

# IMPLEMENTATION GUIDE

## Exercise and Nutrition to Enhance Recovery and Good Health for You (ENERGY)

*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)

#### Group Leader/Coordinator

- Conducts small-group sessions and individual counseling calls and prepares and sends the quarterly newsletters. Group leaders/coordinators should have knowledge in facilitating small groups and have a professional background in dietetics, psychology, and/or exercise physiology.

#### Co-Group Leader

- Assists the group leader/coordinator in facilitating groups, making counseling calls, and preparing the quarterly newsletters. Co-group leaders should have knowledge in facilitating small groups and have a professional background in dietetics, psychology, and/or exercise physiology.

### 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*):

- **ENERGY Curriculum:** The 74-page manual describes the process of facilitating the ENERGY program (e.g., teaching about maintaining physical activity and developing strategies for making healthy food choices).
- **Sample ENERGY Newsletter:** This 12-page document serves as an example of the individual tailored newsletters. For more information in creating the newsletter, please visit the People Designs website at <https://www.peopledesigns.com/>

- **ENERGY Participant Notebook:** This 232-page manual provides the resources needed to implement the 26 group sessions of the intervention (e.g., rules, protocols, behavior worksheets).
- **Newsletter Survey:** This 2-page document assesses participants' physical activity and food intake at months 8, 11, 14, 17, 20, and 23.
- **Food and Activity Record:** This 3-page document provides a log to track food intake and physical activity. It also provides tips and information on food measurement.

## **B. Program Implementation:**

The steps used to implement this program are as follows:

Step 1: Group leaders familiarize themselves with the ENERGY curriculum.

Step 2: Group leaders facilitate a total of 26 small-group meetings with approximately 15 participants in each group.

Step 3: Group leaders conduct a total of 24–38 individual telephone counseling calls.

Step 4: Group leaders prepare and send quarterly tailored newsletters to individual participants.

## **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://researchto reality.cancer.gov/discussions>.