

Interventionist Manual of Procedures

Version 9 July 2015



Promoting Healthy Food Choices and Physical Activity Among Native Americans

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INTERVENTION MANUAL OF PROCEDURES

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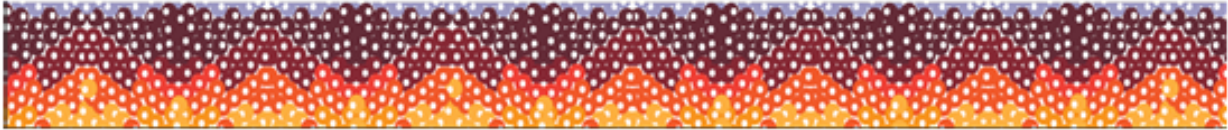
Sample cooking demos shown for:

Phase 1: Choose wisely

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WELCOME TO...



...OPREVENT!

MISSION

OPREVENT

The Obesity Prevention and Evaluation of InterVention Effectiveness in NaTive North Americans (OPREVENT) program is multilevel, multicomponent intervention trial that seeks to reduce obesity in American Indian (AI) communities, and to improve our understanding of the behavioral and environmental factors that influence obesity in these settings. We will accomplish this research goal by developing, implementing, and evaluating a randomized controlled community-based trial to improve diet and physical activity (PA) obesity risk behaviors among adult AIs in 6 communities in Michigan and New Mexico. Obesity Prevention Research and Evaluation of Intervention Effectiveness in Native North Americans (OPREVENT), this novel multilevel intervention trial will function at the community, institution, household and individual levels, and will be implemented in schools, food stores, worksites and health services agencies. Our research team has run multilevel interventions of the type utilized in this study and we have conducted successful trials with food stores and in Native North American (NNA) schools. We will partner with University Extension staff to modify and implement the program, and to support long-term sustainability. We will also assess the cost-effectiveness of the intervention.

HEALTHY STORES PROGRAMS

The OPREVENT program is part of several Healthy Stores programs which are intended to improve the availability of healthy foods, promote them at the point of purchase and improve local food systems in general to disadvantaged populations throughout the United States and other select populations. OPREVENT is one of 3 Healthy Stores projects currently underway, including B'more Healthy: Retail Rewards (BHRR), and B'more Healthy: Communities for Kids (BHCK). To date, the Healthy Stores programs include four rounds of intervention in Baltimore City (completed in 2012), a completed pilot trial in the Republic of the Marshall Islands, the one-year intervention with the Apache (completed in July 2004) and a planned intervention with consumers, food retailers, producers and distributors in Hawaii (Healthy Foods Hawaii). A project with First Nations Communities in Canada (Zhiwaapenewin Akino' maagewin: Teaching to Prevent Diabetes (ZATPD) Round 1 was completed in 2006 and Round 2 in the comparison communities was completed in 2010. The Apache Healthy stores Project (AHS) is being re-initiated as Apache Healthy Foods (AHF) in collaboration with Tribal Diabetes Prevention Program in the 2 reservations. The Navajo Healthy Stores (NHS) Project is an extension of the AHS program on the Navajo Nation. Check our website at www.healthystores.org for up-to-date information.

INTERVENTION PLAN

INTERVENTIONIST RESPONSIBILITIES

This section of the Manual of Procedures lists the primary responsibilities of the Interventionist to be conducted in cooperation with the Field Supervisor and Study Coordinator. More information on specific interventionist responsibilities is included in the rest of this manual. NOTE: The interventionist should make a timeline of events outlining what needs to happen and where. Doing this before the intervention begins will help you organize and be prepared to fulfill all your responsibilities.

The Interventionist is responsible for all of the different components of the ZA program in his or her community. The interventionist will:

1. Support the teachers in completing the curriculum, supplying materials, incentives and other items they might need (Interventionist role: minor)
2. Work with worksite managers/supervisors to implement the Pedometer Challenge
3. Discuss the benefits of implementing health-related policies in the workplace, and examples of beneficial worksite policies.
4. Make sure each store has stocked the promoted foods during the appropriate phase of the OPREVENT project. *See OPREVENT Food Promotion List
5. Make sure each store has the appropriate shelf labels up for each of the promoted foods at the appropriate times. *See Shelf Labels
6. Put up and maintain posters for each of the project phases.
7. Hand out flyers to customers and provide other written information to customers/workers during the cooking demonstrations.
8. Set up, conduct and clean up after cooking demonstrations and taste tests at each of the assigned intervention stores.
9. Hand out giveaways and other promotional items at the stores and worksites. This will usually be tied to specific cooking demonstrations and taste tests. *See Giveaways.
10. Disseminate community mass media (i.e., newsletters, radio announcements) to the community using appropriate
11. Be prepared to answer questions about nutrition and the function of the OPREVENT project.
12. Represent the project in a professional manner:
 - a. Maintain good relationships with all intervention store staff and managers.
 - b. Meet briefly with each store manager to update them weekly.
 - c. Respond appropriately to feedback about the OPREVENT project.
13. Complete Interventionist Logs and other process data collection forms to document program activities.
14. Attend weekly teleconference calls and report on progress of intervention, report any challenges/issues, and ask questions as they arise.

TRAINING

Interventionists will be given an extensive training of all Phase-specific activities, materials, messages, etc. approximately two weeks before the phase begins. Phase trainings will be done via teleconference using PowerPoint slides that will be sent to you before the training begins. Please refer to these slides when you have questions about activities of the phase, or email the Study Coordinator with your questions or concerns.

IMPORTANCE OF EXPOSURE AND STANDARDS

The OPREVENT program aims to get the highest exposure possible in each community. Exposure refers to the amount that each person receives of the OPREVENT program. We have set interventionist standards (based on a 40-hour work week) that give us the highest possibility of achieving changes in behavior and obesity.

Below are the minimum standards for delivery:

Standard for contacts	Food Stores (~5 per community)	Work Sites (~5 per community)	Schools (1-2 per community)	Other Community Locations and Media
# Times/week	1-2x/store (more freq in larger stores)	1x/work site	2x/week	3-7x/week
Duration/visit	1-2 hours	1 hour	30 minutes	5-90 minutes
Main task(s)	Interactive sessions, Put up visual materials, make sure promoted foods stocked	Interactive sessions, setting up stations, running pedometer challenges	Distributing supplies; taking supply orders; picking up completed Teacher Checklist; meeting with admins as needed	Putting up posters; Make sure radio announcements being made; Reporting about OPREVENT status and activities; Interactive sessions as appropriate

POLICY & PUBLIC RELATIONS ISSUES

As the person associated with the OPREVENT project with the greatest contact with the public, the Interventionist will frequently have to deal with the public's multiple requests for information. This section is intended to give you guidance for the most common issues you are likely to face:

Press Requests: Contact Dr. Joel Gittelsohn (Principal Investigator), Professor, Center for Human Nutrition, Johns Hopkins Bloomberg School of Public Health, Phone: 410.955.3927, Email: jgittels@jhsph.edu

OVERVIEW OF THE INTERVENTION PLAN

The OPREVENT program utilizes an environmental interventional approach to promote the consumption of healthy foods and increasing physical activity among American Indian communities. The program has four integrated and complementary components: a store-based promotion program, a family and school or community center based program centered on a curriculum for 2nd through 4th graders, a worksite-based promotion program and a community-based media program centered on community media and communication outlets. Activities in each program are linked so that similar messages are being promoted across multiple institutions at the same time. The table below outlines the lessons or phases in each component.

TABLE OF PHASES FOR THE OPREVENT PROGRAM:

Phases	Theme / Name of the Phase	Dates (approximate)	Duration
0	Teaser	2/1/12-3/31/12	1 month
1	Choose wisely	4/1/12-6/31/12?	3 months
2	Make a plan, set a goal	7/1/12-9/31/12?	3 months
3	One step at a time	10/1/12-1/30/13?	4 months
4	Make it count, make it last	2/1/13-3/30/13	2 months
5/6	Live life in a good way! / Celebrate the new you!	4/1/12-5/31/13	2 months

THE LIFE OF AN INTERVENTIONIST

In the week BEFORE a phase begins

- Make sure store has stocked/ordered foods to be promoted for that phase.
- Make sure you have at least 50 copies of each flyer.
- Have the educational display ready to go for the upcoming phase.
- Arrange with store manager for a space to conduct the taste tests.
- Make sure you have all food (non-perishable) and materials needed for each cooking demonstration/taste test.
- Arrange for radio announcements

In the FIRST WEEK a phase

- Put up the appropriate shelf labels for the foods being promoted in that phase.
- Put up all posters for that phase (large posters will go in larger stores and some community locations, 13x19 will go in small stores).
- Put up the educational display for that phase. (These will likely be only for the larger stores)

DURING the phase

- Check every week to make sure the promoted food is in stock (if running low, and at early stage of promotion, ask manager to order more)
- Make sure the shelf labels are under the appropriate foods (sometimes food stocks are shifted around).
- Regularly check to make sure the posters are still up. Re-attach if they are falling down.
- Hand out flyers at each cooking demonstration.
- Regularly visit the educational display to maintain it and restock it as needed.
- Make sure radio announcements are taking place

AFTER the phase

- Take down all posters and the educational display.
- Encourage store manager to continue to stock previously promoted foods
- Make sure shelf labels up for all foods promoted so far

PHASE 0: TEASER

ROUND 1 DATES February – March 2012
THEMES Kickoff

MESSAGES Introducing the new OPREVENT program, coming soon to the community

FOODS None

BEHAVIORS Increasing awareness of and building anticipation for the OPREVENT program in local food stores, worksites and communities

STORE ACTIVITIES

SHELF LABELS None

COOKING DEMO/
TASTE TESTS None

EDUCATIONAL
DISPLAYS None

WORKSITE ACTIVITIES

WATER STATION
MAKEOVER None

COFFEE STATION
MAKEOVER None

PEDOMETER
CHALLENGE None

SCHOOL ACTIVITIES

GRADE 2-4
CURRICULUM None

GRADE 5/6
NUTRIBEE
CURRICULUM None

COMMUNITY MEDIA ACTIVITIES

RADIO
ANNOUNCEMENTS Radio announcements 1 and 2

NEWSLETTERS None

BANNER 1. OPREVENT Banner (used throughout intervention)

PHASE 0: TEASER



POSTERS

1. OPREVENT Coming soon (curtains)
2. OPREVENT Coming soon (beadwork)



FLYERS

None

BOOKLETS/ BROCHURES

None

RECIPE CARDS

None

GIVEAWAYS

None

PHASE 1: CHOOSE WISELY

ROUND 1 DATES
THEMES

April – June 2012
Choose wisely
Healthy beverages

MESSAGES

Think before you drink
Visit Worksite Water Station Makeovers

FOODS

Water, non-sugar drink mixes, diet soda, 100% juice, Indian tea (without sugar)

BEHAVIORS

- Choosing healthier drinks
- Choosing water over soda and more sugary beverages
- Choosing diet soda over soda
- Choosing 100% juice over sugar-sweetened fruit drinks
- Trying non-sugar drink mixes to encourage drinking water over sugar-sweetened beverages

STORE ACTIVITIES

SHELF LABELS

Lower in Sugar



COOKING DEMO/
TASTE TESTS

1. Non-sugar drink mixes
2. Diet sodas
3. Flavored waters (non-sugar sweetened)
4. Have OPREVENT banner out for display

EDUCATIONAL
DISPLAYS

Quench your thirst with water

QUENCH YOUR THIRST WITH WATER

Water has zero calories and costs less than soda. Why not go for the water when your thirsty?

Advantages of Water:

1. Really quenches your thirst
2. Keeps up your body fluids so you perform better
3. Far cheaper and better for your health than pop

SAVE MONEY & CALORIES BY CHOOSING WATER

IS IT REALLY 100% JUICE?

If it doesn't say "100% juice", it probably has a lot of added sugar and calories

DID YOU KNOW THAT?

Iced tea, sports drinks, fruit punch, fruit flavored drinks or beverages, and lemonade usually have just as much sugar as a pop!

Check the ingredients for added SUGAR. Other forms of added sugar include:

- high fructose corn syrup
- concentrated cane/fruit juice
- sucrose
- maltose

HOW MUCH SUGAR IS IN YOUR DRINK*?

Amount of sugar in a 355ml can of pop: 1 sugar cube = 1 teaspoon or 4 grams

Diet pop or water: ZERO SUGAR ZERO CALORIES!

*NOTE: 1 pop can equals 100% of pop. 100% of pop equals 100% of sugar that is added to it. 100% of sugar is 100% of sugar. 100% of sugar is 100% of sugar.

PHASE 1: CHOOSE WISELY

WORKSITE ACTIVITIES

- WATER STATION MAKEOVER** Stocking in water station
- Brita water filter (if needed)
 - Sugar free drink mixes
 - 1-2 OPREVENT posters from phase
 - Provide water bottles

COFFEE STATION MAKEOVER None

PEDOMETER CHALLENGE None

SCHOOL ACTIVITIES

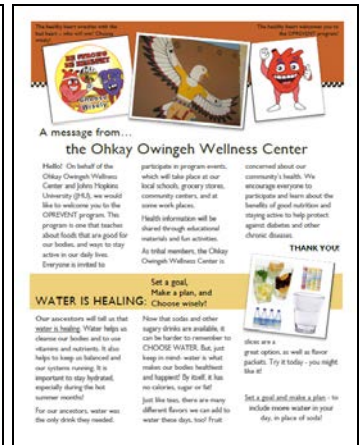
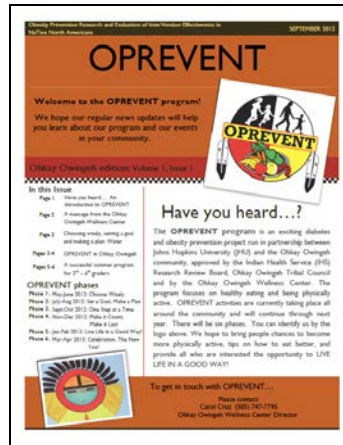
GRADE 2-4 CURRICULUM None

GRADE 5/6 NUTRIBEE CURRICULUM None

COMMUNITY MEDIA ACTIVITIES

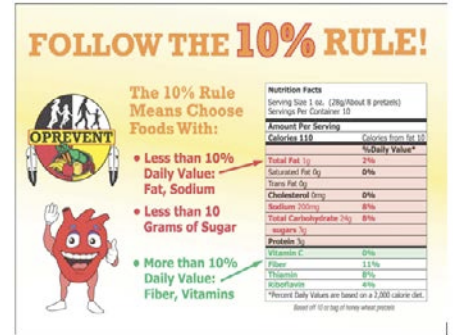
RADIO ANNOUNCEMENTS 1. Radio announcements 3 and 4 (See Radio Announcements for full list)

NEWSLETTERS Welcome to the OPREVENT Program (front page and sample page shown for Ohkay Owingeh)



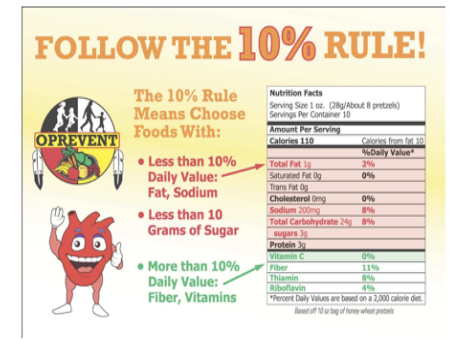
- POSTERS**
1. Think before you drink
 2. Make a wiser choice
 3. What are you really drinking?
 4. Choose wisely, follow the 10% rule

PHASE 1: CHOOSE WISELY



FLYERS

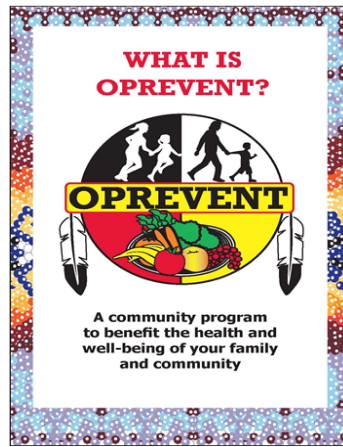
1. OPREVENT FAQ
2. Use the OPREVENT shelf labels
3. Choose wisely, follow the 10% rule



BOOKLETS/ BROCHURES

1. OPREVENT Brochure
2. Fiber Booklet

PHASE 1: CHOOSE WISELY



RECIPE CARDS

None

GIVEAWAYS

1. 2012 Calendar (Tier 1)
2. Arm wrestle button (Tier 1 – child)
3. Magnetic shopping pads (Tier 1)
4. Shopping bags (Tier 2)
- Water bottles (Tier 3)



JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	DECEMBER	FEBRUARY		



PHASE 2: MAKE A PLAN, SET A GOAL

PHASE 2: MAKE A PLAN, SET A GOAL

ROUND 1 DATES
THEMES

July – September 2012
Make a Plan, Set a Goal
Lower-in-fat cooking

MESSAGES

- Bring lunch to work
- Plan ahead for shopping and meal preparation
- Lower in fat food preparation

FOODS

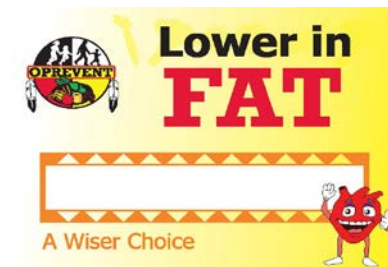
Cooking spray, low fat bologna or turkey deli meats, 100% whole wheat bread, light or low fat mayonnaise, fresh fruit

BEHAVIORS

- Packing low fat lunches
- Meal planning
- Trying cooking spray
- Trying low fat sandwich alternatives
- Use Nutrition Labels while shopping

STORE ACTIVITIES
SHELF LABELS

Lower in Fat



COOKING DEMO/
TASTE TESTS

1. Pancakes cooked with cooking spray
2. ¼ sandwiches made using 100% whole wheat bread, low fat bologna/turkey deli meat, low fat mayo or mustard

EDUCATIONAL
DISPLAYS

- Shop Healthy

PHASE 2: MAKE A PLAN, SET A GOAL



WORKSITE ACTIVITIES

WATER STATION
MAKEOVER

Continued stocking Brita water filters (if needed), sugar free drink mixes, 1-2 OPREVENT posters from phase

COFFEE STATION
MAKEOVER

Stocking splenda or other artificial sweeteners, low fat creamers or nonfat powdered milk, lower in fat shelf labels, source of clean water

PEDOMETER
CHALLENGE

- Interventionists begin discussing making policy changes with worksite administrators
- Getting people to think about taking physical activity breaks during their work days
- Preparation for Pedometer Challenge

SCHOOL ACTIVITIES

GRADE 2-4
CURRICULUM

Piloted June 2012

GRADE 5/6 NUTRIBEE
CURRICULUM

Piloted June 202

COMMUNITY MEDIA ACTIVITIES

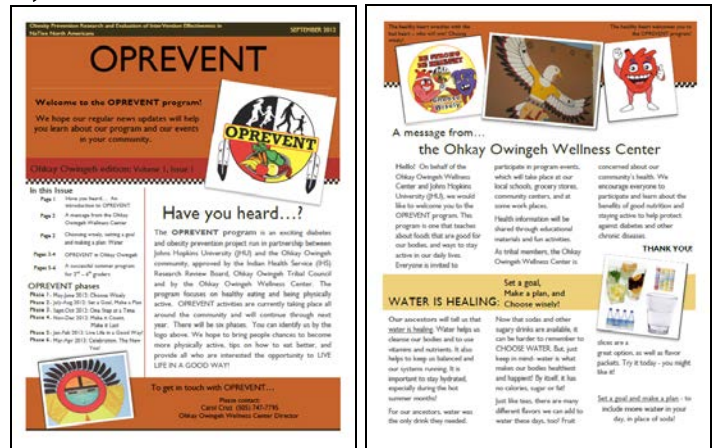
RADIO
ANNOUNCEMENTS

- Radio announcements 5-9

NEWSLETTERS

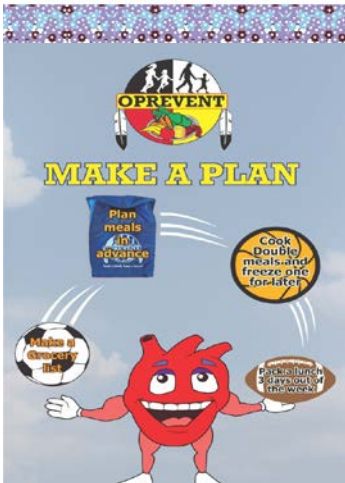
Welcome to the OPREVENT Program (front page and sample page shown for Ohkay Owingeh)

PHASE 2: MAKE A PLAN, SET A GOAL

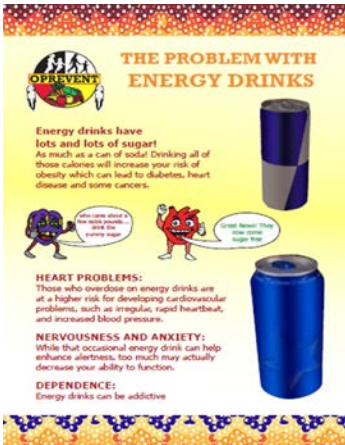


POSTERS

1. Cut costs with cooking spray!
2. Why use cooking spray?
3. Cooking with spray is easy!
4. Make a plan, set a goal
5. Make a plan
6. Set a goal
7. Come to the taste test
8. The problem with energy drinks

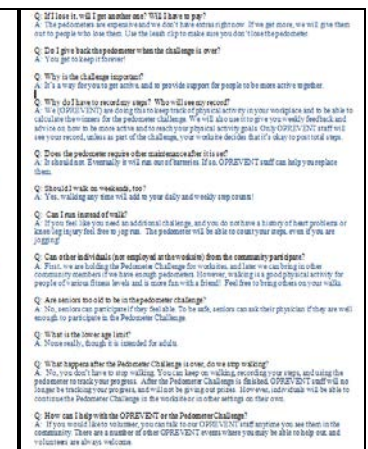
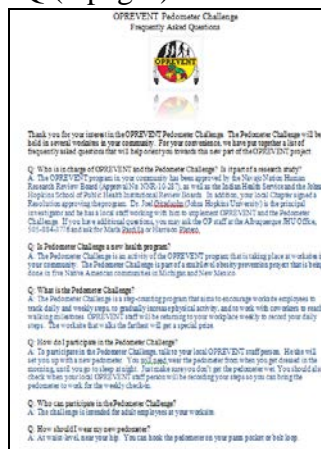
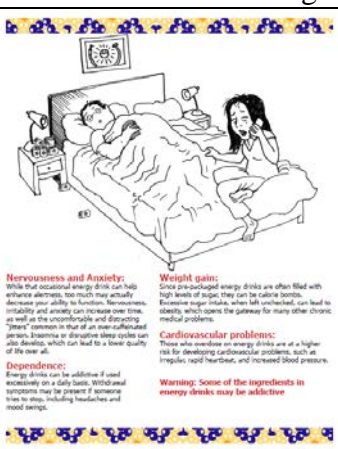
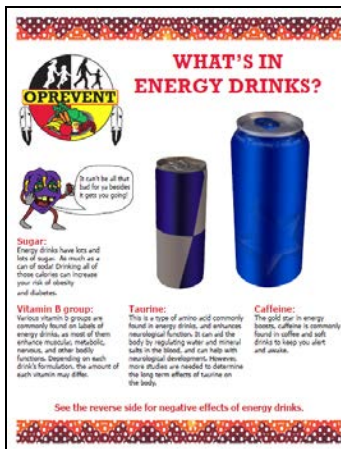


PHASE 2: MAKE A PLAN, SET A GOAL



FLYERS

1. What's in energy drinks? (2 pages)
2. Pedometer Challenge FAQ (2 pages)



BOOKLETS/ BROCHURES

1. What is a nutrition label?
2. What's fat? Get the facts!



RECIPE CARDS

1. Fruit parfaits
2. Southwestern chickens

PHASE 2: MAKE A PLAN, SET A GOAL

<p>Fruit Parfaits Layers of fresh fruit and yogurt.</p> <p>Prep Time: 10 minutes Cook Time: 0 minutes Difficulty: EASY</p>  <p>2 Servings</p> <p>Ingredients 1/2 cup fresh cubed cantaloupe 1/2 cup fresh sliced strawberries 1/2 cup Kiwi, fresh, sliced (or honeydew melon) 1/2 small bananas, sliced 1 cup low fat, low carb key lime yogurt 2 tbsp sliced almonds, toasted</p> <p>Directions 1 Alternate layers of fruit and yogurt in 2 goblets or parfait glasses, beginning and ending with fruit. 2 Top with almonds.</p> <p>Additional Information Use a clear glass so you can see how attractive it looks as you eat it. Great for a light lunch too.</p>	<p>Nutrition Facts</p> <p>Makes 2 servings</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>179.9</td> </tr> <tr> <td>Total Carbs</td> <td>27.5 g</td> </tr> <tr> <td>Dietary Fiber</td> <td>3.9 g</td> </tr> <tr> <td>Sugars</td> <td>19.9 g</td> </tr> <tr> <td>Total Fat</td> <td>4.9 g</td> </tr> <tr> <td>Saturated Fat</td> <td>1.3 g</td> </tr> <tr> <td>Unsaturated Fat</td> <td>3.6 g</td> </tr> <tr> <td>Potassium</td> <td>439.9 mg</td> </tr> <tr> <td>Protein</td> <td>7.6 g</td> </tr> <tr> <td>Sodium</td> <td>88.5 mg</td> </tr> </tbody> </table> <p>Dietary Exchanges 1 Fat, 1-1/4 Fruit, 1 Milk, 1/2 Other Carbohydrate</p> 	Amount Per Serving		Calories	179.9	Total Carbs	27.5 g	Dietary Fiber	3.9 g	Sugars	19.9 g	Total Fat	4.9 g	Saturated Fat	1.3 g	Unsaturated Fat	3.6 g	Potassium	439.9 mg	Protein	7.6 g	Sodium	88.5 mg
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<p>Southwestern Chicken Grilled chicken with a variety of Southwestern spices.</p> <p>Prep Time: 10 minutes Cook Time: 8 minutes Difficulty: EASY</p>  <p>4 Servings</p> <p>Ingredients 2 tsp olive oil 1 medium garlic cloves, pressed 1 tsp ground cumin 1 tsp chili powder 1 tsp oregano leaves, dried 1/2 tsp salt 1 lb boneless skinless chicken breasts (halves or thighs)</p> <p>Directions 1 In a small bowl, combine oil, garlic, cumin, chili powder oregano, and salt. Mix them together. 2 Brush the mix over both sides of the chicken to coat. Heat chicken over medium-hot grill for 8 to 10 minutes or until center is no longer pink. Flip once over during grilling. Can be served immediately.</p> <p>Additional Information Make ahead of time, because this recipe can be refrigerated up to several days and/or frozen for even longer.</p>	<p>Nutrition Facts</p> <p>Makes 4 servings</p> <table border="1"> <thead> <tr> <th colspan="2">Amount Per Serving</th> </tr> </thead> <tbody> <tr> <td>Calories</td> <td>207.9</td> </tr> <tr> <td>Total Carbs</td> <td>8.6 g</td> </tr> <tr> <td>Dietary Fiber</td> <td>0.3 g</td> </tr> <tr> <td>Sugars</td> <td>0 g</td> </tr> <tr> <td>Total Fat</td> <td>8.6 g</td> </tr> <tr> <td>Saturated Fat</td> <td>1.4 g</td> </tr> <tr> <td>Unsaturated Fat</td> <td>7.2 g</td> </tr> <tr> <td>Potassium</td> <td>345.5 mg</td> </tr> <tr> <td>Protein</td> <td>29.8 g</td> </tr> <tr> <td>Sodium</td> <td>375.4 mg</td> </tr> </tbody> </table> <p>Dietary Exchanges 1 1/4 Fat, 4 Very Lean: Meat</p> 	Amount Per Serving		Calories	207.9	Total Carbs	8.6 g	Dietary Fiber	0.3 g	Sugars	0 g	Total Fat	8.6 g	Saturated Fat	1.4 g	Unsaturated Fat	7.2 g	Potassium	345.5 mg	Protein	29.8 g	Sodium	375.4 mg
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GIVEAWAYS

1. Buttons (Tier 1)
2. Pot holders (Tier 2)
3. Lunch bags (Tier 2)



OTHER MATERIALS:

Booklet, calendar, certificates of appreciation



PHASE 3: ONE STEP AT A TIME

ROUND 1 DATES
THEMES

October 2012 – January 2013
One Step At A Time
Let's Get Active
Self-Respect

MESSAGES

- Signup for the Pedometer Challenge
- Exercise with a buddy

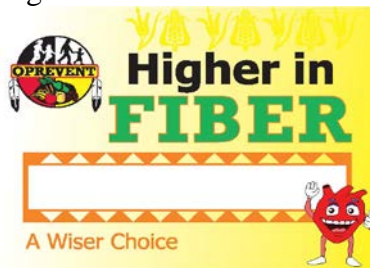
FOODS
BEHAVIORS

- Fresh fruits, canned fruits in light syrup or 100% juice, water
- Gradually increase your daily steps
 - Drink water
 - Add more fiber to your meals

STORE ACTIVITIES

Shelf labels

Higher in Fiber



COOKING DEMO/
TASTE TESTS

1. Fresh fruit or fruit canned in 100% fruit juice or light syrup

EDUCATIONAL
DISPLAYS

Let's Get Active!

--Make a plan to get ACTIVE!--
AIM for 30 minutes a day, 5 days a week!
It might sound like a lot, but experts recommend doing 150 minutes of moderate intensity physical activity a week for MAXIMUM benefits for your health.
Why MOVE & TREND! You should try to be active at least 60 minutes a day every day!
10 minutes here, 10 minutes there. You DON'T have to do it all at once, but you should do 10 minutes at a time at least.
Here are 2 example plans you can try to help get you started on your path to 150 minutes a week!
Plan 1: 5 days a week, take a 10 minute long brisk walk throughout the day-- Walk somewhere in the morning, noon, and night!
Plan 2: Choose 5 days out of your week. On EACH day-- 1. Take a 10 minute walk around the recreation with your child, friend, or dog! 2. Park further away & take an 10 extra minutes to walk from your car to the store or office. 3. Do 10 minutes of housework.
Turn off the TV! Start slowly and take 15 Our Step at a Time. Make it Count. Make it Last.
Physical Activity and You LET'S GET ACTIVE!
There's no better day-- Start TODAY!
What is Physical Activity (PA)?
• Physical activity (PA) is not just exercise!
• It's ANY activity where you move your body with ENERGY.
• Along with walking, running, and playing sports and active games, daily activities like cleaning the house, walking the dog, or climbing stairs count, too!
The THREE types of Physical Activity:
#1 -- STRETCHING (for flexibility)
#2 -- STRENGTHENING ACTIVITIES (for muscle toning and building)
#3 -- MODERATE to VIGOROUS PA (for endurance)
More about Moderate to Vigorous Physical Activity (MVPA):
• It's important to try and do MVPA because you get the MOST health benefits at this level.
How do I know if I'm doing MVPA?
There are four (4) "body clues":
• You are breathing faster.
• Your heart is beating faster.
• Your face and body feel warm, and
• You begin sweating.
What are some examples of MVPA?
MODERATE physical activity:
• Walking briskly
• Climbing - the stairs, trees, or hills
• Doing some heavy housework or yardwork
• Doing housework or light gardening
• Traditional dancing
VIGOROUS physical activity:
• Going for a run or jog, or going race or speed walking
• Doing some heavy housework or yardwork
• Going for a harder hike or bike ride
• Playing basketball
• Doing an aerobic class or video (or Zumba, DanceDance, Two Step, Kickboxing, or Cardio!)
Don't forget to head up and down stairs active - to help prevent injury!
BEFORE YOU START - Check with your doctor before starting ANY physical activity or exercise program.
--FUELING the ACTIVE YOU!--
FRUITS are Nature's Candy!
Fruits are a healthy choice from Mother Earth! They are great, nutritious snacks after being active.
How many Fruits and Vegetables do I need?
Every one of us should aim to have somewhere BETWEEN 2 1/2 - 4 CUPS of fruits & veggies EVERY DAY!
What counts as "A CUP"?
Examples of 1 cup:
1 medium apple, 1 medium banana, 1/2 cup berries, 1/2 cup grapes, 1/2 cup kiwi, 1/2 cup orange, 1/2 cup pineapple, 1/2 cup watermelon, 1/2 cup cantaloupe, 1/2 cup honeydew, 1/2 cup cantaloupe, 1/2 cup honeydew, 1/2 cup cantaloupe, 1/2 cup honeydew.
Refresh Your Spirit AND Quench Your Thirst - Choose Water and either low or no sugar added drinks like Indian tea!
Get active with OPREVENT and YOUR community!
• Look for and participate in the OPREVENT pedometer challenge!
• Get your OPREVENT Physical Activity Log!
• Look out for opportunities to be active in your community!
• Look for Just Move It! walks & other events!

WORKSITE ACTIVITIES

WATER STATION
MAKEOVER

Continued stocking Brita water filters (if needed), sugar free drink mixes, 1-2 OPREVENT posters from phase

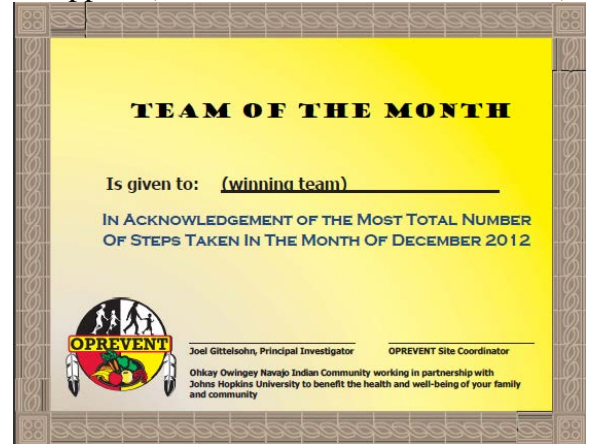
PHASE 3: ONE STEP AT A TIME

COFFEE STATION MAKEOVER

PEDOMETER CHALLENGE

- Continued stocking of splenda or other artificial sweeteners, low fat creamers or nonfat powdered milk, lower in fat shelf labels, source of clean water.
- Conduct Phase 2 interactive sessions during worksite lunches.
- Giveaway pedometers to employees at participating worksites
- Orientation on using pedometers
- Explain benefits of PA to employers/administrators
- Weekly follow-up visits to record daily and total weekly steps for participants in PC (using Pedometer Tracking Sheet)
- Monthly team awards for highest steppers (Team of the Month Certificates)

OPREVENT				
Name of Participant	OPREVENT Work Site	Team Name	T1 Step	Pedometer Number
			100	100



SCHOOL ACTIVITIES

GRADE 2-4 CURRICULUM Teacher Training Sessions (Nov-Dec 2012)

GRADE 5/6 NUTRIBEE CURRICULUM Teacher Training Sessions (Nov-Dec 2012)

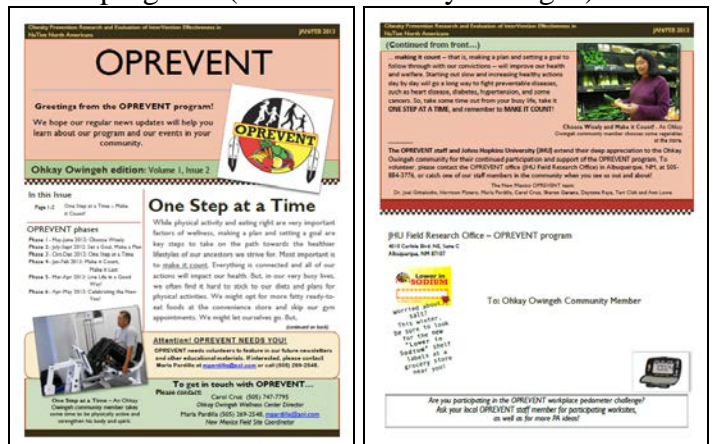
COMMUNITY MEDIA ACTIVITIES

RADIO ANNOUNCEMENTS • Radio announcements 10 and 11

NEWSLETTERS Greetings from the OPREVENT program! (shown for Ohkay Owingeh)

POSTERS

1. Self-Respect



PHASE 3: ONE STEP AT A TIME

2. Bring a buddy
3. Pedometer Challenge (adobe and pueblo versions not shown)
4. How far will you get? (adobe and pueblo versions not shown)
5. Coffee station post up

S-tart now, make it count, make it last
E-ngage your family, coworkers & community
L-ive Life in a Good Way
F-ocus on Fitness – aim for 5 times a week



R-eap the rewards of a healthier you
E-at Healthy – remember the 10% rule
S-et Smaller, Achievable Goals
P-lan ahead and prosper
E-xercise daily
C-hoose Wisely
T-ell yourself YOU CAN





AEROBIC ACTIVITY IS GOOD FOR YOUR HEART



**Double your chances at success!
Bring your buddy!**

WALK OPREVENT'S INDIAN COUNTRY PEDOMETER CHALLENGE
 SEPT. 21ST THRU DEC. 21ST 2012

Pick up your complimentary pedometer at your work place's designated area where you sign up.

Complete the weekly challenge and a grand prize drawing is held at the end of the month.


Culture immersion and health are the components of this event.

Walk your steps each week and earn a complimentary award at the end of the month. The more you walk, the more you win!

Sign up for additional information at your designated area.

The team with the most members wins at the end of the month.

Walk with us through OPREVENT'S Indian Country to see which community will get the farthest



Reservations Bay Indian Community
 SASSABAY TERLAN Community
 MICHIGAN OJIBWA
 MICHIGAN WABIAW-NANAS
 MICHIGAN COMMUNITY
 MICHIGAN OJIBWA Community

WALK OPREVENT'S INDIAN COUNTRY PEDOMETER CHALLENGE

HOW FAR WILL YOU GET?




Report your steps each week to win a Deluxe Outdoor Activity Set!

Simply collect OPREVENT player cards to earn entries into the Grand prize drawing!

The more weeks you record the more drawing entries you receive! Even if you take one step each week it counts!

Sign up September 21st thru December 21st
 Until Full Limit
 5 teams per worksite
 3-5 member teams
 Employees only

Don't delay sign your team up today.

COMPLEMENTARY SWEETENER AND FAT FREE CREAMER




10 oz coffee + 2 creamers and 2 sugars
 it's 82.5 cal, 3 g fat!



10 oz coffee + 2 things powdered sweetener milk + 2 Splendas
 it's 18 cal, 0 g fat!



10 oz coffee with nothing
 it's 2.5 cal, 0 g fat!

CHOOSE WISELY!

FLYERS

How far will you get? (adobe and pueblo versions not shown)

WALK OPREVENT'S INDIAN COUNTRY PEDOMETER CHALLENGE

HOW FAR WILL YOU GET?




Report your steps each week to win a Deluxe Outdoor Activity Set!

Simply collect OPREVENT player cards to earn entries into the Grand prize drawing!

The more weeks you record the more drawing entries you receive! Even if you take one step each week it counts!

Sign up September 15th thru December 15th
 Until Full Limit
 5 teams per worksite
 3-5 member teams
 Employees only

Don't delay sign your team up today.

WALK OPREVENT'S INDIAN COUNTRY PEDOMETER CHALLENGE



Monthly achievement certificate awards will go to:
 Most Valuable Participant (MVP) includes all OPREVENT Communities
 Teams of the month the winners of this team event receive a FREE healthy lunch provided by OPREVENT. 1 team per community.

The top 3 walkers from each of the OPREVENT communities will receive a Awards Plaque.



So lace up your tennis shoes! Get your teams together with your co-workers and win bragging rights!
 Pick up your free pedometer at your work place's designated area.

BOOKLETS/ BROCHURES


1. What is fiber?

PHASE 3: ONE STEP AT A TIME



RECIPE CARDS

1. Slightly Sweet Raspberry Glazed Chicken
2. Roast Beef, Roasted Peppers and Garlic on French Bread

 <p>Slightly Sweet Raspberry Glazed Chicken</p> <p>Low Carb Prep Time: 2 minutes Cook Time: 17 minutes Difficulty: EASY</p> <p>4 Servings</p> <p>Ingredients 1 Cooking Spray, canola, with butter flavor, 1/3 sec spray 4 boneless skinless chicken breasts 1/4 oz salt 1/4 tsp black pepper 1/4 cup Fruit Spread, raspberry, divided 1 tsp cold water</p> <p>Directions 1 Preheat the broiler. Spray a broiler pan with the cooking spray. 2 Set the chicken on the pan. Season the chicken with the salt and pepper. Broil for 7 minutes. 3 Flip the chicken over and baste with 2 tablespoons of the raspberry spread. Broil for 10 minutes. 4 Mix together 2 tablespoons raspberry spread and 1 teaspoon water in a measuring cup. Microwave for 30 seconds on a high setting. Pour over the chicken. Additional Information Try with a low-sugar orange marmalade or peach spread.</p>	<p>Nutrition Facts</p> <p>Makes 5 servings Amount Per Serving</p> <table border="1"> <tr><td>Calories</td><td>68.5</td></tr> <tr><td>Total Carbs</td><td>7.2 g</td></tr> <tr><td>Dietary Fiber</td><td>0.4 g</td></tr> <tr><td>Sugars</td><td>0.6 g</td></tr> <tr><td>Total Fat</td><td>2.1 g</td></tr> <tr><td>Saturated Fat</td><td>0.3 g</td></tr> <tr><td>Unsaturated Fat</td><td>1.6 g</td></tr> <tr><td>Potassium</td><td>0 mg</td></tr> <tr><td>Protein</td><td>4.7 g</td></tr> <tr><td>Sodium</td><td>215.5 mg</td></tr> </table> <p>Dietary Exchanges 1/2 Meat, 1/2 Starch</p>	Calories	68.5	Total Carbs	7.2 g	Dietary Fiber	0.4 g	Sugars	0.6 g	Total Fat	2.1 g	Saturated Fat	0.3 g	Unsaturated Fat	1.6 g	Potassium	0 mg	Protein	4.7 g	Sodium	215.5 mg
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 <p>Roast Beef, Roasted Peppers and Garlic on French Bread</p> <p>Low Carb Prep Time: 10 minutes Cook Time: 12 minutes Difficulty: EASY</p> <p>5 Servings</p> <p>Ingredients 1/10 lb sliced roast beef, deli meat, Italian style 3/7 tbsp olive oil 3/10 large garlic cloves, crushed 2 2/5 oz French bread baguette, cut into 1/2 inch thick slices (2-8 oz loaves) 1 2/3 oz roasted red peppers with brine, rinsed, drained, chopped (1-12 oz jar) 3/10 cup Cheese, Italian, shredded</p> <p>Directions 1 Heat oven to 450 degrees F. In 1-cup glass measure, combine oil and garlic. Microwave on HIGH 30 seconds. 2 Lightly brush top side of each bread slice with oil mixture; arrange on 2 baking sheets. Bake in preheated oven 6 to 8 minutes or until light golden brown. 3 Layer equal amounts of beef, red peppers, and cheese over toasted bread. Return to oven; bake an additional 2 to 4 minutes or until cheese is melted. Serve immediately. Additional Information Cook's Tip: Bread may be toasted ahead of time and stored in airtight container. The recipe is a good source of protein.</p>	<p>Nutrition Facts</p> <p>Makes 8 servings Serving Size: 1 cup</p> <table border="1"> <tr><td>Calories</td><td>127.7</td></tr> <tr><td>Total Carbs</td><td>24.8 g</td></tr> <tr><td>Dietary Fiber</td><td>1.1 g</td></tr> <tr><td>Sugars</td><td>1.1 g</td></tr> <tr><td>Total Fat</td><td>1.9 g</td></tr> <tr><td>Saturated Fat</td><td>0.8 g</td></tr> <tr><td>Unsaturated Fat</td><td>1.1 g</td></tr> <tr><td>Potassium</td><td>219.6 mg</td></tr> <tr><td>Protein</td><td>20.6 g</td></tr> <tr><td>Sodium</td><td>167.2 mg</td></tr> </table> <p>Dietary Exchanges ¼ Vegetable, 2 ½ Very Lean Meat</p>	Calories	127.7	Total Carbs	24.8 g	Dietary Fiber	1.1 g	Sugars	1.1 g	Total Fat	1.9 g	Saturated Fat	0.8 g	Unsaturated Fat	1.1 g	Potassium	219.6 mg	Protein	20.6 g	Sodium	167.2 mg
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GIVEAWAYS

2. Buttons (Tier 1)
3. Physical activity diaries (Tier 1)
4. Frisbees (Tier 2)
5. Pedometers (Tier 3)



PHASE 3: ONE STEP AT A TIME



PHASE 4: MAKE IT COUNT, MAKE IT LAST

ROUND 1 DATES
THEMES

February – March 2013
Make it count, make it last

MESSAGES

- Track your food and physical activity
- Check your foods for sodium content
- Be aware of portion sizes

FOODS

Low sodium pretzels, low sodium saltines, low sodium nuts, low sodium canned

PHASE 4: MAKE IT COUNT, MAKE IT LAST

vegetables

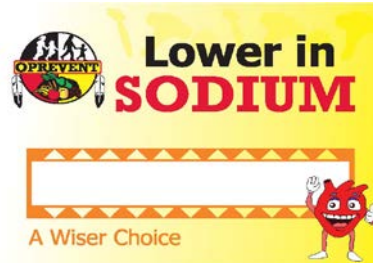
BEHAVIORS

- Rinsing Canned vegetables
- Track your food and physical activity
- Reading food labels for sodium content

STORE ACTIVITIES

SHELF LABELS

Lower in Sodium



COOKING DEMO/ TASTE TESTS

1. Low sodium pretzels
2. Low sodium saltine crackers
3. Draining and rinsing canned veggies

EDUCATIONAL DISPLAYS

Make It Count, Make It Last



WORKSITE ACTIVITIES

WATER STATION MAKEOVER

Continued stocking Brita water filters (if needed), sugar free drink mixes, 1-2 OPREVENT posters from phase

COFFEE STATION MAKEOVER

- Continued stocking of splenda or other artificial sweeteners, low fat creamers or nonfat powdered milk, lower in fat shelf labels, source of clean water.

PEDOMETER CHALLENGE

- Conduct Phase 4 interactive sessions during worksite lunches.
- Explain benefits of PA to employers/administrators
- Weekly follow-up visits to record daily and total weekly steps for

PHASE 4: MAKE IT COUNT, MAKE IT LAST

participants in PC (using Pedometer Tracking Sheet)

- Monthly team awards for highest steppers (Team of the Month Certificates)
- Handing out Ten reasons to encourage employee physical activity flyer

SCHOOL ACTIVITIES

GRADE 2-4
CURRICULUM

Curriculum used for instruction

GRADE 5/6 NUTRIBEE
CURRICULUM

Curriculum used for instruction

COMMUNITY MEDIA ACTIVITIES

RADIO
ANNOUNCEMENTS

- Radio announcements 12 and 13

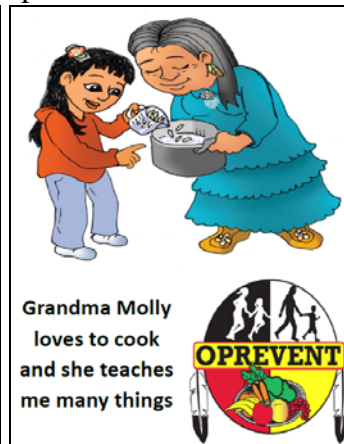
NEWSLETTERS

One Step at a Time (shown for Ohkay Owingeh)



POSTERS

1. Make it count, make it last
2. Silversmith family school poster
3. Grandma Molly school poster
4. Healthy snack school poster
5. Walking school poster
6. Phytochemicals school poster



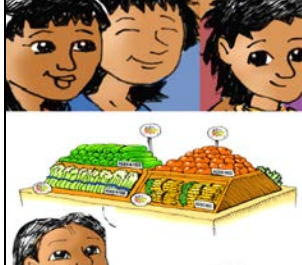
PHASE 4: MAKE IT COUNT, MAKE IT LAST

FLYERS


1. Let's get active! (2 pages)
2. Keeping it up!
3. How to reduce sodium? Rinsing canned vegetables
4. Ten reasons to encourage employee physical activity (2 pages)
5. What does 2000 Calories look like?



Walking with my family is fun and helps keep us healthy!

Phytochemicals protect us from disease.



Let's get active! All about MVPA

DID YOU KNOW? Our movements have much more power than we are today. Today, most of us live a SEDENTARY lifestyle, which means we usually spend 10-12 hours being active. We do not all need to take it easy every day, spending less time being active is not good for our health.

Read this flyer to learn more!

MVPA? MVPA stands for "moderate to vigorous physical activity".

MVPA is the type of physical activity that makes your heart and lungs stronger and give you more energy!

Examples include: running, walking and playing sports and games, doing yard work, household chores, raking leaves and walking your dog.

Adults: Adults who are at least 18 years of age should be active at least 150 minutes a week. If you reach the vigorous level, you can do more.

Start Slowly! One tip is to start 10 minutes at a time.

How do I know... if I'm doing MVPA? The simple question and "signature" is MVPA when you have had your heart working during a physical activity. Try using these 2 questions to find out if you're doing it!

1) The Body Check:

1. You BREATHE faster.
2. Your heart BEATS faster.
3. You feel WARM.
4. You SWEAT.

2) The Talk Test: The thing we notice if you can talk normally when your body is working at the LIGHT level. If you can talk but not sing, then you are at the MODERATE level. If you can't even talk, you have reached the VIGOROUS level.

Why is MVPA so important for our community's health? MVPA is linked with the MOST health benefits. If you do MVPA regularly, you can lower your health AND lower your risk for many diseases like diabetes, stroke, heart disease, and obesity! Work together and get active together as a community!

Remember: Check with your doctor before starting any exercise program! This is especially important if you have certain health conditions or if you are older. Your doctor can also help recommend special activities or suggest modifications if you're older and have limited mobility.

Some ideas to get MVPA into your day!

WALKS: Walk to school, outside with the dog, or with a friend. Take a walk on the treadmill or take a walk in the "exercise center".

Do chores: Do things like vacuuming, sweeping, and even pulling weeds in the garden, or take care of your house as well as your yard!

Climb high: Take the stairs, climb mountains and hills, and climb the great "Stair" from your car above.

Dance: Traditional dancing, line dancing, and modern dancing are all great ways to have fun & move!

Knock or canoe: Leave the shore behind and work your arms and heart out on the rolling water.

Take an easy bike ride: Explore the forest or meadow and connect with nature and the Earth.

Go on an easy bike ride: Pedal away on a stationary bike at the gym or on the open road!

YOGURTIS PA:

- Go for a run or jog, or race or speed walk... do whatever your feet like best!
- Shoot some hoops! Play basketball and other active sports with friends, family and neighbors.
- Play tag! Round up some friends and start some friendly competitive tag games like kickball and catchball or use traditional games like tag, four square and tag and tag you're it!
- Jump rope, go on a harder bike or roller ride, take a Zumba or aerobics class, or go for a swim!

How would you like to get moving today?

Keeping It Up! - Tips and Tricks to Stay Active and Energized

FEELING THE ACTIVE YOU!

It's important to drink water and other fluids when you are being active to avoid dehydration. Choose water and other non-sugar or sugar-added drinks like herbal tea for the job. But watch out for sugary drinks - many have a lot of sugar and calories!

For snacks, fruits are a great choice. They are LOWER in FAT, LOWER in SUGAR, LOWER in SODIUM, and HIGHER in FIBER. For each fruit, it's important to choose one that is right for your age, sex, and how active you are, but we should all aim for between 1 1/2 - 4 cups of fruits and vegetables PER DAY! Fresh, whole, frozen, and canned (in own juice or with no sugar added) fruits are all good options. Try fruits alone or added to a diet choice whenever works with your time, budget, and schedule.

Examples of 1 cup of fruit: 1 small apple, 1 large banana, 1 cantaloupe, 1 banana, 1/2 cup of 100% fruit juice, 1/2 cup dried fruit.

Examples of 1/2 cup of fruit: 1 medium grapefruit, 1 medium cantaloupe wedge, 1/4 grapes, 1 large plum, 1 peach (1/2) one apple, 1 small (1/4 cup) bowl of raisins.

Need a Boost? Keeping active for the SHORT & LONG term! Here are some tips to help you motivated to continue on your healthy and active journey!

- Make getting active and healthy a priority in your life.
- Be creative! Look for different and new ways to work PA into your daily life. For example, walk instead of drive! What else can you do to be more active?
- Change it up! Do a variety of activities to keep it interesting and fun!
- Keep a log to track your progress. Use all you've learned!
- Reward yourself, and don't have too hard on yourself if you have a setback. Focus on the long run!

GETTING & STAYING ACTIVE IN YOUR COMMUNITY: Look for ways to get active with your community members! Here are some great ideas to GET your started! More ways to... add your voice and share ideas with your neighbor!

- OPREVENT! Just Move It events.
- Workshop classes at the senior center, community center, or gym.
- Have informal rides or DVDs at the library, community center, or on the internet.
- Walking or running clubs.
- Community dances, fun runs and walks.
- Invite friends and family members, and.
- Community sports teams and leagues!

FACT: Canned beans and vegetables are high in salt.

The body needs a small amount of sodium to support muscle and nerve function and to keep our blood pressure normal. An excessive amount of sodium can cause high blood pressure - a major risk factor for heart disease. Canned beans and canned vegetables are high sodium foods. Vegetables and beans are high in fiber and have no other risks in protein. You can follow the 3-step checklist below to reduce your sodium, while keeping a valuable source of fiber in your diet.


1. Open a can of beans, pour the contents in a colander and drain.
2. Rinse beans and allow them to drain for 2 minutes.
3. Drain.

Many studies have reported that using steps 1 & 2 can reduce up to 25% of the salt content. Whereas step 3 removes up to 45% of salt!

OPREVENT


Ten reasons to encourage employee physical activity:

1. Employees who engage in physical activity are more productive in the work place and more likely to act kindly toward their co-workers!
2. Regular physical activity improves mental health!
3. Physical activity improves focus and attention for 2 to 3 hours following activity!
4. Work place physical activity programs in which employees exercise as a group improve employee attendance and job satisfaction!
5. Employee fitness programs have been shown to improve general attitudes of employee to employment, and to reduce employee turnover rates!



Ten reasons to encourage employee physical activity:

6. Frequent physical activity helps to maintain cognitive processes of your older employees related to thinking, learning, and judgment!
7. Physically active adults have fewer functional limitations at the workplace!
8. Employees who engage in physical activity for as little as 35 minutes / day, 3 days / week demonstrate reduced job stress!
9. Physical activity reduces risk of depression and improves sleep quality!
10. The national campaign for American Indian and Alaska Natives (AIAN) Just Move It supports ongoing efforts of Tribal healthcare.



PHASE 4: MAKE IT COUNT, MAKE IT LAST

WHAT DOES 2000* CALORIES LOOK LIKE?

This photo can help guide you as you plan your meals to make it count and make it last!

Look at the portion sizes and types of foods and drink! Choose wisely!

*The actual number of calories each of us needs every day to be healthy depends on many things. Consult your local dietitian (RD) or Certified Diabetes Educator (CDE) to help you figure out how many calories you need and how to plan!

WHAT DOES 2000* CALORIES LOOK LIKE?

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BOOKLETS/ BROCHURES

1. What is salt?

What is SALT?

Get the facts!

RECIPE CARDS

1. Orange baked pork tenderloin
2. Fresh Broccoli Pasta

Orange Baked Pork Tenderloin
Pork with a sweet orange sauce.

Prep Time: 30 minutes
Cook Time: 30 minutes
Difficulty: EASY

Servings: 5

Ingredients

- 1 1/4 lb [Pork tenderloin, lean, raw](#)
- 1 1/4 tbsp [Butter, unsalted](#), softened
- 3/16 tsp [ground thyme](#), crushed (or sage)
- 5/8 pinch [ground cayenne \(red pepper\)](#)
- 5/8 cup [orange juice](#)
- 1 1/4 tbsp [white all purpose flour](#)
- 5/8 tsp [salt](#)
- 1/2 cup [orange juice](#) (about 3/4 cup)
- 1 1/4 tsp [aromatic herbs](#)

Nutrition Facts

Makes 5 servings
Serving Size: 1 cup
Amount Per Serving

Calories	208
Total Carbs	11.6 g
Dietary Fiber	0.3 g
Sugars	0.6 g
Total Fat	0.9 g
Saturated Fat	0.7 g
Unsaturated	0.2 g
Fat	0.3 g
Potassium	253
Protein	17.9 g
Sodium	117 mg

Dietary Exchanges: 17 Fat, 16 Fruit, 2 Starch

Don't Forget The Salad!

Directions

1. Preheat oven to 375 degrees F.
2. Fat tenderloins dry with paper towel.
3. Mix butter, thyme and cayenne and spread mixture on the tenderloins.
4. Place meat in a 12x20-inch buttered baking dish.
5. Pour 2 cup orange juice into pan.
6. Bake 20 to 30 minutes or until meat thermometer registers 155-160 degrees F.
7. Taste several times with cooking liquid.
8. Remove cooked tenderloins from pan, keep warm.
9. Measure cooking liquid, adding orange juice to make 1 1/2 cups.
10. Mix flour and sugar with 2 tablespoons orange juice and others in a saucepan.
11. Add cooking liquid. Cook and stir until mixture boils and thickens.
12. To serve, slice tenderloins into 1-inch slices and spoon sauce over all.

Additional Information
A delicacy that is sure to be a family favorite.

Fresh Broccoli Pasta

Prep Time: 10 minutes
Cook Time: 10 minutes
Difficulty: EASY

Servings: 8

Ingredients

- 2 cup [uncooked egg noodles](#)
- 1 spritz [cooking spray](#)
- 3 cup [fresh broccoli florets](#)
- 2 cup [fresh mushroom slices](#)
- 1/4 cup [fresh chopped onion](#)
- 1/4 tsp [garlic powder](#)
- 1/8 tsp [salt](#)
- 1/4 tsp [black pepper](#)
- 3 tbsp [Margarine, 80% fat free, unsalted](#)

Nutrition Facts

Makes 8 servings
Serving Size: 0.5 cup
Amount Per Serving

Calories	88.1
Total Carbs	9.2 g
Dietary Fiber	1.3 g
Sugars	0.7 g
Total Fat	4.9 g
Saturated Fat	1.9 g
Unsaturated	3.0 g
Fat	0.8 g
Potassium	159.4
Protein	2.7 g
Sodium	46.3 mg

Dietary Exchanges: 7 Fat, 10 Starch, 10 Vegetables

Look For Hidden Sugar in your food and drink!

Directions

1. Omitting any salt or fat, cook the noodles according to their package directions. Drain well and then set aside to keep warm.
2. Coat a large skillet or wok with cooking spray, heat it at medium high heat for 2 minutes. Add the broccoli, mushrooms, and onion and stir-fry for 4 minutes, or until the broccoli is tender.
3. Add the salt, pepper, and garlic powder to the skillet. Stir in the cooked noodles and margarine and continue to cook until heated, stirring gently until ready to serve.

Additional Information
Vegetables, especially broccoli, are an excellent source of many essential vitamins and nutrients.

PHASE 4: MAKE IT COUNT, MAKE IT LAST

GIVEAWAYS

1. OPREVENT 2013 Calendar (Tier 1)
2. Physical Activity Diary (Tier 1)



PHASE 5/6: LIVE LIFE IN A GOOD WAY

ROUND 1 DATES

April – May 2013

Themes

Live life in a good way
Celebrating the new you

Messages

- Share your success stories
- Take care of your body, mind and spirit
- Sustaining behavior change

Foods

Granola bars, baked chips, sugar-free and low fat Jell-O, rice cakes, graham crackers

Behaviors

- Choose healthier snacks
- Track your food

STORE ACTIVITIES

Shelf labels

Healthier Choice

PHASE 5/6: LIVE LIFE IN A GOOD WAY

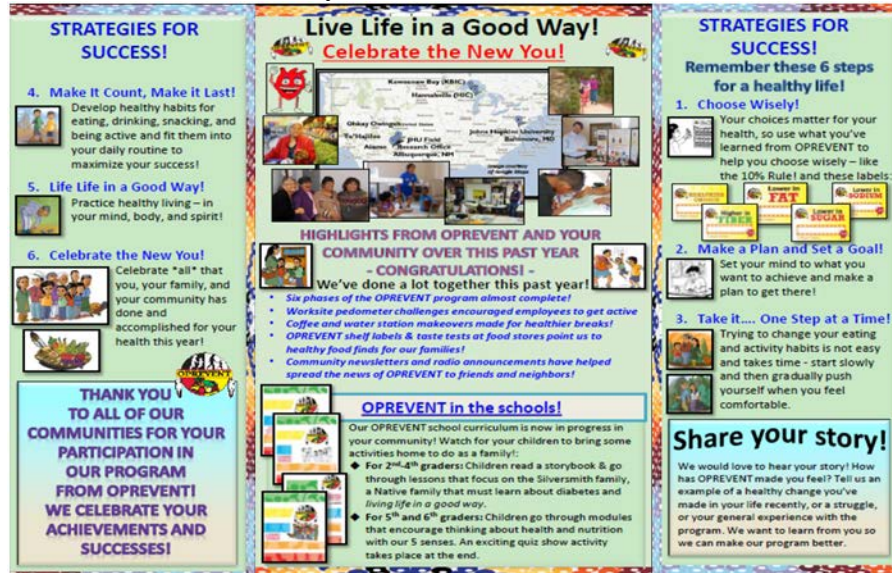


Cooking demo/
taste tests

Granola bars, baked chips, sugar-free and low fat Jell-O, rice cakes, graham crackers

Educational displays

Live Life In A Good Way



WORKSITE ACTIVITIES

WATER STATION
MAKEOVER

- Working with managers to sustain stock of coffee station supplies

COFFEE STATION
MAKEOVER

- Working with managers to sustain stock of water station supplies

PEDOMETER
CHALLENGE

- Talking to worksite managers to sustain Pedometer Challenge
- Certification of Participation awards for Pedometer Challenge participants (shown for MI)

PHASE 5/6: LIVE LIFE IN A GOOD WAY



SCHOOL ACTIVITIES

GRADE 2-4
CURRICULUM

Continued instruction using the OPREVENT Curricula

GRADE 5/6 NUTRIBEE
CURRICULUM

Continued instruction using the OPREVENT Curricula

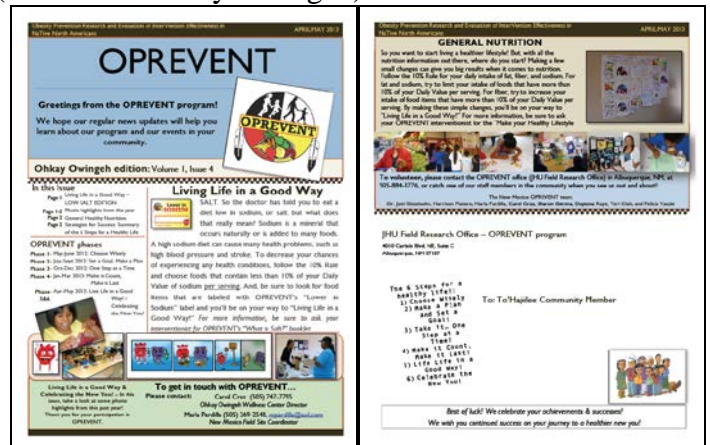
COMMUNITY MEDIA ACTIVITIES

RADIO
ANNOUNCEMENTS

- Radio announcements 14 and 15

NEWSLETTERS

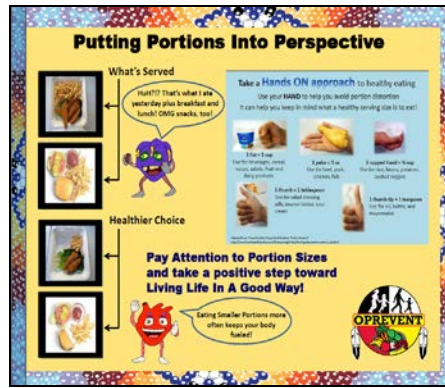
Living life in a good way (shown for Ohkay Owingeh)



POSTERS

1. Putting portions into perspective
2. Look to the wisdom of our Ancestors

PHASE 5/6: LIVE LIFE IN A GOOD WAY



FLYERS

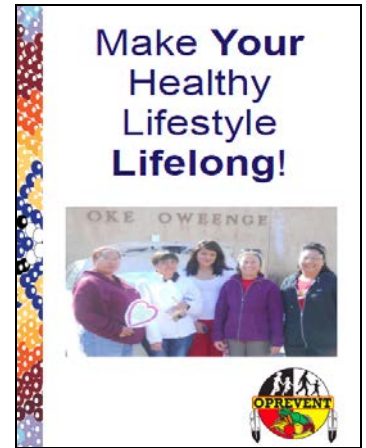
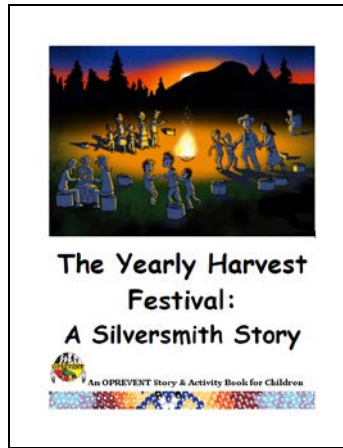
1. Healthy snacks
2. Choose this, not that
3. Celebrate the new you



BOOKLETS/ BROCHURES

1. Silversmith Story Booklet
2. Healthier choice booklet

PHASE 5/6: LIVE LIFE IN A GOOD WAY



RECIPE CARDS

1. Chinese steamed fish
2. Beef burritos
3. Mexicali Pork Chops
4. Whole wheat vegetable lasagna

	<p>Chinese Steamed Fish Steamed fish with Chinese sauce and vegetables.</p> <p>Prep Time: 15 minutes Cook Time: 20 minutes Difficulty: EASY</p>		<p>Curtis and Molly Bearheart</p>	<p>Nutrition Facts Makes 4 servings Amount Per Serving Calories 670.3 Total Carbs 29.9g Dietary Fiber 0.5g Sugars 0.3g Total Fat 48.3g Saturated Fat 9.4g Unsaturated Fat 39.9g Potassium 1,038.3 mg Protein 51.4 g Sodium 696.4 mg Dietary Exchanges 1 1/4 Fat, 1/4 Vegetable</p>
<p>Ingredients 1 1/2 lb <u>halibut fillets</u>, cut into 4 pieces 3 <u>fresh green onions</u>, cut into 3 inch lengths 2 <u>fresh mushrooms (med)</u>, sliced 1/4 cup <u>cabbage</u>, 6 leaves, sliced into 4 inch pieces 2 pieces <u>ginger root, fresh, 2" knob</u> finely chopped 2 <u>medium garlic cloves</u> chopped 1/4 cup <u>low sodium soy sauce</u> 1/8 cup <u>coarse rice</u> 1 pinch <u>hot red pepper flakes</u> (to taste) 4 <u>cilantro sprigs</u>, for garnish</p>	<p>Servings: 4</p>	<p>Directions 1 Arrange 1/2 of the green onions on the bottom of the steaming bowl (it is important to steam in a container in order to retain the steam and juices around the fish) 2 Place 1/2 of the mushrooms and Napa cabbage sections on top of the onions. 3 Place fish on top of the vegetables. Sprinkle ginger, garlic, and red pepper flakes over fish. 4 Top with the remaining green onions, mushrooms, and napa cabbage. Drizzle soy sauce and water over everything. 5 Place steam bowl in a steamer over 1 inch of boiling water, and cover. Steam for 15 to 20 minutes, or until fish flakes easily. Additional Information Garnish with cilantro, if desired.</p>	<p>Directions 1 Wrap tortillas in foil, place in a 350 degree oven for approximately 10 mins or until warmed. 2 In a large skillet, cook ground beef, onion, and garlic over medium-high heat until beef is brown and onion is tender. Drain off fat. Stir in sweet pepper, 1/2 cup Easy Fresh Salsa (or bottled salsa), and taco seasoning. Bring to boiling, reduce heat. Simmer, covered, for 10 minutes. 3 Top each tortilla with about 1/2 cup of the beef mixture and some of the lettuce and tomatoes. Sprinkle with some of the 1/2 cup cheese. Fold in sides, roll up. Cut in half to serve. 4 If desired, sprinkle with additional cheese. Easy Fresh Salsa 1 Combine tomatoes, onion, sweet pepper, cilantro, garlic, black pepper in a medium bowl. If desired, add hot pepper sauce. Season to taste with salt. Serve immediately or cover and chill for up to 3 days. Stir before serving. Makes approximately 1 2/3 cup. Additional Information Easy Fresh Salsa recipe has less sugar than store bought.</p>	<p>Nutrition Facts Makes 6 servings Amount Per Serving Calories 232 Total Carbs 28.5 g Dietary Fiber 2.3 g Sugars 4.6 g Total Fat 6.7 g Saturated Fat 2.5 g Unsaturated Fat 4.1 g Potassium 81.6 mg Protein 18.1 g Sodium 402.9 mg Dietary Exchanges 1 1/2 Meat, 1 Snack, 1 1/2 Vegetable</p>
	<p>Beef Burritos A beef burrito with a little bit of spice that everyone will like.</p> <p>Prep Time: 30 minutes Cook Time: 18 minutes Difficulty: INTERMEDIATE</p>		<p>Grandpa Curtis</p> <p>Grandpa Curtis explains the importance of nature's food.</p>	<p>Nutrition Facts Makes 4 servings Amount Per Serving Calories 199.9 Total Carbs 2.1 g Dietary Fiber 0.9 g Sugars 0 g Total Fat 9.3 g Saturated Fat 7.6 g Unsaturated Fat 6.8 g Potassium mg Protein 24.7 g Sodium mg Dietary Exchanges 1/2 Fat, 3 Meat, 1/4 Vegetable</p>
	<p>Mexicali Pork Chops Cumin and oregano crusted pork chops with a bit of spice.</p> <p>Prep Time: 8 hours Cook Time: 18 minutes Difficulty: EASY</p>		<p>Ingredients 4 <u>whole loin lean pork chops</u>, 1 1/2-inch thickness 4 oz <u>garlic green chili peppers</u>, chopped 2 tsp <u>oregano leaves</u> 2 <u>medium garlic cloves</u>, minced 2 tsp <u>ground cumin</u> 4 tsp <u> cider vinegar</u> 2 tsp <u>vegetable oil</u></p>	<p>Directions 1 In blender container, place chilies, oregano, garlic, cumin, and vinegar. Puree until smooth. Marinate chops in mixture 4-24 hours, refrigerated. 2 Heat oil in heavy skillet. Remove chops from marinade, and cook 7-8 minutes on each side. Additional Information Adjust the amount of chilies to suit your family's tastes.</p>

PHASE 5/6: LIVE LIFE IN A GOOD WAY



Whole Wheat Vegetable Lasagna

Prep Time: 15 minutes
Cook Time: 35 minutes
Difficulty: INTERMEDIATE

Servings: 5

Ingredients

- 3/7 tsp extra virgin olive oil
- 3/7 medium zucchini, sliced
- 1/4 cup cheese, ricotta, reduced fat
- 3/7 asax
- 1/2 tsp dried basil
- 1/10 tsp salt
- 1/16 tsp black pepper
- 1/8 cup tomato sauce (or low sugar spaghetti sauce)
- 3 1/4 pizza Panzo, frozen whole wheat, dry, cooked per package instructions
- 4 1/2 oz spinach, chopped, frozen, thawed and squeezed dry
- 1/10 cup cheese, mozzarella, reduced fat, shredded

Nutrition Facts

Servings	5
Servings Per Container	1
Calories	141
Total Fat	11g
Dietary Fiber	3g
Sugars	4g
Total Carb	35g
Saturated Fat	1g
Unsaturated Fat	2g
Protein	8g
Sodium	300mg

Dietary Exchanges:
1 Meat, 1 Starch, 1 Vegetable





Directions

- Preheat the oven to 350 degrees F. Coat a 13 x 9 baking dish with cooking spray.
- Heat the oil in a medium skillet over medium heat. Add the zucchini and cook for 5 minutes, or until crisp-tender. Remove from heat. Set aside. 1/2 cup of the spaghetti sauce.
- In a medium bowl, combine the ricotta, egg, basil, salt and pepper.
- Place 3 lasagna noodles in the prepared baking dish. Evenly spoon half of the spaghetti sauce over the noodles. Top with half of the ricotta mixture, half of the spinach, half of the zucchini, and half of the arnesan.
- Repeat layering with 3 more noodles. Spoon the remaining sauce over top and sprinkle with the mozzarella.
- Cover with foil and bake for 25 minutes. Uncover and bake for 20 minutes longer. Let stand for 10 minutes before serving.

Additional Information:
Tastes even better the next day.

GIVEAWAYS

1. Food diaries (Tier 1)



Daily FOOD DIARY

Here are some tips on how to use your diary!

What you ate and drank

What you ate and drank

How much?

How much

1 cup milk, bread, tortillas, pasta, rice

1 cup, 1 bowl, 1 glass, 16 oz, 1tbsp, etc.

				Date: / /
Meal:	What you ate and drank:	How much:	How it was prepared?	
DAY 1	Breakfast:			
	Lunch:			
	Dinner:			
	Snack:			

How did you do today? Good! So-so Not so good

My food goal for tomorrow is: _____

PROMOTED FOODS

WORKING WITH STORE PARTNERS TO STOCK FOODS

Store partners of the OPREVENT project I have agreed to stock specific minimum quantities of foods for promotion for specific phases of the intervention.

The intervention needs to work with store managers and vendors to ensure that:

- the appropriate foods are ordered*
- the foods to be stocked are on the shelves
- promoted foods are visible when customers walk through the aisles
- promoted foods are labeled with OPREVENT shelf labels

The interventionist should make sure the promoted foods are stocked at the beginning of each phase and at least every other week during the phase. This should be done by direct observation.

The interventionist should provide the store owner with a list of the promoted foods for each phase during the prior phase. For instance, the list of healthy snacks should be given to the store owner during Phase 4.

If the promoted foods are not available, the interventionist should immediately meet with the store manager/owner and/or vendor, discuss barriers to stocking the food, problem solve, and encourage them to stock the food. The interventionist should talk to the store owner/manager about sales of the food, what could be done to enhance sales, such as positioning the food better.

The interventionist should encourage the store owners/managers to continue to stock the promoted foods AFTER the phase has been completed.

*The interventionist needs to make sure that stores do not substitute alternatives for the promoted foods.

NOTE: This is probably the single most important part of the store component. If we cannot get the stores to consistently stock promoted foods, we will not succeed.

FOOD PROMOTION LIST AND MINIMUM SUGGESTED STOCKING

Phase: Shelf Label (10% Rule)	Food	# units (Supermarkets)	# units (Small stores)
Phase 1: Lower in Sugar (Rule: <10g sugar/serving)	Water	30+	15+
	Diet soda	30+	15+
	Low-sugar drink mixes	30+	15+
Phase 2: Lower in Fat (Rule: <10% DV of fat/serving)	Cooking spray	20+	5+
	Low-fat bologna or turkey luncheon meat	20+	10+
	100% whole wheat bread	40+	10+
	Fresh fruit	10+	3+
	Low-fat or non-fat mayonnaise (can include Miracle Whip)	20+	5+
	Continued stocking of previous foods	--	--
Phase 3: Higher in Fiber (Rule: >10% DV of fiber/serving)	Fresh fruit (where possible)	10+	3+
	Canned fruit (in light syrup or 100% fruit juice)	20+	10+
	Bottled water	40+	10+
	Continued stocking of previous foods	--	--
Phase 4: Lower in Sodium (Rule: <10% DV of sodium / serving)	Low sodium pretzels	30+	15+
	Low sodium crackers	30+	15+
	Low sodium canned vegetables	100+	25+
	Dried beans	50+	25+
	Continued stocking of previous foods	--	--
Phase 5/6: Healthier Choice (Rule: Selected promoted Healthy snacks)	Granola bars	30+	15+
	Sugar free / Low fat Jell-O pudding	100+	15+
	Baked chips	50+	15+
	Rice cakes	50+	15+
	Graham crackers	50+	15+
	Continued stocking of previous foods	--	--

FOOD STORES

Roughly 5 stores per participating community were chosen based on the frequency with which community members buy from the stores. Store owners were approached with information about OPREVENT with the OPREVENT Brochure. Stores were included if they sold food, including convenience stores, corner stores, supermarkets. If the owners of stores identified that they were not interested, other stores in the community that are frequently used by community members were approached for participation.

PARTICIPATING STORE INTERVENTIONIST ASSIGNMENTS

Community (Primary Interventionist)	Store name & ID	Store address	Store owner/manager name
Keweenaw Bay Indian Community (J. Swartz)	1003 – KBIC Commodity Warehouse	16613 Skanee Rd. L’Anse, MI 49946	Darren Web, Manager
	1006 – Larry’s Market	204 US S. 41 Baraga, MI 49908	Cindy Giddings, Assistant Manager
	1008 – Ojibwa	201 S. US 41 Baraga, MI 49908	Roberta Jondreau, Manager
	1010 – Pat’s Foods	139 N. Main St. L’Anse, MI 49946	Bob Lane, Assistant Manager
	1012 – Pine Convenience Center	15852 US N. 41 Baraga, MI 49908	Suzanne Kahkenen, Assistant Manager
Hannahville Indian Community (K. Arnold)	2001 – Adam’s Northland Store	1302 US 2 & 41 Bark River, MI 49807	Dan Adams, Owner
	2003 – C & C Market	1270 Old Hwy 2 & 41 Bark River, MI 49807	Carol Feathers, Store Manager
	2004 – Elmer’s County Market	412 N. Lincoln Rd. Escanaba, MI 49829	Rod Stande, General Manager Jennifer Neumann, Cashier
	2006 – Hannahville Food Pantry	N14911 Hannahville B-1 Rd. Wilson, MI 29896	Sheila Nantelle, Social Services Manager
	2011 – Island Oasis	W 365 US 2 & 41 Wilson, MI 29896	Arlene Gucky, Manager
	2013 – Super One	501 N. Lincoln Rd. Escaraba, MI 29829	Dan Cappeart, Manager
	2014 – Walmart	601 N. Lincoln Rd. Escaraba, MI 29829	Mary Szymanski, Clerk (for 14 years)
Alamo Navajo Community (H. Platero)	3006 – John Brooks	312 California St. Socorro, NM 87801	
	3007 – End of Trail Market	1003 W. 1 st St Magedalena, NM	
	3008 – Smith’s	901 California St. Socorro, NM 87801	
	3009 – Tiis Tshoh Mini Mart	P.O. Box 5001 Alamo, NM 87825	Carmen Guerro, Manager
To’Hajiilee Navajo Community (H. Platero)	4001 – Albertson’s Grocery Store	6600 Central Ave. SW Albaq. NM	
	4006 – John Brooks	3301 Coors Blvd. NM Albaq, NM 87825	
	4007 – Desert Oasis	Rt 54 – N, I-40	Francisco Valesquez, Manager
	4009 – Smith’s Grocery Store	111 Coors Blvd. NW Albuquerque, NM	
Ohkay Owingeh Pueblo Community (M. Pardilla)	5002 – Lowe’s Super Save	930 N. Riverside Drive Espanola, NM 87532	Defino Lucero, Manager Cindy Silver, Nutritionist
	5004 – OO Travel Store	Highway 68 Ohkay Owingeh, NM 87566	Marty Monroe, Manager Juan Dias, Clerk Rey Lujan, Clerk
	5008 – Value Center Market	745 N. Riverside Drive Espanola, NM 87532	Efrain Rafael, Manager John Stewart, Stocker Pauline Hubbert, Stocker
	5009 – Walmart	1610 Riverside Dr. Espanola, NM 87532	John Stoe, Manager Victoria Martinez, Manager Hale Anderson, Manager
	5011 – El Paisano Supermarket	520 S. Riverside Dr. Espanola, NM 87532	Lureen Portilla, Manager Mary Lightner, Assistant manager

DESCRIPTIONS OF STORES

Each of the participating stores is unique, and therefore each interventionist will need to tailor the intervention activities to fit with the organizational layout and space of their assigned stores, as well as the foods available. There are generally two types of stores: large stores that sell a wide variety of products, including sections for dairy, fresh fruit and vegetables or a bakery/deli; and smaller stores that sell convenience items, and predominantly packaged foods (versus fresh foods).

GUIDELINES FOR WORKING IN STORES

Insights about working in stores

- Varying the time that cooking demonstrations/taste tests are held is useful to contact a variety of customers: conduct some on weekday, some on weekends, at different times.
- Offer for store owners to put up the posters for each phase. This allows them to feel comfortable about posting materials, especially if space is limited in the store. If this option is used, check back on a later date to make sure owners have put up the posters.
- Post shelf labels under shelves so they do not take up space.
- Make sure not to hide any WIC labels

Small stores

- Space is limited, so be flexible about where you conduct taste tests. You may choose to work at the back of the store, in an ante-room, or even outside if the weather is nice.
- Be considerate of the needs of the store owners. Many owners may feel uncomfortable about having other activities in the store due to theft, disruption, spilling of food, etc. Talking with the store owner about how to ease their worries will aid in planning for these activities.
- Customers in smaller stores may have little space to talk; handing out flyers and engaging in small discussions about the demonstrations can be helpful to engage them.
- Ask the store owner where to set up the table to be most convenient and will not block customer traffic.

WORKSITES

Community (Primary Interventionist)	ID - Worksite name	Worksite address	Worksite owner/manager name
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Roughly 5 worksites per participating community were chosen. Worksites were chosen if a large proportion of employees were from the participating tribal communities. Worksite owners/managers/supervisors were approached with information about OPREVENT with the OPREVENT Brochure. If the worksite owners or administration identified that they were not interested, other worksites in the community were approached for participation.

PARTICIPATING WORKSITE INTERVENTIONIST ASSIGNMENTS

Keweenaw Bay Indian Community (J. Swartz)	1002 – Donald La Pointe Health Center	102 Superior Ave. Baraga, MI 49908	Kathy Mayo, Community Health Director
	1004 – Ojibwa Senior Citizen Center	208 N. Main St. Baraga, MI 49908	David Firestone, Elderly Nutrition Director
	1005 – KBIC Tribal Center	16429 Beartown Rd. Baraga, MI 49908	Larry Denomie, CEO
	1007 – Niiwin Akea Recreational Facility	111 Beartown Rd. Baraga, MI 49908	Cheryne Clement, Facility Director
	1009 – Ojibwa Casino	16449 Michigan Ave. Baraga, MI 49908	Dale Shalifoe, Assistant General Manager
Hannahville Indian Community (K. Arnold)	2005 – Hannahville Administration	N14911 Hannahville B-1 Rd. Wilson, MI 49896	Lisa Little, Tribal Council Treasurer
	2007 – Hannahville Health Center	N15019 Hannahville B-1 Rd. Wilson, MI 49896	Shiela Ness, Administrative Secretary
	2008 – Hannahville Housing Department	N14911 Hannahville B-1 Rd. Wilson, MI 49896	Mary Johnson, Secretary
	2009 – Hannahville School	N15100 Eagle Rd. Wilson, MI 49896	Bill Buda, Middle & High School Principal
	2010 - Hannahville Youth Center	N14911 Hannahville B-1 Rd. Wilson, MI 49896	Cory Sagataw, Youth Center Staff
	2011 – Island Oasis	W 365 US 2&41 Wilson, MI 49896	Arlene Gucky, Manager
	2012 – Island Resort & Casino	W 365 US 2&41 Harris, MI 49845	Mary Feuerbach, Human Resources Director
Alamo Navajo Community (H. Platero)	3001 – Alamo Navajo Chapter	P.O. Box 827 Alamo, NM 87825	Yvette Betone, Volunteer
	3003 – FACE Program	P.O. Box 5907 Alamo, NM 87825	Teresa Holgum, FACE Program
	3004 – Alamo Senior Center	P.O. Box 5150 Alamo, NM 87825	Gene Monte, Supervisor
	3005 – Alamo Wellness Center	P.O. Box 5907 Alamo, NM 87825	Jacqui Lee
To'Hajiilee Navajo Community (H. Platero)	4003 – TOH Chapter, Desiderio Center	P. O. Box 3398 ToHajiilee, NM 87026	Carol Pliso, Chapter Administration
	4004 – TOH EMS	P.O. Box 3994 Canonicito, NM 87026	Chris Kescoli, Manager
	4005 – TOH FACE	P.O. Box ToHajiilee, NM 87026	Natasha Uzmina, Educator
	4008 – TOH Senior Center		Donovan Secetero, Manager
Ohkay Owingeh Pueblo Community (M. Pardilla)	5001 – CHR Program	P.O. Box 1531 Ohkay Owingeh, NM 87866	Frances Abeyta, CHR Program Director
	5003 – Community School	Ohkay Owingeh Community School	Trina Allandar, Teacher Irene Jones, Teacher
	5005 – Senior Center	217 North Cross Pl. San Juan Pueblo, NM 87566	Marty T. Calvert, Homemaker Vanessa Cruz, Head Cook Erica Herrera, Custodian & Meal Driver Eddie Martinez, Director
	5006 – Tribal Planning Dept.	P.O. Box 1099 Ohkay Owingeh, NM 87566	Jesse Pacheo, Transit driver Eric Phillips, IT manager Peter Povinjua, Maintenance supervisor John Cruz, 2 nd Lt. Gov. Administrator Joseph Aguino, Lt. Gov., local farmer Deborah Fories, Secretary Lisa Trujillo, Tribal data resource specialist Nancy Ortiz, Tribal administration

			Cecilia Aquino, Transit driver Lee Moquino, Coordinator Alisha Cata, Administration Secretary
	5010 – Wellness Center	831 RoadRunner Dr. Ohkay Owingeh San Juan Pueblo, NM 87566	Jerry Taylor, Fitness Instructor Carol Cruz, Director Sharon Gerena, RN Diabetes Educator & Personal Trainer

PEDOMETER CHALLENGE

The Pedometer challenge can be a competition between groups of individuals. Use the total steps walked per person if comparing teams or communities. The overall goal is to get people to exercise more.

Before starting

- Talk to worksite managers/supervisors about helping to get people signed up for the challenge. Promote the challenge using flyers and posters.
- Prepare pedometers to be given out. This includes, removing the packaging, inserting batteries and setting the date and time.

Week 1

- Enroll participants judiciously, since the pedometer is a Tier 3 item (give to participants with highest level of expected participation), and give participants their set-up pedometers.
- Give orientation on how to use pedometers including: where/when to wear pedometers, and instructions on uses.
- Handout Pedometer FAQ Flyer
- Roll-out the Pedometer Challenge slowly, Start with a few worksites at first then add on as you become comfortable with the challenge.
- Encourage participants to form groups, and come up with group names.
- Write the names of people participating in the Pedometer Challenge Tracking Sheet

Week 2

- Continue enrolling participants, and handing out pedometers (expanding to all participating worksites)
- Check in with all participants. Make sure they all understand how their pedometers and the program work.
- Let them know that the pedometer challenge will begin next week.
- Ask participants how their walking is going and encourage them to keep increasing their activity.
- Set up a regular day of the week to track team and individual steps.

Weeks 3+

- Finish enrolling participants and handing out remaining pedometers.
- Check in with all participants. Record individual and team steps and post in the workplace. Offer encouragement and tips to increase steps.
- Announce progress and rank of teams

DURING THE CHALLENGE AT LEAST ONCE A WEEK:

- Remind participants to wear pedometer everyday and record steps or distances
- Suggest ways to increase activity (walk to store or work, clean house, etc.)
- Remind participants to check-in each week
- Congratulate participants who have achieved 50,000 steps or 35 kilometers in a week.
- Remind participants how it is helping them to reduce risk of heart disease, diabetes, etc.
- Encourage others to support participants

INSTRUCTIONS FOR COMPLETING THE WALKING CHALLENGE LOG

The Walking Pedometer Challenge Tracking Sheet will be used by the interventionist to record the age and gender of participants in the Walking Challenges or Clubs. One form will be used for each community. Note that this data will not be entered or analyzed as part of the OPREVENT project. A step tracking is for Pedometer Challenge prizes and incentives only.

To fill out the form the interventionist will follow these steps:

1. Enter the name of the participant
2. Enter the name of the work site

3. Fill in the Team name
4. Fill in dates (dd/mm/yy) for meetings.
5. Record steps or distances walked since last check-in

WATER AND COFFEE STATION MAKEOVERS

Water and coffee stations of each participating worksite in round 1 communities will be given a “makeover”. Worksites and coffee stations refer to any areas where drinks may be prepared. This can consist of worksite kitchens, sinks, coffee counters, etc. that employees use regularly. The makeover will consist of stocking the described locations with the supplies to make healthier alternatives of what they already have available, along with OPREVENT visual materials (i.e., flyers, posters, shelf labels) Often times, people have high sugar and high fat drinks, instead of lower calorie options. By replacing high fat and/or high sugar drinks with healthier and tasty alternatives is often the easiest way to begin making small improvements to daily diet.

Week 1 of scheduled phase:

- Visit water and coffee stations and assess what resources are available

Week 2 of scheduled phase:

- Water station Makeovers: Provide tailored supplies (enough for 1-2 weeks), based on the worksite’s needs, including Brita water filters (if no source of clean water is available / hard water only), sugar-free drink mixes, sugar-free Indian teas.
- Coffee station Makeovers: Provided tailored supplies (enough for 1-2 weeks), based on the worksite’s needs, including Brita water filters (if no source of clean water is available / hard water only), sugar-free or reduced calorie sweeteners, low fat creamers and milks.
- Visual materials: post low fat shelf labels, OPREVENT posters and provide flyers for water/coffee stations.

Week 3 of scheduled phase:

- Check that water/coffee stations have 1-2 weeks of supplies and visual materials, and restock as necessary.

SCHOOLS

PARTICIPATING SCHOOL INTERVENTIONIST ASSIGNMENTS

One to two schools per participating community were chosen to collaboration. Schools were chosen if a large proportion of students were from the participating tribal communities. Schools were approached with

information about OPREVENT with the OPREVENT Brochure. Schools participated, based on the decisions of school boards and the tribal community.

Baraga school

- Grade 2
 - Class 1: 21 students
 - Class 2: 21 students
 - 32?
- Grade 3
 - Class 1: 19 students
 - Class 2: 19 students
 - 42?
- Grade 4
 - Class 1: 16 students
 - Class 2: 17 students
 - 38?
- Grade 5
 - Class 1: 17 students
 - Class 2: 16 students
 - 33?
- Grade 6
 - Class 1: 15 students
 - Class 2: 17 students
 - 33?

L'Anse

- Grade 2 – 44 students
- Grade 3 – 44 students
- Grade 4 – 49 students
- Grade 5 – 47 students
- Grade 6 – 54 students

PARTICIPATING SCHOOL INTERVENTIONIST ASSIGNMENTS

GRADE 2-4 CURRICULUM DESCRIPTION

Community (Primary Interventionist)	ID - School name	School address	School owner/manager name
Keweenaw Bay Indian Community (J. Swartz)	1001 - C.J. Sullivan Elementary	201 N. 4 th Street L'Anse, MI 49946	Kimberly R. Payne, 2 nd grade teacher Anne P. Schumer, 3 rd grade teacher Janel L. Summers, 4 th grade teacher Helen A. Stenvig, 5 th grade teacher Randy G. Cadeau, 6 th grade teacher Dannin J. Voskuhl, Phys. ed. Teacher Thomas G. Spaque, Principal
	1011 - Phillip La Tendres Elementary	210 Lyons Street Baraga, MI 49908	Debra J. De Shambo, 3 rd grade teacher Kristina E. Van Hola, 4 th grade teacher Tammy B. Hayrynen, 5 th grade teacher Timothy P. Marczak, 6 th grade teacher Elisha N. Laninga, 6 th grade teacher Jonathan W. Young, Principal
Hannahville Indian Community (K. Arnold)	2002 - Bark River – Harris School	US 2 Harris, MI 49845	Melissa Robinette, Kindergarten teacher & Wellness Treasurer Kristy Ericson, 1 st grade teacher & Title VII Coordinator Kristi Latsch, 4 th grade teacher Alln Stenberg, 5 th grade teacher & President of Wellness Committee Lisa Hall, 6 th grade teacher Scott Johnson, Phys. ed teacher
	2009- Hannahville School	N 14911 Hannahville B1 – Rd, Wilson, MI 49896D	Daniel Kleikamp, 2 nd grade teacher Susan Aird, 2 nd grade teacher Heather Albanes, 3 rd grade teacher Jeff Paupore, Health & PE teacher Rachel Fix, 21 st Century Learning Centers Coordinator
Alamo Navajo Community (H. Platero)	3002 – Alamo Navajo School	W. Main St Magdalena, NM 87825	Pamela Betone, K – 12 grade Angel Abeyta-Guerio, 1 st grade teaching assistant Nora Baca, 3 rd grade teacher Marie S. Pino, 3 rd grade teacher Laura Guerro, 1 st and 5 th grade teacher Angela Guerro, teaching assistant Kathleen Betone, 9-12 th Sp. Ed. Assistant
To'Hajiilee Navajo Community (H. Platero)	4010 - To'Hajiile Community School	To'Hajiilee, NM 87026	Loria Platero, Parent educator Helen Johnson, FACE co-teacher JoAnn Watuema, Kindergarten teacher Natash Kuyiuina, Adult program Karen Hemstreet, 3 rd grade teacher Doreen Vicony, Custodian & Teacher aid Felicia R Wauema, 4 th & 5 th grade assistant
Ohkay Owingeh Pueblo Community (M. Pardilla)	5003 – Ohkay Owingeh Community School	180 Day School Rd, Ohkay Owingeh, NM 87566	Mary Frances Harney, Tewa language instructor Kyle J. Chee, Teacher assistant Kenneth Chavez, Teachers assistant Sandra Calvert, Administrative assistant Gertrude T Calvert, K-6 th teacher

Grades 2, 3 and 4 of the OPREVENT Curricula are being used to teach school-aged children in grades 2-4 about preventing obesity and other chronic diseases and living healthfully.

The Grades 2-4 and Grade 5/6 Curricula were ready for use in September of 2012. Various preparation stages were done in order to implement the curricula in schools:

- OPREVENT Curriculum Piloting (July 2012)
- Getting School board approval to teach curriculum in schools
- OPREVENT Curriculum Training (November-December 2012)

The Grades 2-4 Curriculum is broken into 20 lessons, to be taught in roughly one hour sessions once per week for 20 weeks. The curricula were designed to be broken down in to 5-15 minute pieces so that teachers can work lesson activities in with students' regular class work. Each lesson plan is composed of roughly 3-5 activities that can be done with students, these activities include:

- Introduction to the lesson and review of previous lesson (where applicable)
- Silversmith Storybook reading
- Activity Sheets (consisting of coloring, puzzles, coloring, etc.)
- Physical activity breaks
- Family (take home) Activities

As was previously described, interventionist involvement in this intervention component is minimal. The main goals of the interventionist are to:

- Give updates to teachers and school administrators on progress of the OPREVENT curricula development
- Communicate with teachers and school administrators about the benefits of involving the curricula in their schools (free curricula, piloted in their communities, developed with their students and communities in mind, and helps to tackle an important health issue in their community)
- Communicate with teachers regarding the teaching supplies that they will require (if any), including the materials needed that are outlined in the lesson plans and ordering copies of activity sheets and/or family activities
- Provide teachers with curriculum for the grade-level that they will be teaching
- Organize training sessions with teachers
- Provide copies of Teacher Checklists, and show teachers how to fill this out to the best of their knowledge
- Collect Teacher Checklists, which evaluates what lesson activities were done and how many students were present.

COMMUNICATIONS MATERIALS

RADIO ANNOUNCEMENTS

Radio announcements will be used to announce key events and convey project messages. Each phase will have specific messages that reinforce the themes introduced by the OPREVENT program. The announcements will be pre-recorded on a CD by a community member. In sites without local radio, these announcements may be distributed using newsletters, or announced at community meetings (chapter and board meetings).

DOCUMENTATION AND MAINTENANCE

The interventionist should fill out the Mass Media log and take note of when the radio announcements are scheduled.

RADIO ANNOUNCEMENTS

PHASE 0

- Radio announcement 1:
 - Have you heard about the OPREVENT Program? I heard about it at the KBIC Health Center. It's an exciting new program in partnership with Johns Hopkins University and the KBIC Tribal Council which focuses on healthy eating and being physically active. Experts tell us that obesity can lead to diabetes and other health problems. So we will offer OPREVENT through schools, stores and workplaces bringing people changes to become more physically active and tips on how to eat better providing all interested the opportunity to live life in a good way.
- Radio announcement 2:
 - Hello, this is _____; I am a member of the KBIC health board. I am here to talk about a new program in our community called OPREVENT, which teaches about foods that are good for our bodies, and ways to stay active in our daily lives. Everyone is welcome to participate in events which will take place at our local schools, grocery stores, community centers, and at some work places. Health information will be shared through educational materials and fun activities. As a health board member I am concerned about your health. I encourage everyone to participate and learn the benefits of good nutrition and staying active to avoid diabetes and other chronic diseases. Let's live our lives in balance -- in a good way!

PHASE 1

- Radio announcement 3:
 - (Elder narrates) Our ancestors tell us that "Water is Healing". Water helps to cleanse our bodies by bringing good vitamins and nutrients to us. For our ancestors, water was the only drink they needed. Now that sodas and other sugary drinks are available, it is harder to remember to choose water. Just keep in mind, water is what makes our bodies healthy and happy. And if you're craving more taste, you can add a squeeze of lemon juice or a packet of sugar-free flavoring to your water, to help you get the recommended 8 cups of water a day. You can also choose diet sodas to replace regular sodas if you like fizzy drinks. To try some of these soda alternatives, keep an eye out for the fun taste tests that the OPREVENT program will be holding in your local food store! Let's all live in balance – and in a good way!
- Radio announcement 4:
 - (Door slams, child runs in to house)
 - Girl: Mom, Dad, guess what I learned today?
 - Mom: Tell me about it.

- Girl: I learned about the 10% rule. Guess what that is?
- Mom: I have no idea, tell me.
- Girl: It's a simple rule and can help you choose foods that are good for you wherever you go! I was taught today that we can read the food labels on the side of all packaged foods to help us choose foods that are good for us. If the fat, sugar, or salt content that is listed in the food label is 10% or less of daily value, then the food is better for you and you can eat it freely.
- Mom: I want to start reading food labels, so I can choose foods that are good for our whole family. That does sound like an exciting way to learn about living a life in balance -- in a good way!
- Girl: I'll be learning so much more about eating better and being physically active through the OPREVENT program that's going on in the school.

PHASE 2

- Radio announcement 5:
 - (Local Mother). Hello, my name is _____. My daughter, _____ has been learning about the 10% rule in school. The 10% rule is a way to read food labels to make good food choices. Now she likes to come shopping with me to help pick up healthy snacks like graham crackers, light popcorn, and baked chips for our family. We even play a game where she tries to find foods with less than 10% fat in them (like she learned at school). After we shop, we go home and clean and dice fruits and veggies together right away, so we can grab lunch food for the next day on the go. Let's all live in balance – in a good way!
- Radio announcement 6:
 - Mom: “How was school today, Missy?”
 - Child: “School was fun, ma!” “We learned something really neat that I want to tell you!”
 - Mom: “Oh great. What did you learn today?”
 - Child: Mom, I learned at school today that if you make a goal and write it down, you will remember to do it. So, I know, mom that you want to go for a walk after work but you come home feeling tired and there's so much to do at home. Right?
 - Mom: That's right.
 - Child: Walking is good for you, gets your blood flowing, makes you feel energetic, and happy. If you do walk for 30 minutes every day, we can lower the chance of getting diabetes.
 - Mom: That's very good, Missy.
 - Child: And Grandma Sarah always says that we need to “Walk the Red Road” for our happiness, to be good to Mother Earth, be a family person, be good to others, and be good to ourselves.
 - Mom: Yes, that's right.
 - Child: I want to help you write down a goal of going for a walk once this week just around the block. I will come with you and we can walk the dog together.
 - Mom: That's a great idea, Missy.
 - Child: Let's write down your goal for walking today after dinner! I'm learning so much more at school with the OPREVENT project about how to eat foods that are good for us and be physically active together – in a good way!
- Radio announcement 7:
 - (Voice, American Indian woman)
 - Like many of you, I work all day long, then come home and have to get supper ready for my family. I know I should eat better, I know I should get some exercise. But there just isn't time for myself. I have been feeling kind of sluggish after work.

- A few weeks ago my youngest child Buddy said something that made me think. He told me he was worried about my health.
- Then I realized I need to make some wise choices for myself and for my family.
- So I set a goal. I would bring a lunch to work at least 3 days a week. In the lunch I put a bottle of water, fresh fruit, and a turkey sandwich on whole wheat bread. I started cooking with something I didn't use before -- cooking spray. I got a new recipe from the OPREVENT program for making pancakes that cuts out the grease, and tastes great!
- I know now that I'm on the path to living my life in a good and balanced way!
- Radio announcement 8:
 - (Adult man or woman) Many times in life we are forced to make choices. Choosing wisely can become an overwhelming task and sticking to these choices can be hard at times. Making a plan helps to reduce problems. Planning our meals before we prepare them can help save time and money. By doing this we can eat better foods, and feel good about what we are eating. I find that it's helpful to plan out my meals using my OPREVENT calendar. This helps me to keep track of my time. Knowing what we are eating in advance allows us to budget our money better and perhaps set some money aside. Look for the OPREVENT logo in your grocery stores to purchase items that are good for your body and spirit. It is important to set goals for ourselves as well, such as walking for 30 minutes every day. In this way, we can get the exercise we need to live in balance and live our lives in a good way.
- Radio announcement 9:
 - Hello, this is _____; I am a member of the KBIC health board. I am here to talk about OPREVENT, which is a program that teaches about foods that are good for our bodies, and ways to stay active in our daily lives. Everyone is welcome to participate in events which will take place at our local schools, grocery stores, community centers, and at some work places. Health information will be shared through educational materials and fun activities. As a health board and tribal council member I am concerned about your health. I encourage everyone to participate and learn the benefits of good nutrition and staying active to avoid diabetes and other chronic diseases. Miigwetch!
- PHASE 3 ● Radio announcement 10:
 - Not only physical activity and eating right but, making a plan and setting a goal are very important factors to wellness. The most important of these is to make it count. In our very busy lives we find it hard to get the time to focus on our diets and physical activity plans toward wellness. Because we have to opt for the fatty ready to eat foods at convenience stores and skip that gym appointment, we tend to let ourselves go. Making a plan to set a goal and following through with those convictions, will improve our health and welfare. Starting out slow and increasing these healthy activities goes a long way in fighting preventable diseases such as Heart Disease, Diabetes, and Hyper Tension as well as some cancers. So remember Make it Count. This message brought to you by OPREVENT.
- Radio announcement 11:
 - Life is about learning. Our ancestors learned to recognize the signs in their environment. They knew where to find food and whether it was good for them or not. Even today, sometimes you need to look for signs. Food labels are like these signs. By looking at the labels on your food, you can learn about the fat, fiber, protein, vitamins, and calories in the food you eat. Look for the OPREVENT: shelf labels and posters at local stores to help you eat right, stay strong, and live long.

PHASE 4

- Radio announcement 12:
 - Narrator: Brandon Dakota
 - High Fiber Cooking
 - What is fiber? You may have seen OPREVENT's "Higher in Fiber" labels in your local grocery stores, but many people don't realize the huge health benefits that accompany a diet that is high in fiber. Insoluble fiber absorbs water in the stomach and takes up more space in your stomach. As a result, you will feel full with fewer calories, which means that fiber can play a major role in helping you achieve your weight loss goals. To increase your intake of fiber, aim to get more servings of fruits, vegetables, leafy greens, beans and whole grains. Be sure to look for food items that are labeled with OPREVENT's "Higher in Fiber" label, and you'll be on your way to "Living Life in a Good Way!"
 - This ad brought to you by OPREVENT
- Radio announcement 13:
 - Low Fat Cooking
 - Did you know that too much fat in the diet can increase your risk of obesity, heart disease, cancer, and diabetes? To decrease your risk of developing these health problems, aim for a diet that is lower in fat. Buy leaner cuts of meat or grilled chicken instead of fried chicken. You can also try to use healthier cooking methods, such as lightly using cooking spray or olive oil instead of butter or margarine. Be sure to look for food items that are labeled with OPREVENT's "Lower in Fat" label, and you'll be on your way to "Living Life in a Good Way!"

PHASE 5/6

- Radio announcement 14:
 - Low Salt Cooking
 - So the doctor has told you to eat a diet low in sodium, or salt, but what does that really mean? Sodium is a mineral that occurs naturally or is added to many foods. A high sodium diet can cause many health problems, such as high blood pressure and stroke. To decrease your chances of experiencing any health conditions, follow the 10% Rule and choose foods that contain less than 10% of your Daily Value of sodium per serving. And be sure to look for food items that are labeled with OPREVENT's "Lower in Sodium" label, and you'll be on your way to "Living Life in a Good Way!" This message is brought to you by OPREVENT.
- Radio announcement 15:
 - General Nutrition Ad (combined version of above ads)
 - So you want to start living a healthier lifestyle, but with all the nutrition information out there, where do you start? Making a few small changes can give you big results when it comes to nutrition. Follow the 10% Rule for your daily intake of fat, fiber, and sodium. For fat and sodium, try to limit your intake of foods that have more than 10% of your Daily Value per serving. For fiber, try to increase your intake of food items that have more than 10% of your Daily Value per serving. By making these simple changes, you'll be on your way to "Living Life in a Good Way!"

NEWSLETTERS

GUIDELINES FOR USING NEWSLETTERS

Newsletters will be used to announce key events and convey project messages. They are especially be used when a particular community does not have a radio station, but can be used in all communities. Each phase will have specific messages that reinforce the themes introduced by the OPREVENT program.

DOCUMENTATION AND MAINTENANCE

The interventionist should fill out the Mass Media log and take note of when the newsletters were sent out, along with the audience to which the newsletters were sent (community-wide, schools, worksites, etc).

NEWSLETTERS BY PHASE

PHASE 1: CHOOSE WISELY

OPREVENT

Welcome to the OPREVENT program!
We hope our regular news updates will help you learn about our program and our events in your community.

OPREVENT phases

Phase 1: November 2012: Choose Wisely
Phase 2: Jan-Aug 2013: Eat a Good Meal, Move a Little
Phase 3: September 2013: One Step at a Time
Phase 4: Jan-Mar 2014: Make a Plan, Set a Goal
Phase 5: Jan-Mar 2014: One Step at a Time
Phase 6: May-Aug 2014: Celebrate the News Year

Have you heard...?

The OPREVENT program is an exciting diabetes and obesity prevention project run in partnership between Johns Hopkins University (JHU) and the Ohkay Owingeh community, approved by the Indian Health Service (IHS) Research Review Board, Ohkay Owingeh Tribal Council and by the Ohkay Owingeh Wellness Center. The program focuses on healthy eating and being physically active. OPREVENT activities are currently taking place all around the community and will continue through next year. There will be six phases. You can identify us by the logo above. We hope to bring people chances to become more physically active, tips on how to eat better, and provide all who are interested the opportunity to LIVE LIFE IN A GOOD WAY!

To get in touch with OPREVENT...

Please contact:
Cindy Crow (303) 761-1776
Ohkay Owingeh Wellness Center Director

A message from... the Ohkay Owingeh Wellness Center

Hi! On behalf of the Ohkay Owingeh Wellness Center and Johns Hopkins University (JHU), we would like to welcome you to the OPREVENT program. This program is one that teaches about foods that are good for our bodies, and ways to stay active in our daily lives. Everyone is invited to participate in program events, which will take place at our local schools, grocery stores, community centers, and at some work places. Health information will be shared through educational materials and fun activities. As tribal members, the Ohkay Owingeh Wellness Center is concerned about our community's health. We encourage everyone to participate and learn about the benefits of good nutrition and staying active to help protect against diabetes and other chronic diseases.

THANK YOU!

WATER IS HEALING: Choose wisely!

Now that sodas and other sugary drinks are available, it can be harder to remember to CHOOSE WATER. But, just keep in mind: water is what makes our bodies function and happy! By itself, it has no calories, sugar or fat! Just like tea, there are many different flavors we can add to water these days, too! Fruit for our accents, water was the only drink they needed.

Set a goal, and make a plan - to include more water in your day, in place of soda!

PHASE 2: MAKE A PLAN, SET A GOAL

OPREVENT

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PHASE 3: ONE STEP AT A TIME

OPREVENT

Greetings from the OPREVENT program!

Ohkay Owingeh edition: Volume 1, Issue 2

One Step at a Time

While physical activity and eating right are very important factors of wellness, making a plan and setting a goal are key steps to take on the path towards the healthier lifestyles of our ancestors we strive for. Most important is to make it count. Everything is connected and all of our actions will impact our health. But, in our very busy lives, we often find it hard to stick to our diets and plans for physical activities. We might opt for more fatty ready-to-eat foods at the convenience store and skip our gym appointments. We might let our selves go, but...

Attention! OPREVENT NEEDS YOU!
OPREVENT needs volunteers to help in our future newsletters and other special events. If you are interested, please contact Maria Parilla at mparilla@ohkayowings.com or call (505) 268-2548.

To get in touch with OPREVENT...
Please contact: Carol Crow (505) 743-7795
Ohkay Owingeh Wellness Center Director
Maria Parilla (505) 268-2548 mparilla@ohkayowings.com
New Mexico Field Site Coordinator

OPREVENT

Ohkay Owingeh edition: Volume 1, Issue 2

Lower an OPRIDE!

To: Ohkay Owingeh Community Member

Are you participating in the OPREVENT workplace pedometer challenge? Ask your local OPREVENT staff member for participating worksheets, as well as for more info!

PHASE 4: MAKE IT COUNT, MAKE IT LAST

OPREVENT

Ohkay Owingeh edition: Volume 1, Issue 3

One Step at a Time

While physical activity and eating right are very important factors of wellness, making a plan and setting a goal are key steps to take on the path towards the healthier lifestyles of our ancestors we strive for. Most important is to make it count. Everything is connected and all of our actions will impact our health. But, in our very busy lives, we often find it hard to stick to our diets and plans for physical activities. We might opt for more fatty ready-to-eat foods at the convenience store and skip our gym appointments. We might let our selves go, but...

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OPREVENT

Ohkay Owingeh edition: Volume 1, Issue 3

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To: Ohkay Owingeh Community Member

Are you participating in the OPREVENT workplace pedometer challenge? Ask your local OPREVENT staff member for participating worksheets, as well as for more info!

PHASE 5/6: LIVING LIFE IN A GOOD WAY / CELEBRATING THE NEW YOU

OPREVENT

Ohkay Owingeh edition: Volume 1, Issue 4

Living Life in a Good Way

A high sodium diet can cause many health problems, such as high blood pressure and stroke. To decrease your chances of experiencing any health conditions, follow the 10% Rule and choose foods that contain less than 10% of your Daily Value of sodium per serving. And, be sure to look for food items that are labeled with OPREVENT's "Lower an OPRIDE" label and you'll be on your way to "Living Life in a Good Way". For more information, be sure to ask your interventionist for OPREVENT's "What's a Lot?" booklet.

To get in touch with OPREVENT...
Please contact: Carol Crow (505) 743-7795
Ohkay Owingeh Wellness Center Director
Maria Parilla (505) 268-2548 mparilla@ohkayowings.com
New Mexico Field Site Coordinator

OPREVENT

Ohkay Owingeh edition: Volume 1, Issue 4

GENERAL NUTRITION

To: To: Haplee Community Member

But of luck! We celebrate your achievements & success!
We wish you continued success on your journey to a healthier new you!

SHELF LABELS

DESCRIPTION OF SHELF LABELS AND INSTRUCTIONS FOR USE

The interventionist is responsible for making sure the appropriate OPREVENT shelf labels are up for every promoted food. The shelf labels are intended to serve as an easy reference for shoppers – to help them choose healthier alternatives over less healthy offerings in the food section.

The following shelf labels have been developed:

Lower in Sugar: intended to refer to a food choice which has substantially less sugar than foods in a similar category that are more commonly consumed (e.g. Canned fruit in light syrup or 100% juice). Usually <10g sugar per serving.

Lower in Fat: intended to refer to a food choice which has substantially less fat than foods in a similar category that are more commonly consumed (e.g. low fat or light mayonnaise). Usually <10% DV fat per serving.

Higher in Fiber: intended to refer to a food choice which has substantially more fiber than foods in a similar category that are more commonly consumed (e.g. fresh fruit). Usually >10% DV fiber per serving.

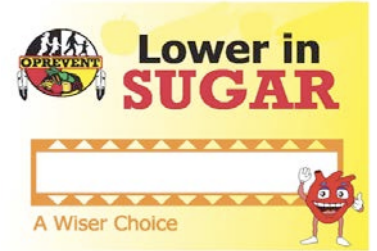
Lower in Sodium: intended to refer to a food choice which has substantially less sodium than foods in a similar category that are more commonly consumed (e.g. Low sodium pretzels). Usually <10% DV sodium per serving.

Healthier Choice: intended to refer to an overall healthy food choice, particularly items that are healthy snacks (e.g. granola bars).

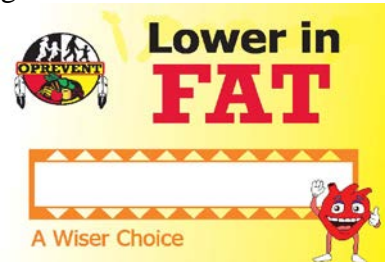
Shelf labels from previous phases should stay up for the remainder of the intervention. They should be checked up on with each new phase and replaced if damaged.

It is likely that items on the shelves may shift when foods are restocked and that the shelf label may no longer sit under the appropriate food (or is knocked down during restocking). Therefore the interventionist should **write the name of the promoted food in permanent black ink** in block letters in the space at

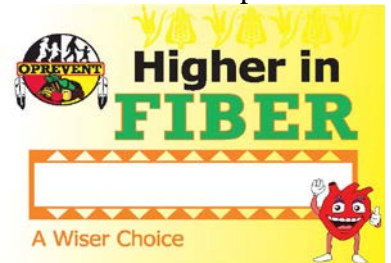
PHASE 1: Choose wisely



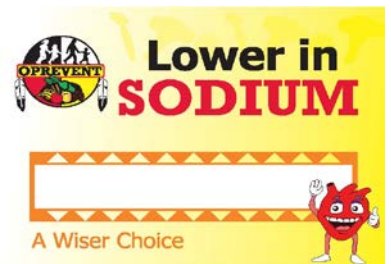
PHASE 2: Make a plan, set a goal



PHASE 3: One step at a time



PHASE 4: Make it count, make it last



the bottom of the label. The interventionist will need to check the label placement weekly and make sure labels are properly located, and shift them if necessary. In smaller stores it may help to give the manager and store staff a list of the promoted food shelf labels.

NOTE: The interventionist should make sure she/he has the permission of the manager before making these adjustments.

DOCUMENTATION AND MAINTENANCE

The interventionist will need to record where and when shelf labels are placed using the Interventionist Site Visit Log (See Process Evaluation). The interventionist will need to ensure that he/she has enough flyers available at each site and that they are appropriately used during each phase of the program

PHASE 5/6: Live life in a good way / Celebrating the new you



POSTERS

GUIDELINES FOR USING POSTERS

About the posters:

Posters are one of the main mass media communication methods that are being used in the OPREVENT program. Each phase of the OPREVENT intervention has one or more posters that have been developed for that phase. Post the tabloid size posters (11”x17”) or larger sizes of posters based on the size of the store, the availability of wall space, and the preferences of the store owner/manager, worksite managers, and school teachers/administrators.

When to hang:

The appropriate posters must be put up in the first 3 days of the intervention phase. At the end of each promotional phase, the interventionist will take down the old posters if necessary to make room for the new posters.

Locations:

They should be evenly divided between stores, worksites, and schools. The interventionist will need to get permission to put up the posters and select a suitable location at each site. If wall space is limited, tripod easels may be used to hang posters.

DOCUMENTATION AND MAINTENANCE

The interventionist will need to monitor store/worksite/school posters to ensure that they are securely posted and re-hang posters that may have fallen or been torn down. Damaged posters should be replaced. Old posters (in good condition) should be stored in the project field offices.

POSTERS BY PHASE

Posters will be printed in various sized depending on location

PHASE 0: TEASER



PHASE 1: CHOOSE WISELY

THINK BEFORE YOU DRINK...
CHOOSE water first, then diet soda or 100% juice

Make a Wiser Choice

HIGHER IN FIBER
LOWER IN FAT

LOOK FOR THE OPREVENT SHELF LABELS

WHAT ARE YOU REALLY DRINKING?
= 17 SPOONS OF SUGAR
= 243 CALORIES

20 FL. OZ

FOLLOW THE 10% RULE!

The 10% Rule Means Choose Foods With:

- Less than 10% Daily Value: Fat, Sodium
- Less than 10 Grams of Sugar
- More than 10% Daily Value: Fiber, Vitamins

Nutrition Facts	
Serving Size 1 cup (22g/about 8 percent)	
Servings Per Container 10	
Amount Per Serving	
Calories 110	
Percent Daily Values	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 24g	8%
Protein 3g	
Vitamin C	0%
Fiber	11%
Thiamin	8%
Riboflavin	4%
Niacin	4%

*Percent Daily Values are based on a diet of 2,000 calorie diet. Based on 1/2 cup of honey wheat pretzels.

PHASE 2: MAKE A PLAN, SET A GOAL

CUT COSTS WITH COOKING SPRAY!

LARD 3.7 cents per serving
VEGETABLE OIL 2 cents per serving
PAN COAT 1 cent per serving

WHY USE COOKING SPRAY?

- Adds no fat, calories, or salt!
- Makes clean up easy!
- Tastes great!

Making Food Less Greasy!
Cooking with Spray is Easy!

MAKE A PLAN
 Plan meals in advance | Make a Grocery list

SET A GOAL

Sunday Starting Sunday I will drink more water

Tuesday I will walk for 10 minutes

Friday By next Friday I will have lost 1 lb.

Saturday I will start using a sugar substitute in my food and drinks

MAKE A PLAN

Plan meals in advance | Cook Double meals and freeze one for later | Make a grocery list | Pack a lunch 3 days out of the week

SET A GOAL

Starting Sunday I will drink more water each day

Starting Tuesday I will walk for 10 minutes each day

By Friday I will have lost 1 lb.

COME TO THE OPREVENT TASTE TESTING/COOKING DEMO!

Come learn and be healthier!

FEATURED ITEM: _____

PLACE: _____

TIME: _____

THE PROBLEM WITH ENERGY DRINKS

Energy drinks have lots and lots of sugar! As much as a can of soda! Drinking all of those calories will increase your risk of obesity which can lead to diabetes, heart disease and some cancers.

HEART PROBLEMS: Those who overuse on energy drinks are at a higher risk for developing cardiovascular problems, such as irregular rapid heartbeat, and increased blood pressure.

NERVOUSNESS AND ANXIETY: While that occasional energy drink can help enhance alertness, too much may actually decrease your ability to function.

DEPENDENCE: Energy drinks can be addictive.

PHASE 3: ONE STEP AT A TIME

S -tart now, make it count, make it last
E -ngage your family, coworkers & community
L -ive Life in a Good Way
F -ocus on Fitness – aim for 5 times a week

R -eap the rewards of a healthier you
E -at Healthy – remember the 10% rule
S -et Smaller, Achievable Goals
P -lan ahead and prosper
E -xercise daily
C -hoose Wisely
T -ell yourself YOU CAN

AEROBIC ACTIVITY IS GOOD FOR YOUR HEART

Double your chances at success! Bring your buddy!

WALK OPREVENT'S INDIAN COUNTRY PEDOMETER CHALLENGE
 SEPT. 21ST THRU DEC. 21ST 2012

Pick up your complimentary pedometer at your work place's designated area when you sign up.

Complete for awards certification and a special area drawing to win an outdoor activity set.

Collect locations which would be particularly more scenic if they existed.

Complete for 1 location each week for 52 weeks.

The team with the most locations entered at year end.

Walk with us through OPREVENT'S Indian Country to see which community will get the farthest

WALK OPREVENT'S INDIAN COUNTRY PEDOMETER CHALLENGE

HOW FAR WILL YOU GET?

Report your steps each week to win a Deluxe Outdoor Activity Set

Simply collect OPREVENT player cards to turn entries into the Grand prize drawing!

The more weeks you record the more drawing entries you receive! Even if you take one step each week it counts!

Sign up September 21st thru December 21st
 Until Full Limit
 5 teams per worksite
 3-5 member teams
 Employees only

Don't delay sign your team up today.

COMPLEMENTARY SWEETENER AND FAT FREE CREAMER

10 oz coffee + 2 creamers and 2 sugars
 It's 82.2 cal, 3 g fat!

10 oz coffee + 2 tbsp powdered nondairy milk + 2 splendas
 It's 50 cal, 0 g fat!

10 oz coffee with nothing
 It's 2.5 cal, 0 g fat!

CHOOSE WISELY!

PHASE 4: MAKE IT COUNT, MAKE IT LAST

Make it count!
 Champion your future!
Make it Last!

Eat Right & Exercise Daily


We Are The Silversmith family
 Come journey with us into being more health conscience

Grandma Molly loves to cook and she teaches me many things


This is my favorite healthy snack
 Try them you will like them too!



Walking with my family is fun and helps keep us healthy!

Phytochemicals protect us from disease.



PHASE 5/6: LIVE LIFE IN A GOOD WAY / CELEBRATING THE NEW YOU

Putting Portions into Perspective

What's Served

Yikes!! That's what I ate yesterday plus breakfast and lunch! OMG snacks, too!



Healthier Choice

Pay Attention to Portion Sizes and take a positive step toward Living Life in A Good Way!

Eating Smaller Portions more often keeps your body happy!



Take a Hands ON approach to healthy eating.
Use your HAND to help you avoid portion distortion. It can help you keep in mind what a healthy serving size is to eat!

- 1. **1 Hand = 1 cup** (for soups, stews, dips, casseroles, salads, and soups)
- 2. **1 palm = 3 oz.** (for meat, poultry, seafood, fish)
- 3. **1 cupped hand = 1/2 cup** (for milk, yogurt, pudding, instant noodles)
- 4. **1 thumb = 1 tablespoon** (for oil, dressings, and butter)
- 5. **1 hand flat = 1 slice** (for bread, pizza, and sandwiches)

Take care of your body, mind, and spirit!

Look to the wisdom of our Ancestors.

Drink plenty of water, eat nature's foods, and be active often!




GUIDELINES FOR FLYER USE

Flyers are a form of educational material on which more information about a topic may be conveyed. They are used in multiple ways in the OPREVENT project:

Flyers may be handed out by the interventionist during cooking demos and taste tests, or handing out materials may be an activity in itself.

DOCUMENTATION AND MAINTENANCE

The interventionist will need to record where and when flyers are distributed using the Interventionist Site Visit Log (See Process Evaluation). The interventionist will need to ensure that he/she has enough flyers available at each site and that they are appropriately used during each phase of the program

FLYERS BY PHASE

PHASE 1: CHOOSE WISELY

What is OPREVENT?
OPREVENT is a new type of diabetes prevention program for the American Indian community. It is a partnership between your local health Department and Oklahoma State University (OSU). OSU is located in Stillwater, Missouri. Your community's agreement to participate in the OPREVENT program was signed with initial resolution. The program is funded by the U.S. Department of Agriculture (U.S.D.A.), and has been approved by the Indian Health Service (IHS).

Why is OPREVENT important?
Many American Indians have diabetes and heart problems and rates are much higher in Native communities than in other Americans. These illnesses are often related to the people eat, and how much exercise they get. OPREVENT wants to help individuals understand and improve foods and provide fun opportunities to move an exercise.

How do we know if OPREVENT is making a difference?
OPREVENT will be carefully measured by interviewing some people in the community before and after the program. We will ask questions about their weight, how people cook, what people think about their foods, and how much people exercise. We will also see if there are any changes in the community, like within schools, work sites, or local food stores.

How can I get involved in OPREVENT?
There are two different ways to get involved in OPREVENT. Some individuals have an 18 and 25 will take part in the intervention we do before and after the program. They will be chosen by chance like picking names out of a hat out of everybody in the community, and it is entirely voluntary if they would like to participate. However, everyone will be welcome to participate in the program itself. We will be teaching about healthy foods through cooking demonstrations and tastings, doing work-site and community-wide physical activities, testing fun fitness activities to get people moving and trying new foods, and educating children about the importance of healthy living at schools.

Who can I contact about OPREVENT?
Joni O'Brien, PhD, is the Principal Investigator. joniob@okstate.edu (405-955-3927)
Marilyn Hinton, MSW, MPH, is the Senior Food Coordinator. mhinton@okstate.edu (405-209-2048)

You can also contact the OPREVENT staff people in your areas:

Name: _____ E-mail: _____
Phone #: _____

Community Extension Specialist and Coordinator of the program: CDHinton@okstate.edu (405) 955-3927

OPREVENT 2003-10-31

For **HEALTHY** choices LOOK for these **SHELF LABELS**

Lower in SUGAR
A Wiser Choice

Higher in FIBER
A Wiser Choice

HEALTHIER CHOICE
A Wiser Choice

FOLLOW THE 10% RULE!

The 10% Rule Means Choose Foods With:

- Less than 10% Daily Value: Fat, Sodium
- Less than 10 Grams of Sugar
- More than 10% Daily Value: Fiber, Vitamins

Nutrition Facts	
Serving Size 1 oz. (28g) (About 6 pretzels)	
Servings Per Container 10	
Amount Per Serving	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 24g	8%
Sugars 3g	
Protein 3g	6%
Fiber 1g	2%
Thiamin 8%	11%
Riboflavin 4%	8%
Niacin 8%	16%
*Percent Daily Values are based on a diet of other people's secrets.	
Based off of 10 oz bag of honey wheat pretzels	

PHASE 2: MAKE A PLAN, SET A GOAL

WHAT'S IN ENERGY DRINKS?

Sugar: Energy drinks have lots and lots of sugar. As much as a can of soda. Drinking all of these can cause your risk of obesity and diabetes.

Vitamin B group: Various vitamin B groups are commonly found in energy drinks, and can help the body by regulating water and mineral salts in the blood, and can help with neurological development. However, more studies are needed to determine the long term effects of vitamin B on the body.

Taurine: This is a type of amino acid commonly found in energy drinks, and enhances neurological function. It can help the body by regulating water and mineral salts in the blood, and can help with neurological development. However, more studies are needed to determine the long term effects of taurine on the body.

Caffeine: The good part in energy drinks is caffeine. It is commonly found in coffee and soft drinks to keep you alert and awake.

See the reverse side for negative effects of energy drinks.

Nervousness and Anxiety: While that occasional energy drink can help enhance alertness, too much may actually decrease your ability to function. Nervousness, irritability and anxiety can increase over time, as well as the unpredictability and disruptive "jitters" common in that of an over-stimulated person. Excessive or disruptive sleep cycles can also develop, which can lead to a lower quality of sleep at all.

Dependence: Energy drinks can be addictive if used excessively on a daily basis. Withdrawal symptoms may be present if someone tries to abstain, including headaches and mood swings.

Weight gain: Since sugary energy drinks are often filled with high levels of sugar, they can be caloric bombs. Excessive sugar intake when left unchecked, can lead to obesity, which opens the pathway for many other chronic medical problems.

Cardiovascular problems: Those who overuse on energy drinks are at a higher risk for developing cardiovascular problems, such as irregular, rapid heartbeats, and increased blood pressure.

Warning: Some of the ingredients in energy drinks may be addictive.

OPREVENT Pedestrian Challenge
Frequently Asked Questions

Thank you for your interest in the OPREVENT Pedestrian Challenge. The Pedestrian Challenge will be held in several locations in your community. For your convenience, we have put together a list of frequently asked questions that will help answer your questions that are part of the OPREVENT project.

Q: What is the OPREVENT Pedestrian Challenge?
A: The OPREVENT Pedestrian Challenge is a part of a research study. The OPREVENT program in your community has been approved by the National Human Resources Research Review Board. Approval was given to all of us with the Indian Health Service at the Oklahoma State University School of Public Health. In addition, your local chapter signed a Pedestrian Challenge Agreement. Dr. Jon O'Brien, Principal Investigator, is the principal investigator and he has local staff working with him to implement OPREVENT and the Pedestrian Challenge. If you have any additional questions, you can call the OPR staff at the Albuquerque 505-270-0254, 101-244-1111. And ask for blanka gaudin or hinton@okstate.edu.

Q: Is the Pedestrian Challenge a new health program?
A: The Pedestrian Challenge is a part of the OPREVENT program that is making a difference in your community. The Pedestrian Challenge is part of a multi-city, multi-national project that is being done in five Native American communities in Michigan and New Mexico.

Q: Why is the Pedestrian Challenge?
A: The Pedestrian Challenge is a long-term program that aims to encourage walking employees in their daily and weekly steps to gradually increase physical activity, and to work with companies to reach workplace wellness. OPREVENT staff will be offering you a variety of ways to record your daily steps. It is possible that you will be able to use the Fitbit as well as get a special prize.

Q: How do I participate in the Pedestrian Challenge?
A: To participate in the Pedestrian Challenge, you will need to wear the OPREVENT pedometer. We will give you the pedometer for free. You will need to wear the pedometer from when you get dressed in the morning and until you go to bed at night. You should wear it on your hip. You should also check when your clock OPREVENT pedometer will be recording your steps on the back of the pedometer to make sure it is ready to record.

Q: Why can't I participate in the Pedestrian Challenge?
A: The challenge is intended for those who are in good health.

Q: How should I use my pedometer?
A: At work or in a safe area. You can hook the pedometer on your pants pocket or belt loop.

Q: If I don't, will I get another one? Will I have to pay?
A: The pedometer is expected to last for at least a year. If we get more, we will give them out to people who use them. Use the least step to make sure you don't lose the pedometer.

Q: Do I get a back pedometer? How is the challenge in other?
A: Yes, you get a pedometer.

Q: Why is the challenge important?
A: It's a way for you to get active and to provide support for the people to move active program.

Q: Why do I have to record my steps? Why will I see my record?
A: The OPREVENT staff will be using your step count to monitor your progress and to be able to calculate the number for the pedometer challenge. We will also use it to give you a weekly feedback and service to help in the areas where you need more physical activity goals. Only OPREVENT staff will see your record, unless you are part of the challenge, you will be able to see that if you are part of a team.

Q: Does the pedometer require any maintenance after this is?
A: It should not. It normally will run for at least 12 months.

Q: Should I walk on weekends, too?
A: Yes, walking any time will add to your daily and weekly step count.

Q: Can I run instead of walk?
A: If you feel like you want to add more challenge, you can. You can choose a variety of other physical activities like jogging, swimming, or any other activity that you enjoy. You can also choose to walk on your own.

Q: Can other individuals (not employees or students) from the community participate?
A: Yes, we are holding the Pedestrian Challenge for residents, and some of our teaching and other community members if we have enough pedometers. However, walking is a good physical activity for people of various fitness levels and is safe for all ages. Feel free to bring questions on your walk.

Q: Are children not to be in the pedometer challenge?
A: No, children are not to be in the pedometer challenge.

Q: Is that the lower age limit?
A: Yes, really, though it is intended for adults.

Q: What happens after the Pedestrian Challenge is over, do we stop walking?
A: No, you don't have to stop walking. You can keep on walking, recording your steps, and using the pedometer to track your progress. After the Pedestrian Challenge is finished, OPREVENT staff will be happy to track your progress, and we will be able to give you a special prize. However, individual will be able to continue the Pedestrian Challenge on their own.

Q: How can I help with the OPREVENT or the Pedestrian Challenge?
A: If you would like to volunteer, you can help to use OPREVENT staff anytime you are there in the community. There are a number of other OPREVENT events where you may be able to help out, and volunteers are always welcome.

PHASE 3: ONE STEP AT A TIME

WALK OPREVENT'S INDIAN COUNTRY PEDOMETER CHALLENGE

HOW FAR WILL YOU GET?

Support your steps each week to win a Deluxe Outdoor Activity Belt!

Simply collect OPREVENT player cards to earn entries into the Grand prize drawing!

The more weeks you record the more drawing entries you receive! Even if you take one step each week it counts!

Monthly achievement certificate awards will go to:
Most Valuable Participant (MVP) includes all OPREVENT Communities

Team of the month the winners of this team receive a FREE healthy lunch provided by OPREVENT, 1 loaner per community

The top 3 walkers from each of the OPREVENT communities will receive a Awards Plaque.

So lace up your tennis shoes! Get your teams together with your co-workers and with bragging rights!

Pick up your free pedometer at your work place's designated area.

Sign up September 15th thru December 15th that'll Full Line! 5 teams per worksite 3-5 member Teams Employees only

Don't delay sign your team up today.

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PHASE 4: MAKE IT COUNT, MAKE IT LAST

Let's get active! All about MVPA

DID YOU KNOW?

Our members were made aware that we are active. Today many of us are EAGER to be active, which means we are ready to start taking steps to get active. We are all excited to take a variety of forms of fitness, spending time outdoors, and we are all excited to take a variety of forms of fitness, spending time outdoors, and we are all excited to take a variety of forms of fitness, spending time outdoors.

MVPA?

MVPA means "Moderate to Vigorous Physical Activity". MVPA is the amount of physical activity that makes your heart and lungs stronger and gives you more energy!

Examples include: walking, jogging, playing sports and games, doing yard work, and doing household chores.

Adults: Aim for at least 150 minutes of moderate activity, or at least 75 minutes of vigorous activity, each week.

Children: Aim for at least 60 minutes of moderate to vigorous activity each day.

Why is MVPA so important for our community's health?

MVPA is linked with the MOST health benefits. If you do MVPA regularly, you can lower your health risks, lower your risk for many diseases like diabetes, stroke, heart disease, and obesity. Work together and get active together as a community!

Remember: Check with your doctor before starting any exercise program! This is especially important if you have serious health conditions or if you are older. Your doctor can also help recommend special activities or suggest modifications if you're older and have limited mobility.

How do I know if I'm doing MVPA?

The words "moderate" and "vigorous" activity refer to how hard your body works during a physical activity. Try using these 2 methods to read your body!

1) The Body Check

When your body is doing MVPA, you feel either a 3, 4, or 5 on the scale.

2) The Talk Test

When doing an activity, if you can talk normally, you are doing moderate activity. If you can only talk in short sentences, you are doing vigorous activity.

3) The Heart Rate

When your heart rate is between 140 and 170 beats per minute, you are doing moderate activity. When your heart rate is above 170 beats per minute, you are doing vigorous activity.

4) The Energy

When you are doing moderate activity, you feel like you are working hard, but you can still talk and breathe. When you are doing vigorous activity, you feel like you are working very hard, and you are breathing hard.

Some ideas to get MVPA into your day!

WALK BREAKS - which means outside with the dog, or with a friend. Take a walk on the treadmill or take a walk to the outdoor center.

Do chores - By doing housework like mow lawn, sweeping, and even pulling weeds in the garden, we can take some of our home on wheels to our bodies!

Climb high - Take the stairs, climb mountains and hills, and climb the tower. Enjoy the view from up above!

Dance - Traditional dancing, line dancing, and modern dancing are all great ways to have fun & move!

Kayak or canoe - Leave the shore behind and spend your time on the water. Take an easy lake ride.

Go for a run or jog, or race or speed walk - on whatever your feet take you!

Shed some weight! - Play basketball and other active sports with family, friends and neighbors.

Play tag! - Round up some friends & some family members! Modern games like football and flag football as well as traditional games like Duck-Deer-Duck that we all love and will get you moving!

Jump rope, go on a harder bike or roller ride, take a Zumba or aerobics class, or go for a swim!

How would you like to get moving today?

Keeping It Up! - Tips and Tricks to Stay Active and Energized

FUELING THE ACTIVE YOU!

It's important to drink water and other fluids when you are being active to avoid dehydration. Choose water and other low-fat or sugar added drinks like herbal tea for the job, but work out for sports drink - many have a lot of sugar and calories!

For snacks, fruits are a great choice. They are LOW in FAT, LOW in SUGAR, LOW in CALORIES, and HIGH in FIBER. Some snacks that suggest are fresh fruits, nuts, and low-fat yogurt, but we should all aim for between 1 1/2 cups of fruits and vegetables PER DAY. Fresh, wild, berries, and canned (in low-sodium or with no sugar added) fruits are all good options. Try fruits alone or add to a Greek yogurt container with your own berries, and nut butter.

Example of 1 cup of fruit: 1 small apple, 1 large banana, 8 strawberries, 2 medium plums, 1 cup of 100% fruit juice, 1 cup dried fruit.

Example of 1/2 cup of fruit: 1 medium grapefruit, 1 medium cantaloupe wedge, 1/4 grapefruit, 1/2 cup of raisins, 1/2 cup of blueberries, 1/2 cup of strawberries, 1/2 cup of kiwi.

ON THE RESTAURATION GETTING & STAYING ACTIVE IN YOUR COMMUNITY:

Look for ways to get active with your community members! Here are some great ideas to get your started! Many more exist - and your own and share them with your neighbors!

- OPREVENT & Just Move It events
- Walkout classes at the senior center, community center, or gym.
- Free workout videos or DVDs at the library, community center, or on the internet.
- Walking or running clubs.
- Community exercise fun and walks.
- Recreational and outdoor fitness activities, and Community sports teams and leagues!

FACT: Canned beans and vegetables are high in salt.

The body needs a small amount of sodium to support muscle and nerve function and to keep our blood pressure normal. An excessive amount of sodium can cause high blood pressure - a major risk factor for heart disease. Canned beans and canned vegetables are high sodium foods. Yogurt and frozen are high in salt and beans are also rich in protein. You can follow the 3 steps described here to reduce your sodium, while keeping a valuable source of fiber in your meal.

1. Open a can of beans, pour the contents in a colander and drain.
2. Rinse beans and allow beans to drain for 2-3 minutes.
3. Measure.

Many studies have reported that using steps 1 & 2 can reduce up to 25% of the salt content. Whereas step 3 reduces up to 45% of salt!

Ten reasons to encourage employee physical activity:

1. Employees who engage in physical activity are more productive in the work place and more likely to act kindly toward their co-workers!
2. Regular physical activity improves mental health!
3. Physical activity improves focus and attention for 2 to 3 hours following activity!
4. Work place physical activity programs in which employees exercise as a group improve employee attendance and job satisfaction.
5. Employee fitness programs have been shown to improve general attitudes of employee to employment, and to reduce employee turnover rates!
6. Frequent physical activity helps to maintain cognitive processes of your older employees related to thinking, learning, and judgment!
7. Physically active adults have fewer functional limitations at the workplace!
8. Employees who engage in physical activity for as little as 35 minutes / day... 3 days / week demonstrate reduced job stress!
9. Physical activity reduces risk of depression and improves sleep quality.
10. The national campaign for American Indian and Alaska Natives (AIAN) Just Move It supports ongoing efforts of Tribal healthcare.

WHAT DOES 2000+ CALORIES LOOK LIKE?

This photo can help guide you as you plan your meals to make it count and make it last!

Look at the portion sizes and types of foods and drinks! Choose wisely!

*The actual number of calories each of us needs every day to be healthy depends on many things. Consult your local dietitian (RD) or Certified Diabetes Educator (CDE) to help you figure out how many calories you need and how to plan!

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PHASE 5/6: LIVE LIFE IN A GOOD WAY / CELEBRATING THE NEW YOU

OPREVENT Approved Healthy Snacks

Always observe serving sizes!

- Lower in SUGAR:** eggs, granola bars, fresh strawberry banana smoothies (ice-cream, not ice cream), apples and peanut butter, homemade pizza.
- Lower in FAT:** watermelon, peaches, plums, strawberries, grilled cheese on whole wheat bread, plain yogurt with honey and fruit, egg sandwiches on whole wheat bread.
- Higher in FIBER:** hummus with veggies, crackers, or bread, almonds, cashews, pistachios, peanuts, homemade salsa on chips or salads.
- Lower in SODIUM:** peanut butter toast (with honey or sugar-free jam), whole wheat pasta with olive oil, garlic, and parmesan cheese and some kind of wholesome cracker.
- Lower in SUGAR:** Peanut butter and crackers, garden of eatin' and baked tortilla chips.
- Lower in FAT:** roasted broccoli, potatoes, cauliflower, asparagus, sweet potatoes... etc.

Eating Healthy Can Be Tasty. Try these yummy snacks and remember ... Follow OPREVENT's 10% rule!



OPREVENT Approved Low Calorie Drinks

- Lower in SUGAR:** 5 calorie Flavored Drink Mix, 5 calorie Lemonade Drink Mix.
- Lower in FAT:** 0 Calorie Drink mix, Vitamin Water Zero.
- Higher in FIBER:** 0 Calorie Flavored Water, 0 calorie tea.
- Lower in SUGAR:** 0 calorie sports drinks, Diet Soda.

By far the best drink you can give your thirsty body is water!




Next time you go food shopping, take the extra time to read your food labels when choosing food products!

FOLLOW THE 10% RULE!

- Less than 10% Daily Value: Fat, Sodium, saturated fat
- More than 10% Daily Value: Fiber, Vitamins

CHOOSE these healthier food items!	Try to AVOID these alternative options:
Skim or Part Skim cheeses	Whole Milk cheeses with higher saturated fat and cholesterol.
98% Fat Free Beef Franks	Select Beef Franks may be higher in fat.
Turkey Bologna	Beef or Pork Bologna
Olive oil or Canola oil	Palm or Coconut oil. These oils are less healthy, and high in saturated fats.
Low Salt or No Salt Added Beans or other canned products.	Beans with salt added. Note: You'll have to read the nutrition label to determine how much salt has been added! Follow the 10% Rule!
CHOOSE these healthier food items!	Try to AVOID these alternative options:
Whole Wheat Pasta	Enriched White Pasta. Are higher in fiber!
Brown or Wild Rice	White Rice. Are higher in fiber!
Low Salt or No Salt Pretzels	Pretzels with Salt
Low Sugar Cereals. Read the food label and use the 10% Rule!	Sugar Sweetened Cereals
Bottled Water or Diet Soda	Regular soda and Energy Drinks. These drinks have extra sugar and calories!

CHOOSE WISELY!




You've taken the steps towards creating a healthier lifestyle... You've worked hard to make healthy changes. Now it's time to:

CELEBRATE THE NEW YOU!

Live the healthy and happy life you deserve!

Making the choice to be healthy for yourself and family...

- Healthier shopping using OPREVENT labels...
- Increasing physical activity each day...

Higher in FIBER
A Near Choice




COOKING DEMONSTRATIONS & TASTE TESTS

GENERAL INFORMATION ABOUT COOKING DEMOS AND TASTE TESTS

Conducting cooking demonstrations and taste tests

Cooking demonstrations/taste tests are one of the activities of the OPREVENT Interventionist that takes up the greatest amount of his/her time. The cooking demonstrations will highlight the promoted foods and cooking methods for each phase of the OPREVENT intervention, and will seek to engage community members. Because several of the participating stores lack room for cooking demonstrations and taste tests, the interventionist will have to conduct them at other community locations as well. These may include the band office or health centre, worksites, community centres, at the schools, and other events. The interventionist is responsible for making sure she has all needed materials (see tables that follow) ready before beginning a demonstration.

Timing

- Cooking demonstrations will be conducted at least 3 times/phase at large stores and at least 2 times/phase at smaller stores, space and weather permitting.
- Cooking demonstrations should also be held at least 3 times/phase at various community locations.
- Conduct demos especially at days of maximum attendance (ie. During paydays or other days when checks are issued)
- When many customers are present, focus on Anishinabe from the participating communities.

Duration

Demonstrations should last approximately 1-2 hours, and should be conducted at times where there is likely to be a higher attendance (late afternoon, evening).

FOOD SAFETY

It is important to practice good food safety to prevent bacteria from getting into food or growing in food. Bacteria can make you sick- like a stomachache, diarrhea, fever, throwing up, etc. Steps to remember in keeping food safe:

1. Wash your hands thoroughly with soap and water, scrubbing all parts of your hands. Use a paper towel to turn off the faucet.
2. If you handle raw meat, wash your hands or use hand sanitizer before touching anything else. Make sure all surfaces that have come in contact with raw meat are washed as well.
3. Keep raw meat separate from other foods when preparing for a demo.
4. Wash all fruits and vegetables before using.
5. Remember to keep foods cool or hot. Raw or prepared foods should not be left out for more than two hours at room temperature.
6. Thaw foods in the refrigerator or a microwave
7. Tie back long hair when serving food.

DOCUMENTATION

The interventionist will need to document when and where cooking demos or taste tests were conducted using the Interventionist Site Visit Log. The Interventionist should also use this form to record when and where demos or taste tests were conducted and make a note of questions asked by customers and participants.

PHASE 1: CHOOSE WISELY

LEARNING OBJECTIVES

1. Customers will taste test diet sodas.
2. Customers will compare the sugar content of a variety of beverages.
3. Customers will guess the amount of soda in one serving.

MATERIALS NEEDED

Dixie cups

2 liter bottles of sample diet pop, fruit flavored water, sugar free drinks

Sugar jars displaying amount of sugar in different drinks

FLYERS

Comparison of sugar in juice, fruit cocktail, pop, water

GIVEAWAYS

Free can of diet pop of their choice

Water bottle with logo

FREQUENTLY ASKED QUESTIONS

Q. Isn't the stuff in diet pop bad for you?

A. No studies have shown that Nutrasweet (aspartame) increases risks of getting cancer or any other illness.

Note: Nutrasweet contains phenylalanine, which is dangerous for phenylketonurics (a genetic disease)

Q. I thought diet pop is only for people with diabetes, sick people like that.

A. Diet pop is for anyone who wants to consume less sugar or calories. This includes diabetics, but can include any health-conscious person. (I'd also avoid the word "sick" here, especially in reference to diabetics.)

Q. Diet pop tastes funny to me... like it has chemicals in it.

A. All parts of foods are chemicals. Sugar is a chemical. Salt is a chemical. Different chemicals, even when they are all natural, have different tastes. The taste is a little different because it comes from something different. But it's safe to drink. Many people actually prefer the taste of diet pop once they are used to them. If you don't like the taste, water is another great alternative to pop.

PHASE 2: MAKE A PLAN, SET A GOAL

LEARNING OBJECTIVES

1. Consumers will see and taste cooking spray.
2. Consumers will learn about the benefits of cooking spray (in terms of reducing fat in foods).
3. Consumers will see how to use cooking spray by observing and tasting a commonly used recipe prepared with spray instead of grease or oil.

MATERIALS NEEDED: Pancake mix (prepared at home)

Large mixing bowl
Electric griddle/frying pan
Cooking spray
Extension cord
Small paper plates
Plastic forks
Napkins
Gloves (for handling food samples)

VISUAL: Shop Healthy Educational Display

GIVEAWAYS: Buttons, Pot holders, lunch bags

FREQUENTLY ASKED QUESTIONS

Q. How long does a can of cooking spray last?

A. A can of cooking spray, depending on size, can be used 500-2000 times (that is for a quick squirt). If you use it a lot, it will still last for over a month.

Q. How does cooking spray taste?

A. Cooking sprays are just vegetable oil, so plain types don't taste like anything much. Go ahead and taste some of the flavored varieties we have here for you.

Q. Isn't cooking spray more expensive?

A. Well, a can of canola oil cooking spray has about 340 servings and costs about \$3.89, so that is about 1cent per serving. One serving of canola oil is 2 tsp. (10ml) so a \$6.29 (Safeway 3000ml) bottle would hold about 300 servings which is about 2 cents a serving. Margarine (Safeway) cost \$3.09 for 907g, and a serving is about 2 tsp (10g), or about 3.4 cents. There is a flyer which illustrates this as well.

Q. What are the different foods you can cook with cooking spray?

A. Many of the foods you commonly prepare with grease or oil can be prepared with cooking spray. These include stir-fry vegetables, meats, grilled sandwiches, fried eggs, pancakes, bannock, anything that you might cook in a skillet. In terms of baked goods, the spray is for coating pans, and not a substitute for oil or shortening in the recipe.

Q. Is cooking spray safe to use?

A. Lecithin is a natural part of many foods, and all products in stores must be proven safe.

Q. What are the health benefits of using cooking spray?

A. Cooking spray is calorie free, fat free and cholesterol free.

GIVEAWAYS

Giveaways are tangible incentives that serve an important reinforcing purpose. For OPREVENT, we have a tiered giveaway system:

- Tier 1 giveaways refer to items that are widely available for community members. These are items that you can give to anyone who is around during your intervention activities. During interactive sessions (cooking demonstrations/taste tests), anyone who is present can receive a Tier 1 giveaway.
- Tier 2 giveaways refer to items that are available for people who interact with interventionists. Tier 1 items are less available than Tier 1 items. During interactive sessions, interventionists can give Tier 2 items to anyone who talks to you for a short amount of time.
- Tier 3 giveaways refer to items that are less widely available. They require more “effort” on the part of the participant to receive. These can be given to participants who actively engage with interventionists or listen for a longer period of time.

Giveaways with the project logo include:

- Phase 1
 - 2012 Calendar (Tier 1)
 - Arm wrestle button (Tier 1 – child)
 - Magnetic shopping pads (Tier 1)
 - Shopping bags (Tier 2)
 - Water bottles (Tier 3)
- Phase 2
 - Buttons (Tier 1)
 - Pot holders (Tier 2)
 - Lunch bags (Tier 2)
- Phase 3
 - Buttons (Tier 1)
 - Physical activity diaries (Tier 1)
 - Frisbees (Tier 2)
 - Pedometers (Tier 3)
- Phase 4
 - OPREVENT 2013 Calendar (Tier 1)
 - Physical Activity Diary (Tier 1)
- Phase 5/6
 - Food diaries (Tier 1)