

IMPLEMENTATION GUIDE

Eating for a Healthy Life

*Using an Evidence-Informed Program to develop
a process model for program delivery in the practice setting*

Note: Refer to “Using What Works: Adapting Evidence-based Programs to Fit Your Needs”. Review the appropriate Modules and the handouts provided in each, in order to modify and evaluate this program to meet the needs of your organization and audience.

“Using What Works” is available online at:

http://cancercontrol.cancer.gov/use_what_works/start.htm.

I. Program Administration (Type of Staffing and Functions Needed)

Advisory committee (recommended: six to eight members; committee members should be representative of the target site and enthusiastic about the intervention). The advisory committee:

- Plans and leads intervention activities
- Photocopies and distributes intervention booklets and handouts

II. Program Delivery

For additional information on modifying program materials, refer to the appropriate Module(s) for program adaptation from “Using What Works”.

A. Program Materials (*All listed materials can be viewed and/or downloaded from the Products Page*):

- ***Eating for a Healthy Life: A Program for Your Faith Community manual:*** This 26-page manual provides detailed implementation guidance for recruiting advisory committee members, holding advisory committee meetings, and planning intervention activities. The manual is supplemented by appendices containing reproducible copies of self-help booklets, assorted handouts, and tip sheets needed to carry out intervention activities. Information is also provided for advertising intervention activities and gaining buy-in from intervention participants.
- ***Eating for a Healthy Life Recipe Book:*** This 136-page document includes single-serving guidelines and recipes for a wide assortment of healthy foods, including breads, entrées, side dishes, and desserts.

B. Program Implementation

The steps used to implement this program are as follows:

Step 1: Members from the target site volunteer to participate as advisory committee members.

Step 2: Advisory committee members read the *Eating for a Healthy Life: A Program for Your Faith Community* manual.

Step 3: Advisory committee members meet to plan intervention activities. While there are no rigid time line requirements for these activities, it is recommended the advisory committee meet five times (monthly meetings at first, and then bimonthly meetings later) to prepare for the following activities to occur over the course of about 9 months:

- About five social activities to teach and engage site members in healthy eating
- About six classroom sessions on healthy eating for in-depth discussion of healthy eating topics
- Photocopying and distributing self-help booklets to site members to support healthy food choices
- Selecting, photocopying, and distributing healthy eating tip sheets and recipes from the *Eating for a Healthy Life Recipe Book*

Step 4: The advisory committee members lead all intervention activities as planned.

III. Program Evaluation

For additional information on planning and adapting an evaluation, review the appropriate Modules for program implementation and evaluation from “Using What Works”.

http://cancercontrol.cancer.gov/use_what_works/start.htm

For further assistance in designing and conducting an evaluation, consider communicating with members from NCI’s Research to Reality (R2R) community of practice who may be able to help you with your research efforts. Following is a link to start an online discussion with the R2R community of practice, after completing registration on the R2R site:

<https://researchtoReality.cancer.gov/discussions>.