

11 Nutrition Intervention

11.1 Overview

In the first year of the study the sites received the nutrition class. The Leaner Weigh to Low-Fat, High Fiber Fare is the nutritional component of "THE NEXT STEP". The program offers five unique one-hour sessions geared toward helping one reduce cancer risk. Classes are one week apart on consecutive days. Participants will learn to avoid those foods that the latest research suggests may increase cancer risk. Participants will also learn practical skills needed to choose low-fat, high fiber foods at home, when they shop, and when they eat out, whether they choose from fast foods, ethnic foods or a traditional american menu. Participants will receive self-help materials one month after the nutrition class is finished.

Intervention for the second year includes displaying monthly posters relaying simple, low-fat, high fiber messages in each worksite cafeteria in the intervention sites (see Section 11.6). Brochures/handouts that correspond with the poster message will also be available for employees to take for more information.

October 20, 1994

11.2.1 Training

Training consist of one and a half days of instruction covering all aspects of the Leaner Weight to Low-Fat, High Fiber Fare class. Only those instructors attending the full training teach classes at the GM sites.

11.2.1.1 Criteria for Selecting Instructors

Registered Dietitian (RD) degree, 3-5 years experience with platform teaching preferred; experience teaching in corporate settings preferred. Ability to travel to General Motors sites to teach classes. Flexible schedule to allow for teaching classes at times set-up with General Motors plants. Ability to follow protocol and conduct classes according to the **Leaner Weigh to Low-Fat, High-Fiber Fare** Instructor's Manual provided. Ability to attend a one and one half day training session to teach classes.

11.2.2.1 Training Evaluation

The master trainer, participant, instructor manuals, and teaching materials are evaluated by the participant R.D. instructors in training through self-report evaluations (see Section 11.2.2.3) completed at the conclusion of the training session. These evaluations are designed to assess satisfaction, instructor's teaching, content, and application of teaching materials in the classroom. These evaluations are tabulated and an evaluation summary report is prepared.

11.2.2.2 Instructor Evaluation

Instructor teaching is evaluated through:

- ◆ At training, by PI-Nutrition
- ◆ Site visits - observation by PI-Nutrition
- ◆ Weekly contact with instructors by PI-Nutrition
- ◆ Self-Report evaluations completed at the end of the final **Leaner Weigh to Low-Fat, High-Fiber** class. These evaluations assess satisfaction with instructor, as well as other aspects of the class (course itself, manuals, visual aids, homework assignments, convenience etc.).

The evaluations are tabulated by class and instructor, and an evaluation summary report is prepared.