

IMPLEMENTATION GUIDE

Weight Loss For Life

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

Note: Refer to “Putting Public Health Evidence in Action”. 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.

“Putting Public Health Evidence in Action” is available online at:
<http://cpcrn.org/pub/evidence-in-action/>

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

Wellness Counselor (Requirement: at least one national certification)

- Conducts physical activity and nutrition components of the intervention

Senior/Supervisory Wellness Staff (Requirement: experience supervising exercise programs)

- Completes fidelity checks on both the physical activity and nutrition components

II. Program Delivery

For additional information on modifying program materials, refer to the appropriate Module(s) for program adaptation from “Putting Public Health Evidence in Action”.

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

- **Coach Approach Manual:** The 76-page manual describes the process of facilitating THE COACH APPROACH exercise support protocol (e.g., teaching self-regulatory skills, enabling the goal-setting process).
- **Coach Approach Training for Wellness Counselors:** This 65-slide presentation trains wellness counselors on the facilitation of THE COACH APPROACH.
- **Weight Loss For Life—Module 1:** This manual provides the resources needed to implement the first module of the intervention (e.g., rules, protocols, food tracking sheet, weight tracking sheet).

- **Weight Loss For Life—Module 2:** This manual provides the resources needed to implement the second module of the intervention (e.g., self-regulatory skills, barriers handout).
- **Weight Loss For Life—Module 3:** This manual provides the resources needed to implement the third module of the intervention, including weight-loss maintenance.
- **Weight Loss For Life—Timeline:** This diagram shows the timeline of the intervention and depicts the sequence of meetings the wellness counselor has with participants.

B. Program Implementation:

The steps used to implement this program are as follows:

Step 1: Senior/supervisory wellness staff and wellness counselors obtain training on the intervention.

Step 2: Wellness counselors meet individually with participants to provide exercise support.

Step 3: Wellness counselors meet individually with participants to provide methods for calorie tracking and enable goal setting for caloric intake.

Step 4: Wellness counselors convene group sessions focused on nutrition, weight loss, and weight-loss maintenance.

Step 5: Senior/supervisory wellness staff monitor implementation fidelity throughout each step.

III. Program Evaluation

For additional information on planning and adapting an evaluation, review the appropriate Modules for program implementation and evaluation from “Putting Public Health Evidence in Action”.

<http://cpcrn.org/pub/evidence-in-action/>

For further assistance in designing and conducting an evaluation, consider communicating with members of 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>.