

# 5 A Day For Better Health Peer Health Educator Training Manual

Training Rationale.....

## **Session1: Introduction to 5 a Day, Peer Role and Cancer Prevention**

Background.....pg#

- 1.1 Welcome, Attendance, and brief overview of this session's topics.....
- 1.2 Introduction of the national 5 a Day program
- 1.3 The Basic 5 a Day Message
- 1.4 Which Fruits and Vegetables are High in Vitamin A, Vitamin C, fiber, or a member of the cabbage family?
- 1.5 How to Easily Include 5 Servings of Fruits and Vegetables a Day
- 1.6 How Health Peers Were Chosen
- 1.7 Clarify the Role of Health Peer Educator
- 1.8 The Leading Causes of Death
- 1.9 What is Cancer?
- 1.10 What Have You Heard About Cancer?
- 1.11 What are the Research Findings?
- 1.12 Session Wrap up

## **Session 2: Diet, Disease Prevention, and Getting the Message Out**

Background.....pg #

- 1.1 Welcome, Attendance and brief overview of this session's topics
- 1.2 5 a day may help prevent more than cancer, including conclusion
- 1.3 Overcoming the Fear of Selling
- 1.4 Getting Started as a Health Peer
- 1.5 Introduction to Persuasion, 4 persuasion techniques, Peer ideas for persuasion
- 1.6 Barriers, including practice
- 1.7 Session Wrap up

## **Masters of Transparencies, Activity Sheets, Assessments, and Attendance Sheets**

### **Session 1**

#### **TRANSPARENCIES**

Dietary Diary Makeover

Leading Causes of Death

Definition of Cancer

Newspaper Headlines to Spark Discussion

Cancer Risk Factors

# CONTENTS

## HANDOUTS

Handout 1: 5 a Day  
Handout 2: Dietary Makeover Worksheet  
Handout 3: Health Peer Educator Role-What's it About?  
Handout 4: Leading Causes of Death  
Handout 5: Specific Health Benefits of 5 a Day  
Handout 6: Definition of Cancer  
Handout 7: Newspaper Headlines to Spark Discussion  
Handout 8: Cancer Risk Factors

## Session 2

## TRANSPARENCIES

Persuasion Appeals  
Barriers  
The Pros and Cons

## HANDOUTS

Fact Sheet: Heart Disease  
Fact Sheet: Stroke  
Fact Sheet: Osteoporosis  
Fact Sheet: Diabetes  
Fact Sheet: Weight Control  
Fact Sheet: High Blood Pressure  
Handout: Persuasive Appeals  
Handout: Barriers Worksheet  
Handout: The Pros and Cons

## Training Rationale

Employing the natural role of Health Peer Educators has proven to be an effective and efficient way of encouraging an increase in employee awareness of the importance of eating at least 5 servings of fruits and vegetables every day for better health. Health Peer Educators are tightly woven into social networks and as a result can be the primary contact for providing employees in defined workgroups with specific information about how to incorporate more servings of fruits and vegetables into daily eating patterns. By training Health Peer Educators in the 5 a Day Program, organizations, such as yours, are seeing an increase in employees' awareness in healthy diet and cancer prevention, along with the possibility of increasing employee morale, decreasing absenteeism, and containing medical costs.

SAMPLE