

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Module 10: Eat Well Away From Home

Lifestyle Coach Guide



Module Overview

Being mindful about the choices made while eating away from home can help prevent or delay type 2 diabetes. This module helps participants understand how to stay on track with their eating goals when ordering takeout and eating at restaurants and social events.

Participant Learning Objectives

By the end of the session, participants will be able to:

- Identify factors that affect eating habits and food choices when eating away from home
- Identify ways to form habits that support healthy eating while away from home

Things to Do

In addition to the Session Checklist, you will want to do the following:

Before this session:

- Communicate with your participants via email, text message, app, or social media to prepare and motivate them for this upcoming session on eating well away from home. Here are some sample messages you can send to participants for this module:
 - 1 Week Prior: “Eating out can still be enjoyable! Our next session will provide the tips you need for eating well away from home. Bring a menu from one of your favorite restaurants. Get a menu online or choose one you already have at home. Looking forward to lots of discussion on this topic!”
 - 1-2 days prior “Our next session on eating well away from home is coming up! Prior to the session, read “Scott’s story” in your Participant Guide on page 2. Also, don’t forget to bring a menu from one of your favorite restaurants! See you soon!”
- Collect some menus (online or paper-based, depending on your session format) to distribute to participants who come to the session without a menu.
- If applicable, set up the appropriate number of virtual breakout rooms in your web conferencing tool so that there will be two to three participants per group for the “Ordering From the Menu” and “Neighborhood Gathering” group activities.

Module Overview

During this session:

- As participants arrive remind them to read Scott's story before the session starts if they were not able to read it before today's session.

After this session:

- Communicate with your participants via email, text message, app, or social media to continue the conversation on eating well away from home. Here are some examples of messages to post:
 - "Remember! Planning ahead before eating out is a great healthy habit to develop. Have you tried this recently since our session concluded? If so, how did it go?"
 - "Think big, but start small! Some tweaks here and there when eating out can help you develop healthy new eating habits. What small changes have been working well so far?"

Module Overview

Session Content

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to receive weigh-in information and to consult with participants privately, if needed, at the start of each session.

Welcome and Review	Page 4	5 Min
Session Focus	Page 5	1 Min
Factors That Affect Our Choices When Eating Out	Page 6	5 Min
New Routines for Eating Well Away From Home	Page 8	15 Min
Dining In/Out	Page 10	25 Min
Plan for Success	Page 15	5 Min
Summary and Closing	Page 16	4 Min

Welcome and Review



Time Estimate: 5 minutes
Method: Facilitated Discussion

SAY:

Welcome back, everyone! This is the [current session number] meeting of [name of program].

Today, we are going to talk about eating well away from home.

Before we start, let's spend a few minutes reviewing what we discussed last time. I will try to answer any questions you may have.

DO:

Briefly summarize the previous session.

DISCUSS:

What questions do you have for me about what we talked about last time?

SAY:

Let's talk about how things went with the action plan you made last time.

DISCUSS:

What went well? What didn't go well?

SAY:

Now let's talk about how it went with the other things you tried at home.

DISCUSS:

What went well? What didn't go well?



Time Estimate: 1 minute
Method: Presentation

SAY:

Please look at “Session Focus” on page 1 in the Participant Guide.



For a virtual session, use the screen share feature to display “Session Focus” from the Participant Guide for all the participants to view.

SAY:

Eating well when you’re at home can be hard enough. But eating well when you’re away from home or ordering takeout can be difficult. Eating away from home can mean eating at a restaurant; grabbing fast food; ordering takeout; getting a snack from a vending machine; eating at a social event, such as a work party, picnic, or barbecue; or eating at your mom’s house.

Today we will talk about:

- Factors that affect eating habits and food choices when eating away from home.
- Ways to form habits that support healthy eating while away from home.

You will also make a new action plan today.



Time Estimate: 5 minutes

Methods: Presentation, Facilitated Discussion

In this section, use Scott's story to facilitate a discussion on factors that affect eating habits and food choices when eating away from home.

Scott's Story—Part 1 (5 minutes)

SAY:

There are many factors that affect our choices when we eat away from home. Some of these factors make it difficult for us to make healthy choices. Let's look at an example. Please look at "Scott's Story – Part 1" on page 2 in the Participant Guide.



For a virtual session, use the screen share feature to display "Scott's Story—Part 1" from the Participant Guide for all participants to view.

DO:

Read (or ask a volunteer to read) "Scott's Story—Part 1."

ASK:

What factors influence Scott's choices when eating out?

ANSWER:

Scott's job requires him to go from one job site to another during the day. So, fast food is easy to pick up along the way. Also, his family encourages him to eat more than he should at family gatherings.

DISCUSS:

How do you connect with Scott's story? Think about your experiences when you eat out. What makes it difficult for you to eat well when you eat away from home?

DO:

Encourage participants to write at least two factors in their Participant Guide. Then, elicit volunteers to share their responses. Create a summary of participant responses.



For a virtual session, use an online whiteboard or Word document to record and display ideas mentioned by participants aloud or through chat.

SAY:

Thank you to those who shared. Let's look at our list and vote for the two factors that you can relate to most. Then we'll see which one(s) our group experiences the most.



For a virtual session, encourage participants to type their responses in the chat window in the web conferencing tool.

DO:

Read through the list and allow time for participants to vote. Once everyone has voted, quickly add up the total votes and share the two experiences everyone related to the most. Ask if anyone wants to discuss a particular experience.

DISCUSS:

What are some ways you try to make healthy choices when eating away from home?



Time Estimate: 15 minutes
Methods: Presentation, Facilitated Discussion

This part of the session provides participants with approaches they can use to create new routines when eating at a restaurant or a social event. Encourage participants to make the best choices within their circumstances.

Dining Out—Small Steps, Big Changes (10 minutes)

SAY:

Now, let's focus on eating at restaurants. Developing healthy habits for eating at restaurants can be tough. But you can still enjoy eating out by creating routines that are healthier!

There are many reasons to love eating out at restaurants. Unfortunately, restaurants can have a lot of highly processed foods with extra calories, saturated fat, and salt. Sure, eating out less is one way to manage your weight, but you can also look for ways to make eating at restaurants work for you.

The good news is almost every restaurant has options that can support your health goals! You just need to know where to look. Whether eating out is part of your regular routine or an occasional treat, there are plenty of healthy routines you can develop for eating out.

Please look at “Dining Out—Small Steps, Big Changes” on page 3 in the Participant Guide.



For a virtual session, use the screen share feature to display the “Dining Out—Small Steps, Big Changes” from the Participant Guide for all participants to view.

DO:

Review the example with participants, emphasizing that there are lots of small and simple steps that can be taken when eating out. This example demonstrates the number of calories and grams of fat saved by making small modifications, as shown by Darryl, Nancy, Barbara, and Pauline.

DISCUSS:

Does anyone see anything surprising about these swaps or calorie totals?

Eat Well at Restaurants (5 minutes)

SAY:

Now, let's look at some ways to develop routines that make it easier when eating out. Please look at "Eat Well at Restaurants" on page 4 in the Participant Guide.



For a virtual session, use the screen share feature to display "Eat Well at Restaurants" from the Participant Guide for all participants to view.

SAY:

This "Eat Well at Restaurants" guide provides you with some ways you can start new routines when eating out and choosing your food at restaurants. It provides advice for planning ahead before eating out, making healthy swaps, and controlling portion sizes. Take a moment to review some of the suggestions.

Shortly, you're going to practice using this advice using your favorite menu.



Time Estimate: 25 minutes
Methods: Presentation, Facilitated Discussion, Group Activity

In this part of the session, participants will practice ordering food from a menu using the suggestions and tips they have learned.

Ordering From the Menu (10 minutes)

DO:

Remind participants that they should have their menu handy for this part of the session.

SAY:

Please look at “Ordering From the Menu” on page 6 in the Participant Guide.



For a virtual session, use the screen share feature to display “Ordering from the Menu” from the Participant Guide for all participants to view.

SAY:

Using your menu and the tips provided, determine what changes you can make when ordering your food. What options will still allow you to enjoy your meal and the time spent with family or friends?

You will work with a group to help find options that make sense for you. Help each other be successful!

Remember, you may order differently than other participants in your group. For example, one person may want to adjust his or her portion size, while another may want to choose healthier options. You can learn a lot from how others order their food!

Use the worksheet provided to record your decisions and swaps. Then, there are a couple of self-reflection questions you can complete before our review.

You have 10 minutes to complete this activity. Plan for about 2–3 minutes per group member. Think about the following questions as you complete this activity:

- What can signal you to use these new routines?
- What are opportunities to practice and repeat your new routine?
- What small, healthy rewards can keep you going while your new habit is developing?



If dividing participants into small groups is not possible for a virtual session, have participants conduct the activity by themselves.

DO:

Share group assignments and begin small group meetings. Give participants an exact time to meet back as a whole group. When participants return, conduct a short review of their experience.

DISCUSS:

What kinds of approaches or new routines do you think you could implement today?

DO:

Ask a volunteer to share the changes he or she could make when ordering from a favorite restaurant menu.

DISCUSS:

What other helpful ideas did you discover during this activity that you could also apply and feel comfortable doing?

Eat Well at Social Events Tip Sheet (3 minutes)

SAY:

Now, we're going to shift our focus to social or family events. Please look at the "Eat Well at Social Events Tip Sheet" on page 7 in the Participant Guide



For a virtual session, use the screen share feature to display the "Eat Well at Social Events Tip Sheet" from the Participant Guide for all participants to view.

SAY:

There are things you can do before social or family events to prepare, and there are small steps you can take at events to help you form new routines. As you know, every event is different, and it's best to prepare for how you will handle healthy eating.

DO:

Direct participants to take a few moments to review the tips or review them together as a group.

Neighborhood Gathering (Optional; 10 minutes)

SAY:

Please look at "Neighborhood Gathering" on page 8 in the Participant Guide.



For a virtual session, use the screen share feature to display "Neighborhood Gathering" from the Participant Guide for all participants to view.

SAY:

You will work with a group for this activity. Let's all imagine we are at a neighborhood party. Think of all the delicious foods all your neighbors might bring. The challenge for your group is to make a healthy plate from the food selections at the event. Be sure to document a list of the foods at the event and the foods you chose for your plate.



If dividing participants into small groups is not possible for a virtual session, have participants conduct the activity by themselves.

DO:

Share group assignments and begin small group meetings. Then, give participants an exact time to meet back as a whole group.

When participants return, conduct a short review. If time allows, ask for one volunteer to share their group's food items at their neighborhood gathering and their final plate options.

DISCUSS:

What strategies or tips did your group use to choose your final plate options? What, if anything, did you find particularly challenging when choosing your final plate options? What, if anything, made it easier?

SAY:

Remember, every social event will be different, and it's best to plan ahead and anticipate how you will handle the abundant food options that might be available.

Scott's Story—Part 2 (2 minutes)

SAY:

Remember Scott? Let's look at what changes he was able to make when eating away from home. Please look at "Scott's Story-Part 2" on page 9 of the Participant Guide.



For a virtual session, use the screen share feature to display "Scott's Story—Part 2" from the Participant Guide for all participants to view.

DO:

Read aloud or describe the ending of Scott's story.

SAY:

So, Scott is making small changes and turning them into habits while still having the food he enjoys.



Time Estimate: 5 minutes

SAY:

Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make to your new routines? Are you ready for a new routine?

Also, keep in mind what we discussed today about eating well away from home.

As you try out and practice your new routine, make sure to add in the following to make it automatic:

- Make your new routine easy and the old one harder to follow.
- Build in a healthy reward.
- Create times to repeat and practice your new routines.

If you are ready to add another routine, complete these 3 steps:

1. Identify what current routine needs to change or stop.
2. Plan a new routine that helps you make a positive change that will stick.
3. List cues or hints for when to use your new routine.

DO:

Give participants a few minutes to make their action plan.



Time Estimate: 4 minutes

SAY:

Between now and our next session, I'd like you to spend some time planning new routines for eating well away from home. That way, you'll be ready the next time you go to a restaurant or social event. Remember to use the resources provided in your Participant Guide to help you.

DO:

Answer questions as needed.

SAY:

We have come to the end of our meeting. Today we discussed how to eat well when you are away from home. We talked about:

- Factors that affect eating habits and food choices when eating away from home.
- Ways to form new habits that support healthy eating while away from home.

DISCUSS:

Do you have questions about anything we talked about today?

SAY:

Next time, we'll talk about the things you tried away from home, including your action plan. We'll also talk about [include specific topics that will be presented in the next session].

Thank you for coming to this session. Remember to bring your Participant Guide and Action Plan Journal to the next session.

End of meeting.