

PN-000-10, CCNE: Diet and Women's Health - Feeling Great Postpartum and Beyond

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

Part 1: Planning the Nutrition Education Session - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

Part 2: Session Outline - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

Snapshot of Group Session:

CCNE Lesson title: CCNE: Diet and Women's Health - Feeling Great Postpartum and Beyond

Developed by: State agency

Date Developed: 11/2011

Approved by: State WIC NE staff

NE Code: PN-000-10

Class Description: This lesson focuses on a healthy diet choices as weight loss and weight maintenance strategies in the postpartum period and beyond. It includes a discussion activity, an evaluation activity called "Anna's Choice", and a handout with quick, healthy meal ideas.

Target Audience: Breastfeeding, or postpartum mothers; mothers with children of any age.

Type of Learning Activities: Discussion, group activity

Part 1: Planning the Nutrition Education Session

Lesson: PN-000-10, CCNE: Diet and Women's Health - Feeling Great Postpartum and Beyond

Item	Notes for Planning the Session
<p>Learning Objective(s) – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> • Express the belief that making healthy diet choices over the long term is a key strategy to losing weight and maintaining a healthy weight at any life stage. • Propose two healthy alternatives to two unhealthy diet choices. • List one healthy meal idea that can be prepared quickly.
<p>Key Content Points – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> 1. At any time during a woman's life - but especially during the first six weeks after birth - mothers need healthy foods and plenty of fluids to help maintain a healthy weight. Extreme dieting is never a good idea for weight loss at any time in a woman's life. 2. Making healthy diet choices every day is part of a long term weight maintenance strategy. Keeping a few quick meal ideas handy can help make weight maintenance easier for the whole family. 3. Most postpartum women want to return to their pre-pregnancy weight. Every woman's weight loss varies, and the goal should be gradual weight loss (1-2 lbs/week). With a healthy diet and physical activity, much of the weight gained during pregnancy will be shed naturally during the first year after delivery.
<p>Materials – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<p>Markers Flipchart or magnetic board Envelopes Scissors 3" x 5" Post-it notes Pens or pencils for everyone Handout: Heat & Eat Meals (Activity #1, attached) Handout: "Anna's Choice" (Activity #2, attached) <i>See "Preparation" below.</i></p>

<p>Resources – Review current WIC resources or other reliable resources like WIC Works.</p>	<ul style="list-style-type: none"> • Dietary Guidelines for Americans, 2010, www.dietaryguidelines.gov • For information on the importance of integrating physical activity with a healthy diet to maintain a healthy weight, see the CCNE lesson, PN-000-08, CCNE: Get Your Groove on, Mama!
<p>Class Flow & Set Up – Consider the flow of the session & room set-up. Note any extra preparation that may be needed.</p>	<p>This lesson should be taught in the classroom with participants seated in a circle or semi-circle so that they can have a discussion. For the hands-on activity, be sure the participants can get into groups easily. Remember to make room for strollers or baby car seats.</p> <p>Preparation for Activity #2</p> <ol style="list-style-type: none"> 1. Make copies of the attached sheet “Anna’s Choice.” 2. Cut out the phrases on the sheet into strips (use the dotted lines as guides). Fold each phrase strip so that it looks like the fortune in a fortune cookie. 3. Put four healthy and four unhealthy choices into an envelope. 4. Each group (of 2-3 participants) will get one envelope containing 8 strips . <p>Note: If you have a large class, you can use the same phrases with more than one group. A key to Anna’s Choice is provided for WIC staff.</p>

Part 2: Session Outline

Lesson: PN-000-10, CCNE: Diet and Women’s Health - Feeling Great Postpartum and Beyond

Item	Notes for Conducting the Session
<p>Introduction: Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda, exploring ground rules, making announcements, etc.</p>	<p>Introduce yourself and invite the participants to introduce themselves (and their family) after they’ve made themselves comfortable.</p> <p>Say something like, “Today we’re talking about losing weight and keeping it off with a healthy diet. Is there anyone here today who has thought about losing any weight recently?”</p>
<p>Icebreaker: Anchor the topic to the participants’ lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p>	<p>Say something like, “A new “miracle” diet seems to pop up every year – in the news, in magazines, maybe you’ve read about a diet some famous actress used. What is the weirdest or most unusual diet you’ve ever heard of, or read about to lose weight?”</p> <p>Possible answers include:</p> <ul style="list-style-type: none"> – No carbs diet – Grape diet – Carrot diet
<p>Activities: For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p>Activity #1: Discussion</p> <p>Say something like, “If you’ve ever tried one of these diets to lose weight, you know “miracle” diets just don’t work in the long run. Today, we’ll talk about some healthy diet choices you can make to help you lose weight safely, easily, and then keep it off.</p> <p>Don’t forget that physical activity is very important, too. It helps keep you and your family healthy [mention Get Your Groove On, Mama DVD, if you think it’s appropriate]. <u>But today, we’re focusing on changes you can make in your diet.</u> Maintaining a healthy weight for a long time means starting slowly – just losing 1-2 lbs a week - and making small changes and healthy choices every day. And everyone in the family can be involved, not just moms!”</p> <p>[If there are postpartum participants in the group, address the following:</p> <p>“For the new mothers in our group who are trying to get back to their pre-pregnancy weight: remember weight loss during the first six weeks after delivery is determined by many things. It is not just the result of how much food you eat. Postpartum weight loss varies from woman to woman. Some</p>

Item	Notes for Conducting the Session
	<p>of you will lose weight quickly, others will not. During the first six weeks, you need healthy foods and plenty of fluids to help you regain your strength after having a baby. This is not a good time to go on an extreme or “miracle” diet. You need enough energy to take care of your baby. Also, check with your doctor before starting any physical activity”]</p> <p>Suggested Discussion Questions:</p> <ol style="list-style-type: none"> 1. For anyone who has been working to lose weight – either after pregnancy or just in general - what are some things you’re doing now?” <ul style="list-style-type: none"> Possible answers include: <ul style="list-style-type: none"> – increased physical activity – cutting back on soft drinks – eating less sweet or high-fat foods <i>Affirm the healthy choices participants are making.</i> 2. What are some other issues you have had with trying to lose weight or make healthy choices? <ul style="list-style-type: none"> Possible answers include: <ul style="list-style-type: none"> – time – money for healthy choices – eating at job/school – eating out – lack of cooking skills “For a lot of moms, time is a big issue when trying to make a quick, healthy meal or snack for themselves or their families. 3. Tell me a little bit about how time has affected what you or your family eat. <ul style="list-style-type: none"> To help you, we have a short handout here with six ideas for some “Heat and Eat Meals.” These are healthy choices for moms who need to make a meal quickly for themselves or their family. Losing weight and then maintaining a healthy weight is all about preparation and planning, which takes practice. <p>Activity #2: Anna’s Choice</p> <ol style="list-style-type: none"> 1. Divide the class into small groups of two or three clients. A small class may have only one group. 2. Pass out one prepared envelope to each group.

Item	Notes for Conducting the Session
	<p>Say something like, “Each group is going to help your friend Anna, who’s just had a baby and wants to get back to a healthy weight. She does each of the things listed in the envelope. As you read each of Anna’s choices, decide if Anna is doing a healthy thing. If she is, think of ways to congratulate her. If she is not, suggest some healthy alternatives for her.”</p> <p>Suggested Discussion Questions:</p> <p>Divide the flip chart or magnetic board into two columns. Put the unhealthy choices into the first column and list the healthy alternative in the second column. Each group’s suggestions will be part of the class evaluation.</p> <ol style="list-style-type: none"> 1. What diet choices did Anna make that your group didn’t think were healthy? 2. Tell us the healthy options you suggested for Anna. 3. Looking at the side with the healthy diet choices, which one do you think is the hardest? What would you do to make it easier for yourself and your family?
<p>Review and Evaluations: <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p>After the groups are finished, give everyone two large yellow post-it note and a pen.</p> <p>Say something like, “Now I want each of you to write down two healthy diet choices that we talked about today that you think you can try in the next week. You may want to look at the healthy choices column or your ‘Heat and Eat Meals’ handout for ideas.”</p> <p>“After you’ve finished writing them down, hold up the one you know you can do tonight or tomorrow, and then take the other one home and put it in a place where you will see it often, like the refrigerator or bathroom mirror.”</p> <p>Client Evaluation Surveys:</p> <ul style="list-style-type: none"> • Please collect surveys only during the evaluation period. • Evaluation period for this lesson: [February, 2012] – [April, 2012] <p>During the evaluation period, <i>please collect at least 30</i> new lesson evaluations from clients.</p>
<p>Personal Review of Session (afterward): <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p>What went well? What did not go as well?</p> <p>What will you do the same way the next time you give this class?</p> <p>After teaching this lesson a few times, please complete the <i>Staff Online</i></p>

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	<p><i>Lesson Evaluation Survey</i> at http://www.surveymonkey.com/s/CSBZ28K.</p> <p>The staff evaluation survey for this lesson will be available for 6 months after the release of the lesson.</p>
<p>Supplemental Information – <i>Describe any attachments and include any other needed information.</i></p>	

ANNA'S CHOICE

Anna always has potato chips while watching TV.

Anna's family eats dinner while watching TV in the evening.

Anna's family goes to the all-you-can-eat buffet every Sunday.

Anna has 3 glasses of unsweetened tea every day.

Anna has biscuits with gravy most mornings.

Anna's usual lunch at work is hamburger, fries and a drink.

Anna uses a little less salad dressing on her salads.

Anna eats cookies with the kids every day after school.

Anna packs apples and low-fat cheese when she goes to the park with her family.

Anna goes with friends to the food court for pizza, soda and ice cream.

Anna takes cut carrots for a snack at work.

Anna knows she has blown her diet after eating french fries, so she has 2 doughnuts.

Anna skips breakfast to save calories.

restaurant for dinner.

ANNA'S CHOICE

Anna grocery shops when she is hungry.

Anna asks her family to help her prepare meals more often.

Anna eats fried chicken, biscuits and coleslaw twice a week.

Anna learns how to cut back on fat in her enchilada recipe.

Anna eats cake on her child's birthday, but knows that she will not do this every day.

Anna makes her sandwiches with mayonnaise.

Anna fries almost all the meats she serves.

Anna uses lard in cooking.

Anna puts salsa on a baked potato.

Anna buys whole milk at the store.

Anna has a healthy snack beside her while she is feeding the baby.

ANNA'S CHOICE – STAFF KEY

Anna always has potato chips while watching TV.	Help Anna make another choice.
Anna's family eats dinner while watching TV in the evening.	Help Anna make another choice.
Anna's family goes to the all-you-can-eat buffet every Sunday.	Help Anna make another choice.
Anna has 3 glasses of unsweetened tea every day.	A healthy choice.
Anna has biscuits with gravy most mornings.	Help Anna make another choice.
Anna's usual lunch at work is hamburger, fries and a drink.	Help Anna make another choice.
Anna uses less salad dressing on her salads.	A healthy choice.
Anna eats cookies with the kids every day after school.	Help Anna make another choice.
Anna packs apples and low-fat cheese when she goes to the park with her family.	A healthy choice.
Anna goes with friends to the food court for pizza, soda and ice cream.	Help Anna make another choice.
Anna takes cut carrots for a snack at work.	A healthy choice.
Anna knows she has blown her diet after eating french fries, so she has 2 doughnuts.	Help Anna make another choice.
Anna skips breakfast to save calories.	Help Anna make another choice.
Anna doesn't have time to make a meal so she gets fried shrimp from a fast food restaurant for dinner.	Help Anna make another choice.

ANNA'S CHOICE – STAFF KEY

Anna grocery shops when she is hungry.	Help Anna make another choice.
Anna asks her family to help her prepare meals more often.	A healthy choice.
Anna eats fried chicken, biscuits and coleslaw twice a week.	Help Anna make another choice.
Anna learns how to cut back on fat in her enchilada recipe.	A healthy choice.
Anna eats cake on her child's birthday, but knows that she will not do this every day.	A healthy choice.
Anna makes her sandwiches with mayonnaise.	Help Anna make another choice.
Anna fries almost all the meats she serves.	Help Anna make another choice.
Anna uses lard in cooking.	Help Anna make another choice.
Anna puts salsa on a baked potato.	A healthy choice.
Anna buys whole milk at the store.	Help Anna make another choice.
Anna has a healthy snack beside her while she is feeding the baby.	A healthy choice.

Heat and Eat Meals

Here are six quick ways to fix healthy meals.
They're great energy-boosters for busy moms!

Quesadillas

Place cheese slices on half of a corn or whole wheat tortilla. Top the cheese with salsa or thinly sliced raw garlic cloves. For more protein, add pieces of leftover chicken. Fold the other half of the tortilla over the cheese after adding the filling. Heat in the microwave or oven until the cheese melts.

The quesadilla goes well with a glass of juice.

Hot Bagel Sandwiches

Mix a small (6 oz.) can of water packed tuna with 1-2 tablespoons of mayonnaise. Place half a bagel on a plate. Put the tuna mixture on top of the bagel. Top with a thin slice of cheese. Heat under the broiler or in the microwave until the cheese melts.

Save any leftover tuna for the next day.

For a complete meal, heat frozen vegetables and have a glass of low-fat milk with your hot bagel sandwich.

Scrambled Eggs Plus

Beat 1-2 eggs in a bowl with 1 tablespoon of water. Heat 1 teaspoon of oil in a frying pan. Cook the scrambled eggs in the pan. Stir them often. As they become firm, add 1/4 cup of leftover vegetables or diced fresh vegetables. Try adding 1/4 cup of leftover rice or one slice of cheese for extra flavor. Stir until done. Top with salsa if you want a spicy touch.

Have the eggs with a glass of low-fat milk.

Chiles, Cheese, and Bean Wraps

Drain one 15.5-oz. can of kidney beans. Place in a casserole. Add one 14.5-oz. can of tomatoes with chiles and one small (7-oz). can of green chiles. Stir together. Put grated low-fat cheese or thinly sliced cheese on top. Heat in the oven or microwave until the cheese melts. Place on corn or whole wheat tortillas. Roll them and eat.

Have your wrap with fruit and a glass of low-fat milk.

Quick Baked Potatoes

Use your microwave to bake a potato. First wash the potato. Then cook it until it is soft when stuck with a fork. The time it takes will vary with the potato's size.

Cut the cooked potato lengthwise and open. Top with a leftover vegetable such as cooked broccoli or carrots. Place two slices of low-fat cheese on top of the vegetable and reheat in the microwave until the cheese melts. Eat as it is, or put salsa on top.

Have your potato with a glass of juice. The skin of the potato is a good source of iron. The juices vitamin C will help you absorb the iron.

Quick Soup with a Sandwich

Place one 14.5 oz. can of Italian-flavored tomatoes and one 15-oz. can of whole-kernel corn in a sauce pan. Warm over medium heat.

Make a sandwich using sliced cheese and two pieces of bread. Heat in the microwave or oven until the cheese melts.

Have a bowl of the corn and tomatoes with the sandwich. Add a glass of WIC juice for more flavor.