and provide feedback and then return those trackers the following week.
5. Lifestyle Coaches facilitate group discussion/problem solving about food tracking



What type of feedback do Lifestyle Coaches provide in food trackers?



**“Potato chips, root beer, and cupcakes
aren’t an unhealthy lunch —
it’s vegetarian!”**

Type & Purpose of Lifestyle Coach Feedback:

- Notice small changes
- Praise the *process* of tracking
- Celebrate progress & offer encouragement
- Ask clarifying and thought provoking questions *when helpful & appropriate*

What's Your Tracking Trouble?

Daily Food and Drink Tracker				
Time	Description	Amount	Fat Grams	Calories
Wednesday 7:30am	Skim milk	4oz	0	
6:30pm	Black bean casserole	6oz	8.5	
10:00pm	Frozen greek yogurt	4oz	2	
	strawberries	3oz	0	10.3
Thursday 7:30am	Honey nut cheerios	2 cups	2	
	skim milk	4oz	0	
	Strawberries	3oz	0	
1:00pm	Greek yogurt	4oz	0	
3:00pm	Cod	1 piece	12	
	bread	1 slice	3	
	tartar sauce	1oz	6	
	saled	5oz	0	
	Ranch dressing	1oz	15	
10:00pm	Frozen greek yogurt	4oz	2	43
Friday 8:00am	Honey nut cheerios	2 cups	2	
	skim milk	4oz	0	
	Strawberries	3oz	0	
1:00pm	Bean soup	1 cup	0	
	Ham	1oz	2	
6:00pm	Ham extra lean	3oz	3	
	mashed potatoes	1/2 cup	4.5	
	carrots	2oz	0	
	cheese stick	1 stick	13	29.5

Handwritten notes:
 - "This looks like a pretty light eating day here. Were you feeling OK?"
 - "Wonderful!"
 - "Great job self-monitoring to healthy food choices overall!"
 - "Thanks for tracking activity!"
 - "Weekly weight at home.....?"



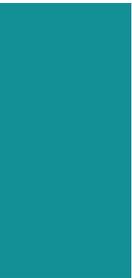
Dealing with digital

Providing meaningful
Non prescriptive feedback

Encouraging any kind of tracking!



Finding
time for feedback!



Encouraging Tracking



Encouraging Tracking



- A Lifestyle Coach *cannot make* a participant track or anything else for that matter
- Lifestyle coaches work to inform, inspire, encourage, and problem solve to increase the likelihood that participants gain the benefits from tracking.
 - Clearly communication program expectations for tracking
 - Explore the benefits and challenges for tracking to help resolve ambivalence
 - Make tracking a regular part of group discussions
 - Consider tracking challenges and/or incentives

Discuss the Benefits of and Evidence For Food Tracking Early and Often

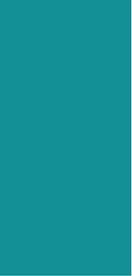
- Identify “hidden” calories
- Reveal eating patterns
- Reveal connections between stress/emotions and eating
- Reveal small opportunities for change
- Evidence suggests that the simple act of writing down what you eat increases weight loss

“People who track their food lose twice as much weight as those who do not!”

Encourage Support and Problem Solving

- Utilize successful “trackers” to support others
 - Share successes and lessons learned
- Take time to problem solve
- Provide support

Yolanda, can you share with the group some of the tracking strategies that are working for you?



Providing Feedback

Remember:

- Participant decides what changes they are willing to make
- Avoid making suggestions or giving advice- *“Why don’t you try fruit instead of cookies”*
- Keep your comments positive and encouraging ... *start a phrase with YOU...*



Lifestyle Coaches are NOT the Food Police

How LC's Provide Feedback in Food Trackers

Daily Food and Drink Tracker					
	Time	Description	Amount	Fat Grams	Calories
Wednesday	7:30am	Skim milk	4oz	0	
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				10.5	
Thursday	7:30am	Honey nut cheerios	2 cups	5	
		skim milk	4oz	0	
		Strawberries	3oz	0	
	1:00pm	Greek yogurt	4oz	0	
	3:00pm	Cod	1 piece	12	
		bread	1 slice	3	
		tarter sauce	1oz	6	
		salad	5oz	0	
		Ranch dressing	1oz	13	
	10:00pm	Frozen Greek yogurt	4oz	2	
				43	
Friday	8:00am	Honey nut cheerios	2 cups	5	
		skim milk	4oz	0	
		Strawberries	3oz	0	
	1:00pm	Bean soup	1 cup	0	
		Ham	1oz	2	
	6:00pm	Ham extra lean	3oz	3	
		mashed potatoes	1/2 cup	4.5	
		carrots	2oz	0	
		cheese stick	1 stick	13	

Daily Physical Activity		
Date	Type	Minutes
Thursday	walk	30
Friday	walk	30

Weekly weight at home ____?

“Sharon-you had more vegetables and fruit this past week and it shows in your results! A few days your tracker did not have many food items but I didn’t know if it was because that was what you ate for the day or you weren’t able to write it down? If writing down your food choices is not working for you, you may want to talk to other members of the group to see what types of things are working for them so you can continue to be successful. You also increased your physical activity this week! The more you make physical activity part of your routine, the more it will become a habit!”

Notice what the coach tells the participant to do if she is having trouble tracking?

You had one fewer
soda this week! I
know you have been
working to cut back!

Did you have
anything on your
sandwich, mayo,
mustard?

This looks like a
pretty light eating day
here. Were you
feeling ok?

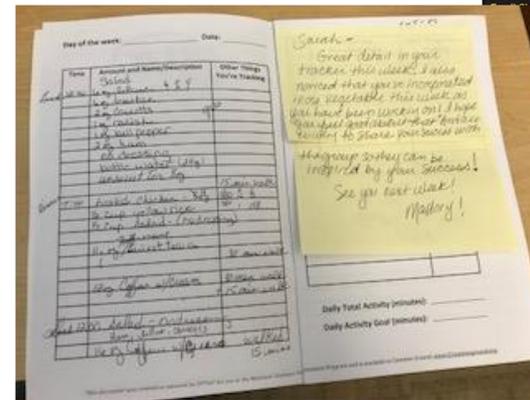
Great job
incorporating
vegetables
throughout the
day!

You track three times
this week-great job! The
more you do it, the
easier it will get!

You counted your
tortilla chips, great
detail!

Other Tips

- Monitor your time spent reviewing trackers-if spending **more than five minutes**, might be going beyond...
- Experiment with different ways of providing feedback to keep it fresh for you and the participant
- Have fun: Use stickers, colored pens (avoid **RED**)



DTTAC Resource: Feedback Tips

Diabetes Prevention Program Tracker Cheats: Tips and strategies for successful tracker feedback

Tracker feedback is a very important part of the DPP program. Providing feedback that is affirming and inspires change can be very important for participant growth. Use these tips and strategies to help inspire you as a lifestyle coach to provide the best feedback to your participants.

Positive Feedback

- Great meal with your tracking!
- I love that you measured those meals!
- Great job recording meals throughout the day.
- Wonderful job being mindful of portion sizes.
- You are in the process at the restaurant!
- I love that you added ingredients to make this a really balanced meal.
- Looks like you are getting a great variety of protein foods, both from meat and other sources.
- I love you made a really healthy choice.
- I see you had _____ You are moving in the right direction!
- I see you ate breakfast _____ from the week!
- I see you ate (protein, fruit, etc.) today!
- Nice job putting in whole grains.
- Nice protein eat.
- Great job with this snack choice.
- You noticed you're trying a lot of new foods today. That's awesome!
- I love that you're recording eating breakfast more consistently.
- You added one more serving!
- You had one less serving!

Positive Feedback (continued)

- I love that you were creative and added veggies to _____!
- I see you ate ahead of what the grams!
- I see you have made adjustments to stay under your fat grams.
- A nice full glass of ice water might go great with this meal.
- I just love how much water you are drinking.
- Looks like you measured some servings of _____ for water! That is great!

When it gets tough

- Acknowledge that tracking is difficult.
- They realize that as they eat.
- When having difficulties keeping track, grams eat:
 - Make your own guidelines.
 - How can you make your life easier?
 - Is this even easier to change?
- What would make this easier for you?

Diabetes Prevention Program Tracker Cheats

Thought Provoking Questions (continued)

- Where is the biggest opportunity?
- Is there a strategy that could work better?
- How might you do this differently in the future?
- How did you feel?
- What might you do next time to stay within your goals?
- Did you feel full after this meal?
- What will you do next week to stay within your goals?
- "What would you like to track next?"
- Is there anything you enjoyed about this morning. Did you notice if it affected any of your food choices/changes for the rest of the day?
- How can you measure your calories but not your fat grams?
- How was this (fat in the house) prepared?
- How do you feel preparing the meal? Was it a cooking, measuring, etc.?
- How did you feel when eating (remember more consistently, the portion is help, more you feel engaged)?
- What would you measure that was hard you feel but right?
- Is there anyone in your place for eating this?

Thought Provoking Questions (continued)

- Are you enjoying any food groups that may be important?
- Have you tried adding to a protein amount/amount to the meal? It may help you to feel more satisfied!
- Does your portion control that is higher or protein, so it does you, satisfied longer.

General Ideas

- Sticky Facts
- Sticky
- Write page number from the Culture King
- Put circle around items
- Put check mark next to items
- Refer back to old version topics
- Have an activity where participant go back and mark their tracker like a lifestyle coach (or later versions)
- Use back back analogy
- Use a fun colored pen (not red).

Participant Barriers to Tracking-Time

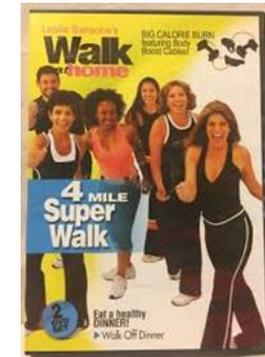
Make Tracking a Regular Part of Group Discussion: *Problem Solving*

- Finding time for tracking
- Remembering to track
- Literacy challenges
- Looking up foods
 - How to look up combination foods



Consider Having “Tracking Challenges” and/or offering Incentives for Tracking

- Challenge group to track x number of days during a week
 - Follow up with discussion of lessons learned and challenges encountered!
- Competition for most completed days tracking
 - Have the winner talk about what has worked and the benefit
- Raffle tickets for trackers-periodic drawings



Consider Tracking Along Side Your Group

- If it is helpful for participants, it will be helpful for you
- Increase your empathy
- Inspire ideas for challenges
- Build comradery



The image shows a 'Food and Activity Tracker' form from the National Diabetes Prevention Program. The form is tilted and contains the following sections:

- Goals:** A table with columns for 'Fat Grams', 'Calories', and 'Minutes of Activity'. Below it are fields for 'Date' and 'Weekly Average'.
- Totals:** A table with columns for 'Fat Grams', 'Calories', 'Minutes of Activity', and 'Weight'. The rows are labeled 'Day 1' through 'Day 7' and a 'Total' row.
- Personal Information:** Fields for 'Name:', 'Starting Date:', and 'My To-Do this week:' with several lines for notes.
- Logo:** The National Diabetes Prevention Program logo, featuring a stylized 'D' and 'P' with a heart and the text 'NATIONAL Diabetes PREVENTION PROGRAM'.

Literacy Challenges and Food Tracking

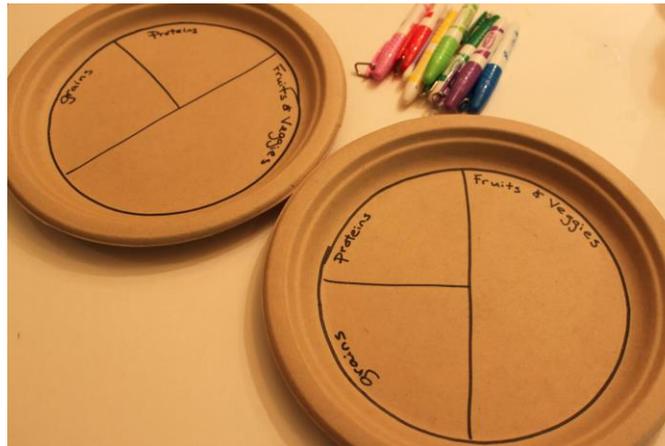
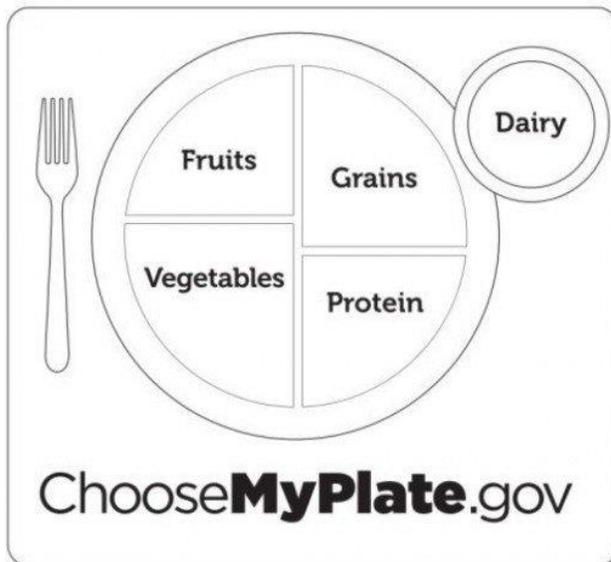
Literacy Challenges and Tracking

- Any amount of tracking can be helpful
- Photo diary of food
- Support for tracking
- Drawing foods
- Plate method-draw or check off
- *What else?*



Encourage Use of *My Plate*/Create My Plate as Simple Way to Track:

Participants can draw, take pictures, or write as best they can in My Plate picture



DTTAC Resource: Check Off Tracker

My Daily Food and Drink	
Instructions: Each blue header represents a food group, listed with the recommended number of servings per day. Each image of a food is an example of <u>one</u> serving of that food. For example, 1 apple is 1 cup/serving, or 1 egg is 1 oz/serving. The shaded boxes represent recommended servings of foods from that food group and white boxes allow for additional servings to be tracked.	
Vegetables (1 cup = 1 serving, have 3 cups/day)	
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fruits (1 cup = 1 serving, have 2 cups/day)	
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Grains (1 ounce = 1 serving, have 6 ounces/day)	
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Dairy (1 cup = 1 serving, have 3 cups/day)	
	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Types of Trackers

What method of tracking are your participants using the most?



Online app

PREVENT T2
A FOOD 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.

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

Weekly Food Log (Optional)

CDC PT2 Tracker

NATIONAL DIABETES PREVENTION PROGRAM

Goals

	Est. Grams	Calories	Minutes of Activity
Carb			
Weight			
Average			

Totals

	Est. Grams	Calories	Minutes of Activity	Weight
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Total				

Food and Activity Tracker

Name: _____

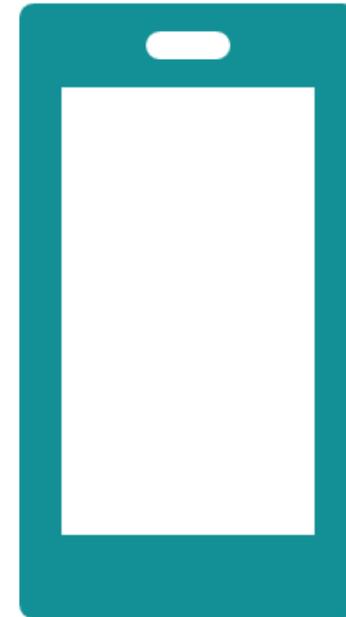
Starting Date: _____

My To-Do this week: _____

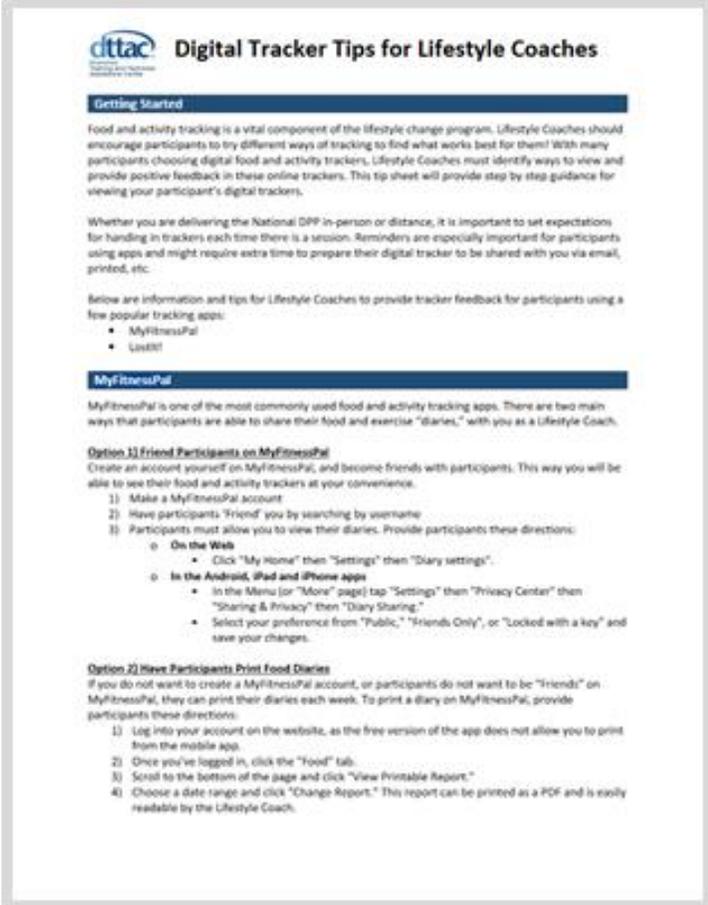
Paper food tracker

Digital Trackers: Tips for Lifestyle Coaches

- Provide Participants with a list of different online/digital trackers
- Be mindful of free vs. fee
- Encourage participants to focus first on tracking as accurately as possible, less on calorie and nutrition information provided
- Explore easiest way for participant to share their digital tracker with you



DTTAC Resource for Digital Trackers



The screenshot shows a document titled "Digital Tracker Tips for Lifestyle Coaches" from the National Diabetes Prevention Program (cittac). The document is divided into sections: "Getting Started", "MyFitnessPal", and "Option 2) Have Participants Print Food Diaries".

Getting Started

Food and activity tracking is a vital component of the lifestyle change program. Lifestyle Coaches should encourage participants to try different ways of tracking to find what works best for them! With many participants choosing digital food and activity trackers, Lifestyle Coaches must identify ways to view and provide positive feedback in these online trackers. This tip sheet will provide step by step guidance for viewing your participant's digital trackers.

Whether you are delivering the National DPP in-person or distance, it is important to set expectations for handing in trackers each time there is a session. Reminders are especially important for participants using apps and might require extra time to prepare their digital tracker to be shared with you via email, printed, etc.

Below are information and tips for Lifestyle Coaches to provide tracker feedback for participants using a few popular tracking apps:

- MyFitnessPal
- LoseIt!

MyFitnessPal

MyFitnessPal is one of the most commonly used food and activity tracking apps. There are two main ways that participants are able to share their food and exercise "diaries," with you as a Lifestyle Coach.

Option 1) Friend Participants on MyFitnessPal

Create an account yourself on MyFitnessPal, and become friends with participants. This way you will be able to see their food and activity trackers at your convenience.

- 1) Make a MyFitnessPal account
- 2) Have participants "friend" you by searching by username
- 3) Participants must allow you to view their diaries. Provide participants these directions:
 - o **On the Web**
 - Click "My Home" then "Settings" then "Diary settings".
 - o **In the Android, iPad and iPhone apps**
 - In the Menu (or "More" page) tap "Settings" then "Privacy Center" then "Sharing & Privacy" then "Diary Sharing."
 - Select your preference from "Public," "Friends Only", or "Locked with a key" and save your changes.

Option 2) Have Participants Print Food Diaries

If you do not want to create a MyFitnessPal account, or participants do not want to be "friends" on MyFitnessPal, they can print their diaries each week. To print a diary on MyFitnessPal, provide participants these directions:

- 1) Log into your account on the website, as the free version of the app does not allow you to print from the mobile app.
- 2) Once you've logged in, click the "Food" tab.
- 3) Scroll to the bottom of the page and click "View Printable Report."
- 4) Choose a date range and click "Change Report." This report can be printed as a PDF and is easily readable by the Lifestyle Coach.

Resources for Lifestyle Coaches



Summary

- The more participants track, the more successful they will be reaching their program goals
- The Lifestyle Coach role in providing feedback in trackers is similar to their role as a group facilitator:
 - praise small changes,
 - praise the process,
 - emphasize sustainable small changes,
 - encouraging group problem solving!
- Lifestyle Coaches need to emphasize the importance of tracking early and often
- The perceived benefits of tracking must outweigh the costs-Lifestyle Coaches should emphasize the positives, and help participants resolve the barriers
- Work with all participants to address their unique challenges around tracking
- *Any amount* of tracking will offer the participant information