

# "Smart Steps" Prevention Study: Multiple Behavior Arm Provider Training Workshop

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\*Update



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# Study Objectives and Overview



# The Smart Steps Study

- Objectives:
  - To test the efficacy of an intensive family-based behavior modification intervention delivered by trained primary care providers to prevent excessive weight gain or conflict / bullying / violence in children ages 8-12 years
  - Family-based behavior modification interventions have been shown to be effective when delivered by behavioral specialists in other settings (school, specialized research program)



# The Smart Steps Study

- Primary Care Providers may feel:
  - Ill equipped to handle multifaceted issues such as obesity and violence among children
  - Inadequately trained in behavior modification or motivational interviewing
  - Frustrated by attempts at anecdotal therapies
- Training by behavioral experts will empower participating providers with tools and skills to use across their practice: asthma, diabetes



# The Smart Steps Study

- Intervention:
  - Not health education (information transmitted from expert to non-expert)
  - Behavioral economic theory with some aspects of social marketing
  - Self-monitoring of targeted behaviors
  - Goal setting and contracting
  - Praise
  - Modeling
  - Competition



# The Smart Steps Study

- Subjects:
  - One 8-12 year old child and one parent/caregiver
  - No significant physical or developmental condition
  - Body mass index (BMI) between 50th and 95th percentile (at risk for overweight)
  - Consumption of at least 18 ounces of high calorie beverages over 3 days (6 oz per day)
  - Not home-schooled



# The Smart Steps Study

- Subjects' incentives:
  - Fun and interactive
  - "Club" to which they are invited
  - "Team": child, caregiver, provider ("Coach")
  - Rewards point system
- Parents' incentives:
  - Opportunity to work with their usual and trusted health care provider to promote healthy choices for their children, in a familiar setting, and at no charge





# Smart Steps Behavior Modification Principles



# Background

- Social-cognitive theory
- Scientific evidence from animals, children and adults
- Clinical self-management strategies for obesity and diabetes
- Wealth of knowledge from physicians



# Effective Behavior Change Tools

- Self-observation helps individuals make progress toward goals
- Self-monitoring is a cornerstone strategy in health behavior change programs
- To build skill, individuals need social recognition for honest effort and participation (not goal achievement)



# Behavior Change 101

- Initial Self-Evaluation / Self-Monitoring ("Get Ready")
- Goal Setting ("Get Set")
- Attempt Goal ("Go")
- Self-Evaluation and Goal Review ("How did I do?"); Goal Adjustment



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- Initial Self-Evaluation / Self-Monitoring ("Get Ready")
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# Initial Self-Evaluation and Monitoring

- Will be done for specific targeted behaviors:
  - A) "Whoa" beverages and "Go" beverages
  - B) Screen-time and Physical Activity (Pedometers)
- Done to raise awareness of habitual patterns before behavior change is attempted.



# Go, Slow, and Whoa Beverages

Go	Slow	Whoa
Fat free and 1% milk	2% milk	Whole milk, Chocolate milk
Water	100% juice	Sweetened juice
Seltzer water	Diet Soda	Regular soda, sports drinks, and sweetened "water" drinks
Unsweetened iced tea	Diet iced tea and lemonade	Sweetened Iced Tea and Lemonade



# Initial Self-Monitoring is *not* ...

- A test
- A competition between parent and child
- Intended to make children feel bad about themselves
- An evaluation of parents





# Initial Self-Monitoring is ...

- A powerful tool for raising self-awareness
- A powerful first-step for behavior change
- Non-judgmental
- Valuable for knowing how often you do specific behaviors



# Self-Monitoring

- Teaches self-observation skills as part of Smart Steps
- Help teams to set goals, problem solve, and "take ownership" of their behavior
- Self-monitoring activities take place between session visits.



# Behavior Change 101

- Initial Self-Evaluation / Self-Monitoring ("Get Ready")
- Goal Setting ("Get Set")
- Attempt Goal ("Go")
- Self-Evaluation and Goal Review ("How did I do?"); Goal Adjustment



# What is Goal Setting?

Working with “teams” to set goals for targeted behaviors.

A) “Whoa” beverages and “Go” beverages



B) Screen-time and Physical Activity (Pedometers)



# Goals Should ...

- Be realistic, achievable
- Allow for success
- Be determined by the Coach, with active input and discussion from team
- Be short-term (daily goals to start)
- Be specific and countable.



# Goals Should Not ...

- Promote failure or be unattainable  
(*"I will drink no Whoa drinks in the next week"*)
- Be set unreasonably high  
(*"I will drink 12 glasses of water every day"*)



# Goals Should Not ...

Be rigidly dictated to teams

- (*"You must drink 5 glasses of water each day"*)

Be the same for all families

- (*"All children will eliminate French fries this week"*)

Be vague, general and uncountable

- (*"Drink more water from now on"*)



# Smart Steps Target Goals

Example: Drink 5 glasses of water,  
and no more than 3 Whoa drinks,  
each day this week





# Smart Steps Target Goals

Example: Reach at least 12000 pedometer steps, and no more than 4 hours of screen time, each day this week



## Smart Steps Club Family Contract Behavioral Contract - Multiple Behavior



**Dates:** From \_\_\_\_\_ to \_\_\_\_\_  
(month/date/yr) (month/date/yr)

### **Challenge #1:**

(1) We want you to increase your Go beverage (such as water) consumption by \_\_\_\_ servings each day.

\_\_\_\_\_ goal is to drink at least \_\_\_\_ servings of Go beverages each day.  
(Child name)

(2) We want you to decrease your Whoa beverage consumption by \_\_\_\_ servings each day. \_\_\_\_\_ goal is to drink less than \_\_\_\_ servings of Whoa beverages each day.  
(Child name)

### **Challenge #2:**

(1) We want you to increase your pedometer steps by \_\_\_\_ counts each day. \_\_\_\_\_ goal is to get at least \_\_\_\_ steps every day.  
(Child name's)

(2) We want you to cut down screen time by \_\_\_\_ minutes each day. \_\_\_\_\_ goal is to have no more than \_\_\_\_ minutes of screen time each day.  
(Child name's)

### **Smart Steps 7 Agreement:**

(1) \_\_\_\_\_ will use the Smart Steps Checkbook to write down water and sweetened beverage consumption, the number of pedometer steps he/she achieves, and screen time he/she watches every day this week.  
(Child name)

(2) ) Once each day, \_\_\_\_\_ and \_\_\_\_\_ will review the check together. They will add up how many servings of "whoa" beverages and water were drunk, and complete the check and they will count the number of pedometer steps and daily screen time, and write this on the check.  
(Child name) (parent/guardian)

(3) \_\_\_\_\_ and \_\_\_\_\_ will bring the completed checks to the next physician visit, for review.  
(Child name) (parent/guardian)

Club Members' Signatures

Coach's Signature

### **How to Earn Points, Prizes, and Bonus Prizes:**

- \_\_\_\_\_ will receive 20 points for showing up.  
(Child name)
- 30 points = meets beverage intake and screen time/pedometer step goals <50% days.
- 50 points = meets beverage intake and screen time/pedometer step goals ≥ 50% - < 100% days
- 80 points = meets beverage intake and screen time/pedometer step goals 100% days.

This contract will be reviewed at our next meeting!



# Behavior Change 101

- Initial Self-Evaluation / Self-Monitoring ("Get Ready")
- Goal Setting ("Get Set")
- Attempt Goal ("Go")
- Self-Evaluation and Goal Review ("How did I do?"); Goal Adjustment



# Attempting Goal

- Coach and Parent/Caregiver encouragement of daily goal attainment
- "Go for it"
- "Give it your all"
- "Try your best"
- "See how you do"
- "You can do it"



# Behavior Change 101

- Initial Self-Evaluation / Self-Monitoring ("Get Ready")
- Goal Setting ("Get Set")
- Attempt Goal ("Go")
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# Reviewing Goals

- Daily at home (with caregiver, ideally)
- At each Smart Steps Session, with Coach



# Coach and Parent/Caregiver Review of Goal Attainment

- Focus on progress.
- Reinforce progress.
- Opportunity for feedback.
- Think about barriers to success.
- Enhance motivation.
- Opportunity for positive parenting.



# Goal Review: How did I do?

1. Did I reach my goal...

Not at all?   Some?   Completely?

2. Reviewing why...

What did I do differently to meet my goal?

What challenges kept me from meeting my goal?

3. Should I change my goal...

Same goal?   Lower/Higher goal?

4. What's my new goal? \_\_\_\_\_





# Goal Review: How did I do?

Child Intake	Go Drinks	Whoa Drinks
< 5 servings	↑ by one 12-oz serving	↓ by one 12-oz serving
≥ 5 servings	Set intake to target	↓ by two 12-oz servings
Target Goal	6, 12-oz servings	1 or less 12 oz servings



# Two Hypothetical Examples:

- a) Child is showing success and so goals are bumped up.
- b) Child does not reach goals for 2 sessions and so goals are bumped down.



# Smart Steps Strategies for Success: Learning

- Problem-solving, brainstorming, game-planning
  - Where can I (we) find water at school and home?
  - What can I (we) eat with friends at a fast-food restaurant?
- Observing, monitoring target behavior
- Strive for the goal, evaluate, try again
- Keep it fun for the individual and group



# Keeping it Fun!

- Opportunities to earn prizes based on attendance and behavior change.
- "Competitions" across practices: point system.
- Create feeling of being in a special club.
- Atmosphere created by coaches and other site investigators.



# Summary: Smart Steps Behavior Change Basics

- "Teams" participate in fun activities that feel unique
- Team members learn, practice skills, influence each other:
  - How to overcome barriers
  - How to incorporate behavior into daily life
  - How to set goals and self-monitor progress



# Smart Steps Is Feasible

- Similar research has successfully been piloted in the primary care setting (Robinson, TN. Obesity Prevention in Primary Care. *Arch Pediatr Adolesc Med.* 2006;160:217-218)
- Easy to implement sessions
- Designed not to disrupt your practice
- Can provide skills and tools for addressing other behavioral issues (injury prevention, homework completion)



# Nutrition Concepts

- National Heart, Lung, and Blood Institute's We Can Program
- GO, SLOW, and WHOA foods
- Sugar-Sweetened Beverages and Water
- Energy Balance Model
- Energy Density
- Food Preparation
- Food Variety
- Portion Control
- Physical and Sedentary Activity



# Smart Steps Nutrition Guidelines are Based on NHLBI's We Can! Program

- **We Can!**  
Ways to Enhance Children's Activity & Nutrition
- We Can! was developed as a collaboration between NHLBI, NIDDK, NICHD, and NCI
- Designed for parents and caregivers to help children to stay at a healthy weight by
  - Encouraging healthy eating and drinking
  - Increasing physical activity
  - Reducing sedentary activity and screen time





# Sugar-Sweetened Beverages and Water

- Sugar-sweetened beverages are high in calories and may contain caffeine and phosphates
- Reducing sugar sweetened beverage intake can be a powerful way to reduce calories
- Strategies for increasing water intake: make flavored water with fruit wedges, keep a pitcher of cold water in the refrigerator, purchase water bottle



# Healthy Eating

- Emphasizes consumption of fruits, vegetables, whole grains, water, and low-fat or skim milk
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Limits consumption of foods and drinks that are high in fat and added sugar
- A way to eat healthy is to think in terms of "Go", "Slow", and "Whoa"



# "Go" Foods are Healthiest Choice

- "Go" Foods
  - Lowest in fat, sugar, and relatively low in calories
  - Nutrient dense (high in vitamins and minerals)
  - May eat these almost anytime
- Examples: fresh and frozen fruits and vegetables, whole grains, water and skim milk



# "Slow" Foods are to be Eaten Sometimes

- "Slow" Foods
  - Higher in fat, sugar, and calories than "Go" foods
  - Have these sometimes, at most several days of the week
- Examples: vegetables with added cream sauces, refined grains, and 100% fruit juice



# Eat "Whoa" Foods Only Once in Awhile

- "Whoa" Foods
  - Highest in fat, added sugar, and calories
  - Low in nutrients
  - These foods are to be eaten once in awhile and in small portions
- Examples: french fries, cake, cookies, soda, and sports drinks



# Energy Balance

- Weight gain occurs when energy intake exceeds energy expenditure
- An individual will lose/gain a pound of fat with a net energy (calorie) loss/gain of 3,500 kcal
- Balanced nutrition and daily physical activity can help children to maintain a healthy weight
- Replacing one can of soda a day with water will result in weight loss of about 15 pounds after one year



# Energy Density

- Energy density is the amount of calories per volume of food
- Calories come from three basic macronutrients:
  - Protein: 4 calories/gram of protein
  - Carbohydrates: 4 calories/gram of carbohydrate
  - Fats: 9 calories/gram of fat
- It is the volume of food, not the amount of calories, that results in satiety



# Energy Density

- By choosing foods low in energy density, a greater amount of food can be eaten for the same number of calories
- For example:
  - 1 can of soda + 1 cheeseburger = 510 calories
  - water + 1 turkey sandwich with fat-free cheese + 1 peach + 10 baby carrots + 8 ounce skim milk yogurt = 520 calories
- Foods that contain water are generally less energy dense and help increase satiety (examples: soups, stews, oatmeal, whole fruit)
- Beverages (soda, juice, etc) contain excess calories not compensated for throughout the day





# Food Preparation

- How a food is prepared can determine if it is a GO, SLOW, or WHOA
- For example: Fried chicken (WHOA), Chicken with skin (SLOW), Skinless chicken breast (GO)



# Food Variety

- Food variety can lead to overeating (e.g., buffet style meals)
- Conversely, having a variety of healthy foods for children to choose from can increase healthy eating and promote balanced nutrition
- A variety of colors and textures of healthy foods may increase children's acceptance of healthy foods



# Serving Size vs. Portion Size

- A serving size is the recommended amount based on MyPyramid (USDA) or food labels (FDA)
- A portion size is the amount of food an individual typically eats at a meal or snack
- Many products contain more than one serving size (1 can of soda is 1.5 servings)
- People will eat more if served larger portions
- To help control portions: portion controlled plates and meals, measuring cups, reading food labels



# Nutrition Facts

Serving Size 1 can 12 fl oz (368g)

## Amount Per Serving

**Calories 151**      Calories from Fat 0

## % Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 39g 13%

Dietary Fiber 0g 0%

Sugars 39g

**Protein** 0g

Vitamin A 0% • Vitamin C 0%

Calcium 1% • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

[NutritionData.com](http://NutritionData.com)

## Nutrition Label for can of soda



Nutrition Facts	
Serving Size: 1 oz	
Servings per Container: 13	
Amount per Serving	
<b>Calories:</b> 150	Calories from fat: 90
	% Daily Value
<b>Total Fat:</b> 10.1 g	16%
Saturated Fat: 1.0 g	5%
Trans Fat: 0 g	0%
<b>Cholesterol:</b> 0mg	0%
<b>Sodium:</b> 183 mg	8 %
<b>Total Carbohydrate:</b> 15.2 g	5%
Dietary Fiber: 1 g	4%
Sugars: 0g	
<b>Protein:</b> 2.0 g	

**Nutrition Label**  
**for large (13 oz)**  
**bag of Potato**  
**Chips**



Nutrition Facts	
Serving Size: 1 oz	
Servings per Container: 13	
Amount per Serving	
Calories: 150	Calories from fat: 90
	% Daily Value
Total Fat: 10.1 g	16%
Saturated Fat: 1.0 g	5%
Trans Fat: 0 g	0%
Cholesterol: 0mg	0%
Sodium: 183 mg	8 %
Total Carbohydrate: 15.2 g	5%
Dietary Fiber: 1 g	4%
Sugars: 0g	
Protein: 2.0 g	

**Nutrition Label  
for large (13 oz)  
bag of Potato  
Chips**

Actual calories in bag =  
150 X 13

1,950 Calories!



# Physical Activity

- Physical activity is any voluntary movement produced by contraction of the skeletal muscles that results in energy expenditure
- Physical activities include walking the dog, bicycling, gardening, and swimming
- Lifestyle activity can be just as effective for weight management as structured exercise



# Sedentary Activity

- Some research indicates that reducing sedentary activity can lead to greater weight loss than increasing physical activity
- Snacking frequently occurs when watching TV, reading, and playing computer/video games
- Sedentary activity reduces opportunities for physical activity
- Children are exposed to advertisements for unhealthy foods while watching TV





# Session Overviews

- There are 12 Smart Step sessions over a year (15 - 20 minutes per session)
  - 4 weekly sessions (1-4)
  - 2 bi-weekly sessions (5-6)
  - 2 monthly sessions (7-8)
  - 4 bi-monthly sessions (9-12)
- Can earn up to 100 points each session
- Can earn additional 10-20 points in some sessions



# Session Overviews

- Materials
  - Manual
  - Epic Sheets (outlines and points)
  - Supplemental handouts for each session
  - Checkbook
- Skill building, practice, and shaping
- Make it fun



# Session 1

## • Introduction to Smart Steps Club

- Introduce & give overview Smart Steps Club goals.
- Conduct icebreaker/getting to know you activity
- Team code name
- Discuss "Smart Steps Challenge" (Purpose, Expectations, Assignments, and Incentive Systems).
- Discuss servings sizes of water and "whoa" drinks.
- Introduce and discuss checkbooks
- Inform team of points earned and provide reinforcer



Week of: \_\_\_\_\_

### Go Drinks

	+9							
	8							
	7							
	6							
	5							
	4							
	3							
	2							
	1							
		SUN	MON	TUE	WED	THU	FRI	SAT

### Whoa Drinks

	+9							
	8							
	7							
	6							
	5							
	4							
	3							
	2							
	1							
		SUN	MON	TUE	WED	THU	FRI	SAT



# Session 1 Points

- 20 points for attending session
- 40 points for sharing interesting fact
- 40 points for coming up with code name for team



# Session 1

- **Potential Roadblocks to Anticipate**

- Parent or child goals are not reasonable or go beyond the scope of the program
- There does not seem to be enough time to complete the entire 1<sup>st</sup> session
- Questions on use of monitoring logs (what if lost? What if day missed? How many servings should I have? etc)



# Session 2

## Beverage Consumption and Goal Setting

- Review beverage checkbooks to assess & reinforce compliance.
- Discuss benefits of water consumption and detriments of Whoa beverage consumption.
- Discuss "Slow" and "Go" beverages as alternatives to Whoa beverages.
- Assign "create your own water recipe" challenge.
- Goal- set daily water and Whoa beverage consumption levels until next session; sign behavioral contract.
- Inform team of points earned and provide reinforcer.



# Session 2 Points

- 20 points for attending session
- Up to 80 points for completing checkbooks. For this session just have to monitor, don't have to meet a goal
  - 30 points if record beverage intake <50% of days (e.g. 3 days or less)
  - 50 points if record beverage intake more than 50% of days but less than 100% of days (4-6 days)
  - 80 points if record beverage intake 100% of days (7 days)





# Setting Initial Goal

Child Intake	Go Drinks	Whoa Drinks
< 5 servings	↑ by one 12-oz serving	↓ by one 12-oz serving
≥ 5 servings	Set intake to target	↓ by two 12-oz servings
Target Goal	6, 12-oz servings	1 or less 12 oz servings



# Setting the Goal

## Congratulations!

You're now a part of the Smart Steps Club. As an official member of the Smart Steps Team, you will learn how to make healthier choices in your daily life. That's an important job.

Your tasks will be to track how much water you drink versus your sweetened-beverage intake, as well as track how much time you spend in front of your TV or computer versus your level of physical activity. Sounds like a fun challenge, right? Well, let's get started!



## Instructions:

In your Smart Steps binder, you'll find the following tools:

### "My Goal" Stickers

Every time you meet with your coach, you will set new goals to strive for each week. These "my goal" stickers will help you mark your goal on your tracking sheets.



### "Go Drinks" vs. "Whoa Drinks" (the Green Book)

You'll begin by tracking your drink intake only. Your handy green book will help you do this. It's small enough to carry around with you, so you'll be able to track how much you're drinking throughout the day. The chart is set up like this: the chart on the left will be used to track your water or "Go Drink" intake, while the chart on the right tracks sweetened-beverage or "Whoa Drinks" intake.

During your meetings with your coach, you will place one "my goal" sticker to the left of your goal for "Go Drinks" and another to the left of your "Whoa Drinks" goal for that week. The finger on the "my goal" sticker should point to the number of servings you'll try to drink each day. Remember: each new week will start on a Sunday.



### "Steps" vs. "Screen Time" (the Purple Book)

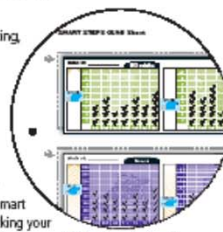
Later on you will start to track your physical activity versus the time you spend watching TV, playing video games, or playing on the computer. Your purple book is set up like your green book, except that the charts are for different activities. The chart on the left will help you track your "Steps" (physical activity), while the chart on the right is for tracking your "Screen Time" (time in front of the TV or computer). Remember: each new week will start on a Sunday.

Just like with the green book, your coach will help you set goals for the week. You'll use the "my goal" stickers to mark these goals as well.

### "Smart Steps Club" Sheets

After you have completed a full week of tracking, you will remove the tracking sheet from your sticker book and place it on the available "Smart Steps Club" sheet for safekeeping. Each page should include two weeks of tracking. You'll be tracking your drink intake only for a while, so each "Smart Steps Club" page should hold two weeks of your green tracking sheets. Once you begin tracking your physical activity versus your screen time, your "Smart Steps Club" sheets will include one week of tracking your drink intake (green sheet) and one week of tracking your activities (purple sheet).

Please be sure to bring your Smart Steps binder to each meeting so that you can discuss your tracking results with your coach and set new goals.



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## Helpful Hints

Below are some hints that will help you to complete your "Smart Steps Club" tasks.

Don't be afraid to ask questions: The most important hint of all is to remember that you can always go to your coach, your parent or guardian for help. So, if you have a question about anything, don't be afraid to ask.

**How to count your beverage intake:** Each day you'll check one box for every serving of "Go Drinks" or "Whoa Drinks" you drink each day. A cup or 8 ounces is considered 1 full serving, so you'll fill in one box. But, if you drink a 12-ounce serving, that's 1 1/2 cups. So, you would fill in one full box, and only half of the next box. Got it?

**Counting your steps:** You'll have a handy counter device that will track your steps for you. You should check your counter before you go to bed, then fill in the spaces on your tracking sheet that is closest to the total number of steps you've taken for the day. When you look at your "Steps" tracking sheet, you'll see that it starts at zero (0) and ends at 16,000 steps. Each box represents 2,000 steps. So, if your counter reads 8,000 steps, you'd fill in a total of four boxes.

**Using your "Smart Steps Club" sheets:** Remember, each sheet can hold up to two tracking sheets from your sticker books. The best way to position your tracking sheet is to place each sheet directly over the available "place sticker here" sign. Make sure your tracking sheets are upright before you place them on the "Smart Steps Club" sheet.

For more information, please visit [www.smartstepsclub.org](http://www.smartstepsclub.org).



## Smart Steps Club Family Contract



**Dates:** From \_\_\_\_\_ to \_\_\_\_\_  
(month/date/yr) (month/date/yr)

### Challenge #1:

- (1) We want you to increase your Go beverage (such as water) consumption by \_\_\_\_ servings each day. \_\_\_\_\_ goal is to drink at least \_\_\_\_ servings of water each day. (Child name)
- (2) We want you to decrease your Whoa beverage consumption by \_\_\_\_ servings each day. \_\_\_\_\_ goal is to drink less than \_\_\_\_ servings of "whoa" beverages each day. (Child name)

### Smart Steps 2 Agreement:

- (1) \_\_\_\_\_ will use the Smart Steps Checkbook to write down how many servings of Whoa beverages and Go beverages he/she drinks every day this week. (Child name)
- (2) Once each day, \_\_\_\_\_ and \_\_\_\_\_ will review the check together. They will add up how many servings of Whoa beverages and Go beverages were drunk, and complete the check. (Child name) (parent/caregiver)
- (3) \_\_\_\_\_ and \_\_\_\_\_ will bring the completed check to the next physician visit, for review. (Child name) (parent/caregiver)

\_\_\_\_\_  
Club Members' Signatures

\_\_\_\_\_  
Coach's Signature

### How to Earn Points, Prizes, and Bonus Prizes:

- \_\_\_\_\_ will receive 20 points for showing up. (Child name)
- 30 points = Meeting goals < 50% days.
- 50 points = Meeting goals ≥ 50% - < 100% days.
- 80 points = Meeting goals 100% days.

This contract will be reviewed at our next meeting!

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# Session 2

## Potential Roadblocks to Anticipate

- Poor compliance with beverage monitoring during baseline assessment.
- Lost or unreturned checkbooks
- Parent and child frustration or dislike of monitoring.
- Establishment of realistic goals (i.e., not too high or too low) that get "buy in" from entire team.



# Session 3

## • Teamwork for Better Health

- Review beverage checkbooks to assess & reinforce goal attainment.  
\*\* <50% of days vs. 50% - 99% of days vs. 100% of days.
- Set goals for following session (see coach guidelines).
- Review water recipe assignment
- Review importance of team work: Role Modeling and Rewards/Incentives
- Inform team of points earned and provide reinforcer



# Points for rest of Sessions

- Can earn up to 100 points each meeting, for a potential total of 1200 points
- Can earn 10-20 bonus points in some sessions by completing take-home activities and activities.
- Attending session = 20 points
- Meeting goals < 50% of the days = 30 points
- Meeting goals more than 50% but less than 100% of the days = 50 points
- Meeting your goals 100% of the days = 80 points
- For session 2, completing the log counts as meeting the goal





## Incentives for Children

- Give hugs and kisses
- Praise and encouragement
- Compliment your child in front of others
- Use the computer
- One-on-one time with a parent
- Brother's Day/Sister's Day
- Spend a special day with a parent
- Surprises
- Back rubs
- Thank-you notes in the lunch box
- Thank-you notes through the mail
- Have lunch at school with parent.
- Books, reading a story
- Posters
- Science kits
- Work on models, building kits
- Gardening
- Play board games, or puzzles
- Magic tricks
- Painting or drawing supplies
- Using a calculator
- Playing outside, playing catch
- Sporting events
- Baseball cards
- Go for a walk or a family bike ride
- Go for a drive in the car
- Go on a mystery ride
- New clothes
- Use the VCR/rent a movie
- Use the telephone
- Make low-fat microwavable popcorn
- Stay up late on weekends
- Take Special Trips
- Have a picnic outdoors.
- Spend time at a friend's house
- Have a friend come to the house
- Have a slumber party
- Make a blanket tent
- Sing songs or play music
- Go to a relative's house
- Fly a kite
- Go swimming, fishing, skating, or bowling
- Play miniature golf
- Go to the movies
- Go to the zoo, park, museum, or library
- Prepare a meal together
- Bubble baths
- Brushing hair
- Help with chores
- Help Mom or Dad with projects
- Stickers/sticker books/happy faces
- Stars/points on a chart
- Money/ allowance
- Open a savings account
- Others: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Smart Steps Club Caregiver Manual

### Caregiver Manual:

- Monitoring
- Role Modeling
- Controlling the Home Environment
- Making Smart Steps Fun





## CONTROL YOUR HOME ENVIRONMENT

**How is my home environment related to my family's health?**

A healthy lifestyle involves making healthy choices. In order for your family to make healthy choices, your home should be stocked with healthy options. For example, if your family is trying to decrease their intake of "whoa" drinks, you should keep these beverages out of the house and stock up on healthier alternatives such as bottled water or refrigerated tap water.

**How can I create a healthier home environment?**

It is actually quite simple...Get the "whoa" food and drinks out of the house! Avoid buying unhealthy food items.

**What if other family members complain about changing our home environment?**

Have a discussion with your family about the reasons that you would like to make your home a healthier place. For example, you could say "I would like everyone to participate in making healthier choices to improve your health and prevent you from getting sick. It will make it easier to improve our habits if we are all willing to participate in making these healthy changes!"

Notes: \_\_\_\_\_

\_\_\_\_\_ 8

\_\_\_\_\_



# Session 3

- **Potential Roadblocks to Anticipate**
  - Child did not meet goals in prior week or struggling to meet goals - feelings of frustration.
  - Determining goals for following session.
  - Parents do not accept their role or won't change their own behavior.



# Optional Supplemental Activities for Sessions 3-6

- Some children meet their beverage goals easily by session 3 and start to lose focus until the physical activity goal starts.
- Therefore we have created optional supplemental activities for sessions 3-6
- Should only be used if child is meeting beverage goal and wants additional challenges



# Optional Supplemental Activities for Sessions 3-6

- Session 3: set optional goal
  - reduce slow beverages
  - Increase fruit and vegetable consumption
  - Reduce high sugar/high fat snacks
- Optional contract
- Family should choose reward from incentive list (no points)



# Session 4

- **Go, Slow, and Whoa Foods**

- Review beverage checkbooks to assess & reinforce goal attainment.  
\*\* <50% of days vs. 50% - 99% of days vs. 100% of days.
- Set goals for following session (see coach guidelines).
- Introduce "We Can" Healthy Eating Plan, Go/Slow/Whoa foods.
- Introduce Grocery Receipt Activity, highlighting go vs. slow vs. whoa foods.
- Inform team of points earned and provide reinforcer.



## Session 4

- **Potential Roadblocks to Anticipate**
  - Child did not meet goals in prior week or struggling to meet goals - feelings of frustration.
  - Fatigue with intervention
- **Optional Activities**
  - Calories are right game
  - Whoa to Go challenge





# Session 5

- **Portion Sizes**

- Review beverage checkbooks to assess & reinforce goal attainment.
  - \*\* <50% of days vs. 50% - 99% of days vs. 100% of days.
- Set goals for following session (see coach guidelines).
- Review grocery store assignment, emphasizing alternatives to whoa foods.
- Review Child Serving Sizes
  - \*\* Discuss standard serving sizes
  - \*\* Give Portion Distortion quiz and portion size worksheet
- Inform team of points earned and provide reinforcer



# Serving Size Card from "We Can"

## SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

1 Serving Looks Like . . .	1 Serving Looks Like . . .
<b>GRAIN PRODUCTS</b>  1 cup of cereal flakes = fist  1 pancake = compact disc  ½ cup of cooked rice, pasta, or potato = ½ baseball  1 slice of bread = cassette tape  1 piece of cornbread = bar of soap	<b>VEGETABLES AND FRUIT</b>  1 cup of salad greens = baseball  1 baked potato = fist  1 med. fruit = baseball  ¼ cup of fresh fruit = ¼ baseball  ¼ cup of raisins = large egg
1 Serving Looks Like . . .	1 Serving Looks Like . . .
<b>DAIRY AND CHEESE</b>  1½ oz. cheese = 4 stacked dice or 2 cheese slices  ½ cup of ice cream = ½ baseball <b>FATS</b>  1 tsp. margarine or spreads = 1 dice	<b>MEAT AND ALTERNATIVES</b>  3 oz. meat, fish, and poultry = deck of cards  3 oz. grilled/baked fish = checkbook  2 Tbsp. peanut butter = ping pong ball





# Portion Distortion Quiz



## Portion Distortion Quiz

You've probably noticed that food portions in restaurants and other places have grown in size and provide enough food for at least two people. Larger portion sizes can lead to bigger waistlines and weight gain.

Take the Portion Distortion Quiz below to see if you know how today's portions compare to the portions available 20 years ago, and about the amount of physical activity required to burn off the extra calories provided by today's portions. The answers are provided below.

1. A bagel 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel?
  - a. ☐ 150 calories
  - b. ☐ 250 calories
  - c. ☐ 350 calories
2. A cheeseburger 20 years ago had 333 calories. How many calories do you think are in today's cheeseburger?
  - a. ☐ 590 calories
  - b. ☐ 620 calories
  - c. ☐ 700 calories
3. A 6.5-ounce portion of soda had 85 calories 20 years ago. How many calories do you think are in today's portion?
  - a. ☐ 200 calories
  - b. ☐ 250 calories
  - c. ☐ 300 calories
4. 2.4 ounces of french fries of 20 years ago had 210 calories. How many calories do you think are in today's portion?
  - a. ☐ 590 calories
  - b. ☐ 610 calories
  - c. ☐ 650 calories
5. A portion of spaghetti and meatballs 20 years ago had 500 calories. How many calories do you think are in today's portion of spaghetti and meatballs?
  - a. ☐ 600 calories
  - b. ☐ 800 calories



# Session 5

- **Potential Roadblocks to Anticipate**
  - Setting new goals (how much to increase or decrease).
  - Fatigue with intervention
  - Parent concerns about inability to access fresh fruits and vegetables/go foods, and inability to find small portion foods.
- **Optional Activity**
  - Create your own Go drink ad



# Session 6

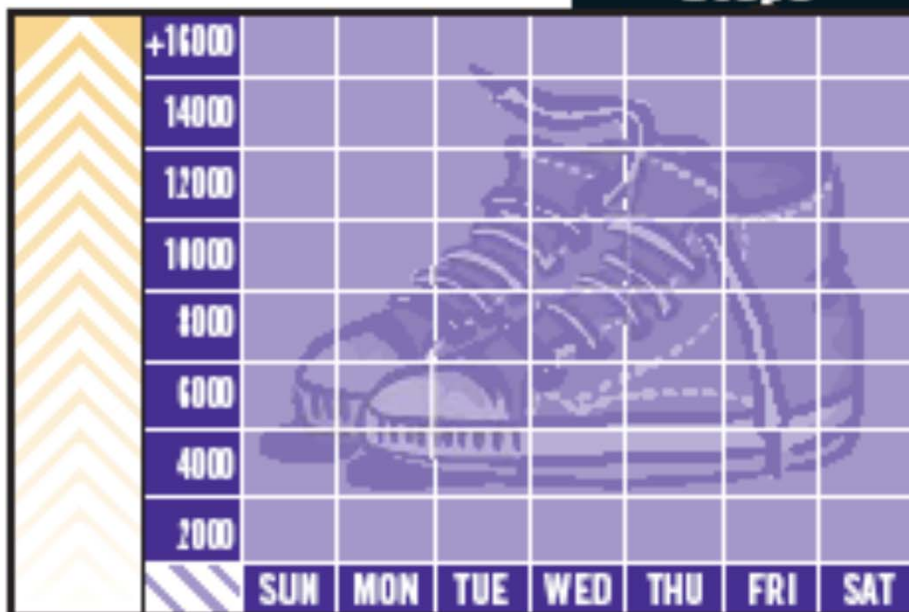
## • Eat a Variety of Food

- Review beverage checkbooks to assess & reinforce goal attainment.  
\*\* <50% of days vs. 50% - 99% of days vs. 100% of days.
- Set goals for following session (see coach guidelines).
- Complete and discuss "Color Your Plate" activity.
- Introduce PA/TV Monitoring Log and have children monitor until next session to establish baseline step counts and screen time.
- Inform team of points earned and provide reinforcer.

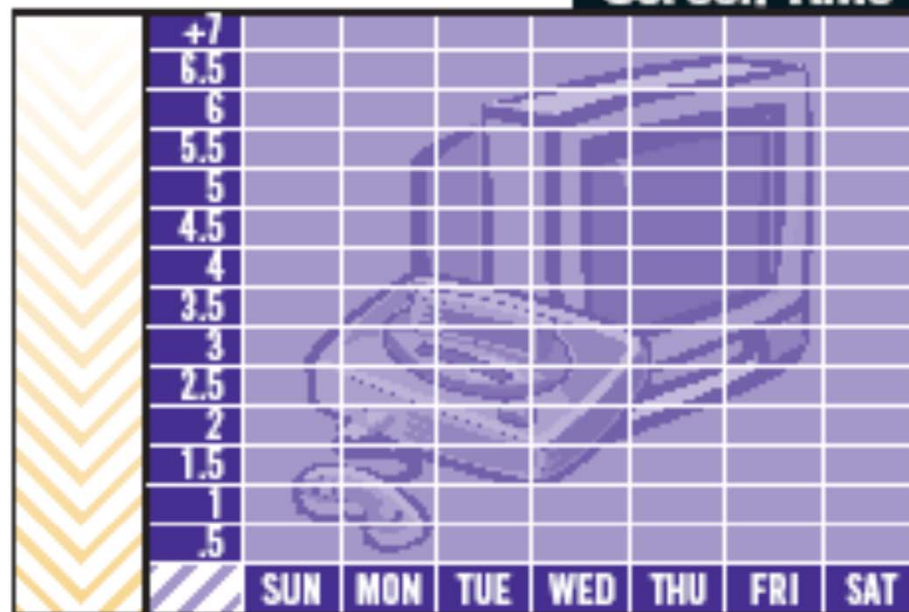


Week of: \_\_\_\_\_

### Steps



### Screen Time





## Pedometer Instructions



Here is your own personal Smart Steps Club pedometer! Please follow the directions to make the pedometer work best for you.

---

The best way to wear your pedometer is on your waistline, directly over your knee. Make sure it is nearly straight up and down. If it's tilted, the step counter may be not record accurately. You can wear it underneath your clothes if you want.

The goal here is to make sure you get the most steps in within a 24-hour period. That means that you can put your pedometer on in the morning when you wake up and take it off when you go to bed. However, please be sure to keep your pedometer dry. You can wear your pedometer at all times, except while showering or swimming!

\*

To "match" your pedometer's counter to your walking style, place the pedometer on your waist and walk 50 steps. Move the pedometer to another position and walk another 50 steps, to see if you have a more exact reading.

\*

Always clip the pedometer to the same place on your waistline. The cover must close for it to count properly.

\*

The leash can be used to secure your pedometer to your waist so that if it does fall off your waist you will not lose it. The pedometer is not meant to hang by the leash and will only work correctly if it is clipped to your waist. You can use the picture below to show you how to attach the leash.

\*

To give yourself an idea of how many steps you take now, wear your pedometer for a week *before* you start increasing you steps. This will let you know how to set your realistic goal for the Smart Step Club.

\*

Reset your pedometer once you've recorded the steps for the day in your Checkbook. To reset the pedometer back to zero, press the yellow RESET



# Session 6

- Handout for converting other activities to steps
- Wii and Dance Revolution:
  - If playing game that requires standing up and moving around, don't count as screen time
  - Can wear pedometer while playing and count any steps that register on pedometer.



# Session 6

- **Potential Roadblocks to Anticipate**
  - Children may change physical activity levels and screen time because they are monitoring it ("reactivity").
  - Same as prior sessions.
  - Intervention fatigue.
- **Optional activity**
  - Making Healthy Choices at Fast Food Restaurants





# Session 7

- **Decreasing TV Viewing/Screen Time**
  - Review efforts to eat greater variety of foods.
  - Review beverage checkbooks to assess & reinforce goal attainment.  
*\*\* <50% of days vs. 50% - 99% of days vs. 100% of days.*
  - Set goals for the following session for both water/whoa foods and pedometer steps/screen time.
  - Parent time: Behavioral quiz and open-ended questions.
  - Inform team of points earned and provide reinforcer.





# Step and Screen Goals

	Steps	Screen Time
If Not at Target Goal	↑ by 1000 steps	↓ by 30 minutes
Target Goal	15,000 steps or more	2 hours or less



# Sample Parent Discussion Questions

1. *What aspects of the program have been the most successful/easiest to implement?*
2. *What changes have you noticed in your child's eating or physical activity since beginning the program?*
3. *What have been the biggest challenges or barriers with implementing the program?*



## Smart Steps Club Family Contract Behavioral Contract - Multiple Behavior



**Dates:** From \_\_\_\_\_ to \_\_\_\_\_  
(month/date/yr) (month/date/yr)

### **Challenge #1:**

(1) We want you to increase your Go beverage (such as water) consumption by \_\_\_\_ servings each day.

\_\_\_\_\_ goal is to drink at least \_\_\_\_ servings of Go beverages each day.  
(Child name)

(2) We want you to decrease your Whoa beverage consumption by \_\_\_\_ servings each day. \_\_\_\_\_ goal is to drink less than \_\_\_\_ servings of Whoa beverages each day.  
(Child name)

### **Challenge #2:**

(1) We want you to increase your pedometer steps by \_\_\_\_ counts each day. \_\_\_\_\_ goal is to get at least \_\_\_\_ steps every day.  
(Child name's)

(2) We want you to cut down screen time by \_\_\_\_ minutes each day. \_\_\_\_\_ goal is to have no more than \_\_\_\_ minutes of screen time each day.  
(Child name's)

### **Smart Steps 7 Agreement:**

(1) \_\_\_\_\_ will use the Smart Steps Checkbook to write down water and sweetened beverage consumption, the number of pedometer steps he/she achieves, and screen time he/she watches every day this week.  
(Child name)

(2) ) Once each day, \_\_\_\_\_ and \_\_\_\_\_ will review the check together. They will add up how many servings of "whoa" beverages and water were drunk, and complete the check and they will count the number of pedometer steps and daily screen time, and write this on the check.  
(Child name) (parent/guardian)

(3) \_\_\_\_\_ and \_\_\_\_\_ will bring the completed checks to the next physician visit, for review.  
(Child name) (parent/guardian)

Club Members' Signatures

Coach's Signature

### **How to Earn Points, Prizes, and Bonus Prizes:**

- \_\_\_\_\_ will receive 20 points for showing up.  
(Child name)
- 30 points = meets beverage intake and screen time/pedometer step goals <50% days.
- 50 points = meets beverage intake and screen time/pedometer step goals ≥ 50% - < 100% days
- 80 points = meets beverage intake and screen time/pedometer step goals 100% days.

This contract will be reviewed at our next meeting!



# Session 7

- **Potential Roadblocks to Anticipate**
  - Potentially too much or too many behaviors to monitor.
  - Parents or other families not assisting/ "sabotaging" treatment. Try to assess in Parent Time.



# Session 8

## • Decreasing TV Viewing/Screen Time

- Review beverage and TV/PA checkbooks to assess & reinforce goal attainment.

*\*\* <50% of days vs. 50% - 99% of days vs. 100% of days.*

- Set goals for the following session for both water/whoa foods and pedometer steps/screen time.
- Discuss team members efforts to reduce screen time.
- Child Time: Discuss child issues since joining Smart Steps Club (open-ended).
- Inform team of points earned and provide reinforcer



# Session 8

- **Potential Roadblocks to Anticipate**

- Potentially too much or too many behaviors to monitor.
- Parents or other families not assisting/ "sabotaging" treatment. Try to assess in Child Time.



# Session 9

- **Fit to Play**

- Review beverage and TV/PA checkbooks to assess & reinforce goal attainment.

*\*\* <50% of days vs. 50% - 99% of days vs. 100% of days.*

- Set goals for the following session for both water/whoa foods and pedometer steps/screen time.
- Introduce "Get Moving" activity (stretching exercise)



# Session 9

- **Fit to Play**

- Review Importance of Physical Activity
  - \*\* Discuss current physical activity habits
  - \*\* Discuss benefits of physical activity
  - \*\* 2005 Dietary Guidelines for Americans (PA recommendations)
- Inform team of points earned and provide reinforcer





# Session 9

- **Potential Roadblocks to Anticipate**
  - Potentially too much or too many behaviors to monitor.
  - Inconsistent attendance.
  - Study fatigue.



# Session 10

- **Healthy Snacking**

- Review beverage and TV/PA checkbooks to assess & reinforce goal attainment.  
*\*\* <50% of days vs. 50% - 99% of days vs. 100% of days.*
- Set goals for the following session for both water/whoa foods and pedometer steps/screen time.
- Discuss healthy snacking per go, slow, whoa strategies.
- Conduct healthy snack challenge (parents bring in 'go' and 'slow' labels to the following session).
- Inform team of points earned and provide reinforcer



# Session 10

- **Potential Roadblocks to Anticipate**
  - Potentially too much or too many behaviors to monitor.
  - Inconsistent attendance.
  - Study fatigue.



# Session 11

## • Review of Go, Slow, and Whoa Foods

- Review beverage and TV/PA checkbooks to assess & reinforce goal attainment.  
*\*\* <50% of days vs. 50% - 99% of days vs. 100% of days.*
- Set goals for the following session for both water/whoa foods and pedometer steps/screen time.
- Ask team to complete Incentive Worksheet for the next session.
- Review Snack Food Labels.
- Child Time: Discuss child issues/questions about Smart Steps Club.
- Parent Time: Discuss parent issues/questions about Smart Steps Club.
- Inform team of points earned and provide reinforcer.



# Session 11

- **Potential Roadblocks to Anticipate**
  - Barriers to sustaining behavior change with less frequent contact.



# Session 12

- **Maintaining Your Healthy Lifestyle**

- Review beverage and TV/PA checkbooks to assess & reinforce goal attainment.

*\*\* <50% of days vs. 50% - 99% of days vs. 100% of days.*

- Set goals for the maintenance period for water/whoa foods and pedometer steps/screen time.
- Discuss maintenance issues; problem-solving to sustain changes.
- Graduation ceremony with certificate.



# CERTIFICATE OF COMPLETION

**Name of Recipient**

**Has successfully completed the  
Smart Steps Club Challenge.**



via<sup>®</sup>

\_\_\_\_\_  
Caregiver's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date

