

## About the WE 2.0 Project

This project has been 10 years in the making. It was designed with Petersburg residents, for Petersburg residents and focuses on these key components:



House Chats

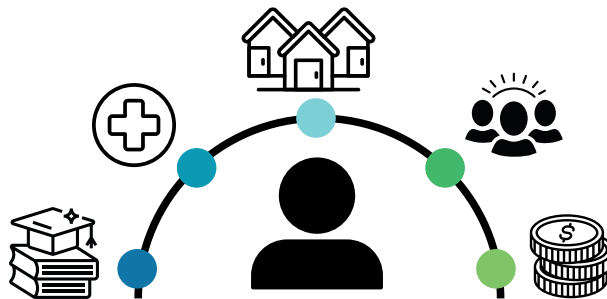


Walking Groups



Experiential Nutrition Sessions

Our health is impacted by a number of factors, like the conditions and resources available in the places we are born, grow, work, live, and age.



In this intervention, we will focus on things within our control with

## SMALL CHANGES

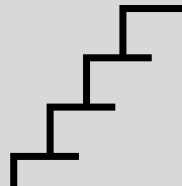
### WHAT is Small Changes?



A model for healthy lifestyle change to promote weight management and heart health



An alternative to traditional approaches that typically require major changes to eating and physical activity



A model that promotes discrete, small changes on a daily basis



Emphasizes wellness and sustainable changes to eating and activity behaviors, not just weight loss

# WHY use Small Changes ?



ALIGNED WITH PREFERENCES OF PETERSBURG COMMUNITY



EASIER TO ADOPT WHEN STRUCTURAL BARRIERS EXIST



PRACTICAL



INFORMED BY RESEARCH



SUSTAINABLE

## HOW is Small Changes different?

### Traditional Approaches

- Daily calorie or fat limit
- Recommend time and intensity for physical activity
- Self-monitor everything you eat and drink each day
- Frequent weighing, up to 1x/day
- Track all physical activity

### Small Changes Approach

- No calorie or fat goals
- Small changes to eating
  - Portion size
  - Nutrition quality
- Emphasis on walking and moving more
- Simplified self-monitoring
- Weigh 1x/week

## Small Changes in WE 2.0



SMALL, REALISTIC DIETARY CHANGES



Portions



Diet quality



INCREASED MOVEMENT



Step goals



Increase overall daily movement



SELF-MONITORING



Type of dietary change



Weekly weigh-in



Step count



SOCIAL SUPPORT



House Chats








Walking Groups

# Setting **GOALS** to make small changes

Each week we will make personalized goals to help us make small changes to our eating and physical activity behavior. To tailor your goals, keep these things in mind:

- ★ Align your goals with your personal preferences and lifestyle
- ★ Consider strategies that make sense based on your current behaviors and context
- ★ Your goals should make sense for YOU, where you are NOW. This means goals will look different from person to person and your goals may even change for you week to week
- ★ Remember, we want to make your goals SMART

S	M	A	R	T
<p>SPECIFIC</p>  <p>You've included as many details as possible</p> <p><u>Example:</u> I will walk <b>with my walking group</b></p>	<p>MEASURABLE</p>  <p>You can track your progress</p> <p><u>Example:</u> I will walk with my walking group <b>twice for 15 minutes</b></p>	<p>ACHIEVABLE</p>  <p>Your goal is challenging, but do-able</p> <p><u>Example:</u> I will start with a 15 minute walk so I'm not overwhelmed &amp; can build the habit.</p>	<p>RELAVENT</p>  <p>Your goal aligns with your overall objective and values</p> <p><u>Example:</u> I am able to walk and walking is good for my health. I want to be healthier.</p>	<p>TIME-BOUND</p>  <p>You know when you want to achieve your goal</p> <p><u>Example:</u> I will walk with my walking group twice for 20-minutes <b>this week</b></p>

## I made a **SMART** goal, now what?

**Set yourself up for success!**

Consider what you can put in place to make it easier for you to meet your goal:

Make a plan to meet with your walking group

Ask your house chat leader to text a reminder for encouragement

Pack your walking shoes ahead of time

Consider a small reward if you meet your goal

