

## Healthy Eating Intervention Protocol



**General Purpose:** To teach individuals the importance of healthy eating and how it benefits healthy aging and well-being.

**Population:** All populations

**Program Description:** Healthy eating is an important piece of the healthy aging process and maintaining quality of life. This activity is used to assist in educating individuals on the importance of making healthy eating choices as it relates to their wellbeing.

**Client Problems that may be Addressed:** Educating individuals on healthy eating choices can contribute to addressing chronic disease, assist in maintaining a healthy weight, decrease risk of diabetes, and promote overall health.

**Contraindicated Criteria:** Some clients may have cognitive impairments and/or physical limitation such as paralysis or a traumatic injury that may need additional adaptation for the client to participate.

**Intervention Activity:** Education based activity; teach clients about the importance of healthy eating and provide information for clients to incorporate healthy eating into their lives. Participate in an exercise activity and have clients make their own healthy trail mix.

**Staff Training and Certification Requirements:** Each staff member should be certified and licensed (if applicable) as a certified therapeutic recreation specialist (CTRS) and/or therapeutic recreation technician (TRT) and be required to maintain his or her licensure and certification. Moreover, each staff member should be trained and educated in implementing an exercise intervention; understanding the benefits and/or risks that are involved in using exercise as an intervention.

**Risk Management Considerations:** Similar to any physical activity, injury can occur if not done properly. Moreover, be familiar with any serious illness/injury that your client may be experiencing so that you can provide appropriate adaptations. Educate yourself on any food allergies that any clients may have to do the food activity involving a variety of foods.

**Anticipated Outcomes:** Clients will improve their understanding of healthy eating, be able to identify 1 new change they can make to their current eating habits, and improve their overall health with continued engagement in healthy eating.

**Program Evaluation:** Staff will ask clients about their experience with the Healthy Eating Intervention and ask them to identify one way they will adapt their current eating habits to lead a more healthy life.

## Healthy Eating Intervention

- Arrange clients in a half circle
- Introduce self to clients and write down all clients names
- Ask clients what they know about healthy eating and why it is important
- Ask clients how exercise is important to a healthy diet
  - Explain to clients that exercise is an important part of any healthy diet and that we are going to doing some exercise as a group
  - Identify that exercise is an important part of a healthy lifestyle.
    - According to the Centers for Disease Control and Prevention, we need 2 hours and 30 minutes of moderate-intensity exercise every week.
      - Ask the group if they are getting 30 minutes of exercise daily?
      - Ask the importance of exercise?
    - Engage in 10 minutes of seated exercises.
    - Exercises
      - Deep breath
      - Neck rolls
      - Wrist rolls
      - Ankle rolls
      - Arm arrows
      - March in place
      - Sunshine arms
      - Legs up the wall
      - Left and right arm stretch
      - Point and flex feet
      - Punching
      - Shoulder shrugs
      - Hands to shoulders
      - Elbow rolls
      - Deep breath
    - Thank them for engaging in the exercises
- Transition into explaining how food is often thought of as fuel, and “when we get more fuel than we need we store it on our bodies. For example, the exercises we just did were the amount of calories in a small candy bar”...show them a small candy bar.
- Play match the exercise
  - On a poster board put different types of “bad” foods on it, and next to the foods put a choice of 2 different exercises, one that equals the amount of calories in the “bad” food choice. Have clients guess which exercise is needed to lose the excess fuel from eating the “bad” foods.

- Explain that all food is okay in moderation, but that when we choose “bad” foods they often make us feel sick or may contribute to our health negatively. Ask residents how they feel when they eat a salad over a hamburger.....do they feel better when they eat the salad?
- Play matching the good food to the bad food
  - On a poster board put different types of “bad” foods on it with the nutrition information next to it. On a separate poster board, attach “good” foods, and by going through each “bad” food ask clients to identify a healthy alternative. Ask clients how they feel during each choice of food.
- Following exercises, inform the group that they will create their own healthy snack.
  - Make trail mix with clients
  - While making trail mix identify the benefits of each ingredient
    - Nuts
      - High in fiber, unsaturated fats, protein, antioxidants, vitamin E, and other essential vitamins and minerals
    - Seeds
      - High in omega-3 fatty acids, protein, zinc, iron, magnesium, potassium, and calcium
    - Dried fruit
      - High in fiber, antioxidants, calcium, vitamins a, c, and K
    - Grains
      - High in fiber; helps you stay full longer.
    - Sweets
      - Dark chocolate is high in antioxidants
    - Savory
      - Adds a benefit to your taste buds!
- End by providing any handouts and thanking group for attending.