

IMPLEMENTATION GUIDE

The Mediterranean Eating Plan

*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)

Registered Dietitian

- Derive food group goals for participants
- Provide counseling support for participants to meet food group goals

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*):

- **Exchange Guidelines:** This 1-page document provides guidance for the dietitian in setting up food group goals for participants with different calorie needs.
- **Sample Menus:** This document is 7 pages of sample daily menus that demonstrate how food group goals can be achieved.
- **Fast Track Food Goals Record:** This food record is a 2-page document that allows participants to easily track their dietary intake to monitor individual goals and achievements.
- **Food Diary:** This is a Microsoft Excel spreadsheet designed to provide an in-depth analysis of how foods count toward food group goals.
- **Handout on How to Estimate Food Amounts:** This 1-page guide instructs participants in counting food servings toward goals.

- **Mediterranean Eating Newsletters for January 2011 to April 2011:** Two sample newsletters are provided to use during the January to April timeframe. The newsletters discuss ideas and motivational information designed to help participants meet their diet goals.
- **Mediterranean Eating Newsletter for May 2010 to August 2010:** This is a sample newsletter to use during the May to August timeframe. The newsletter discusses ideas and motivational information designed to help participants meet their diet goals.
- **Mediterranean Eating Newsletters for September 2009 to December 2009:** These are three sample newsletters to use during the September to December timeframe. The newsletters discuss ideas and motivational information designed to help participants meet their diet goals.
- **Phone Counseling Form:** This form is a guide that prompts the dietitian to ensure all aspects of the telephone counseling session are covered.
- **Mediterranean Eating Plan Exchange booklet:** This booklet provides in-depth information about foods that count toward meeting goals in each food group.
- **Exchange List:** This document, suitable for placing on a refrigerator door, is a 1-page quick list for referring to food groups.
- **Recipes:** This document includes 16 pages of Mediterranean food recipes.

B. Program Implementation:

The steps used to implement this program are as follows:

Step 1: Participants keep a food record for a minimum of 3 days (including 1 weekend day) to establish usual calorie intake.

Step 2: The dietician derives Mediterranean food group goals to maintain calories at usual levels. The usual calorie goal may be modified by the dietician based on body weight and exercise patterns.

Step 3: Participants attend individualized counseling sessions with the dietician. Counseling sessions occur weekly for the first month, biweekly for the next 2 months, and monthly for the last 3 months. The first session and the session at month 3 are conducted face to face, with the remaining sessions being completed through 20-minute structured telephone calls. Participants receive materials on buying fruits and vegetables, estimating portion sizes, and reading food labels, as well as a week's worth of recipes and sample menus. During the first counseling session, the dietician teaches participants how to enumerate food group servings.

Step 4: Participants track their food in the food diary. Once participants become familiar with enumerating goals, a checklist can be used instead of a food diary.

Step 5: Participants identify changes that they can realistically meet in a stepwise manner until the ultimate goal is achieved. The change(s) identified each week should be viewed by the participants as achievable.

Step 6: Participants continue to self-monitor goals, a few days each month, to stay on track.

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”.

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