



BODWORKS

A Toolkit for *Healthy* Teens & Strong Families





BodyWorks Panel

1. Overview – BodyWorks Program

Brooke Leggin

Office on Women's Health, Dept. of Health & Human Services

2. Implementing at the Community Level

Marian Mehegan & Andrea Evans, Region 1 (Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont)

Office on Women's Health, Dept. of Health & Human Services

3. What is it like to run a BodyWorks program?

Ann Merritt

Valley Regional Hospital

BodyWorks Overview

- Background
- Theories
- BodyWorks Sessions
- Toolkit
- Trainers
- Evaluation
- Contact Information

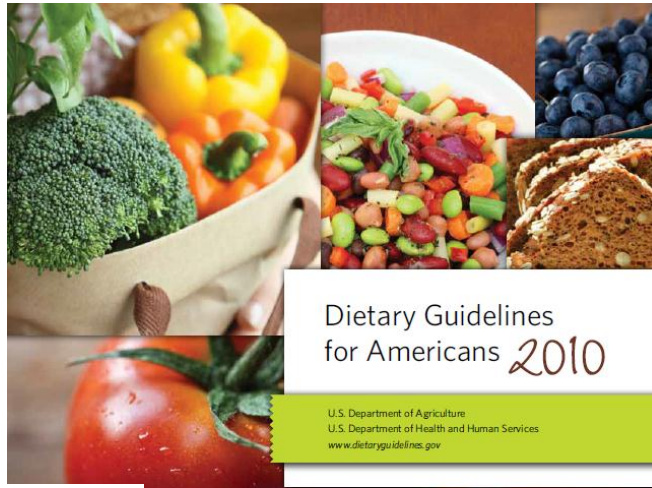


About BodyWorks

- An 8-week healthy lifestyle program for parents and caregivers of children 9 to 14 years old
- Each 90-minute BodyWorks session focuses on healthy eating and physical activity
- BodyWorks is focused on parents as change agents

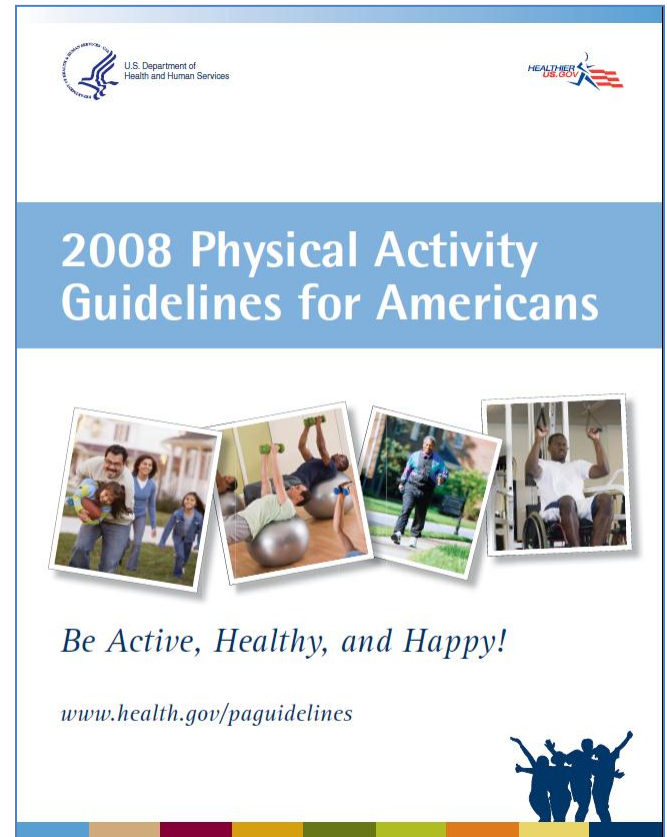
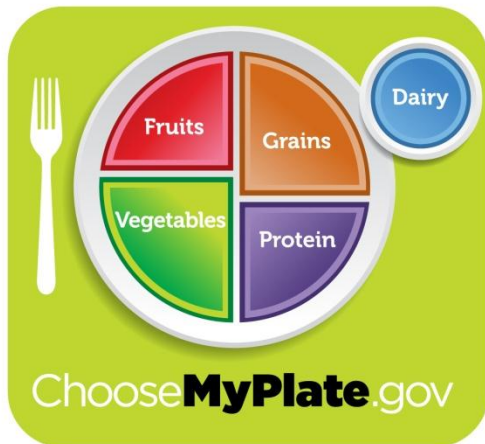


About BodyWorks



Dietary Guidelines
for Americans 2010

U.S. Department of Agriculture
U.S. Department of Health and Human Services
www.dietaryguidelines.gov



2008 Physical Activity Guidelines for Americans



Be Active, Healthy, and Happy!

www.health.gov/paguidelines



- Transtheoretical Model (Stages of Change) (Prochaska)
- Social Cognitive Theory (Bandura)
- Motivational Interviewing (Miller & Rollnick)
- Adult Learning Principles (Knowles)
- Gagne's Nine Instructional Principles



Weekly Sessions

Session 1 – BodyWorks: Tools for Changing Habits

Session 2 – Basics of Healthy Eating

Session 3 – Get Moving

Session 4 – Serving Sizes and Healthy Food Choices

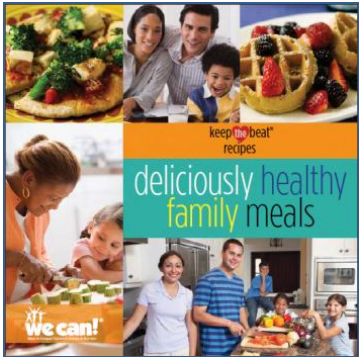
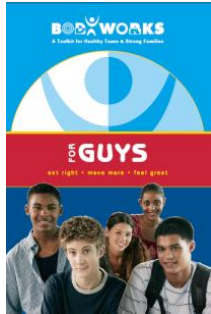
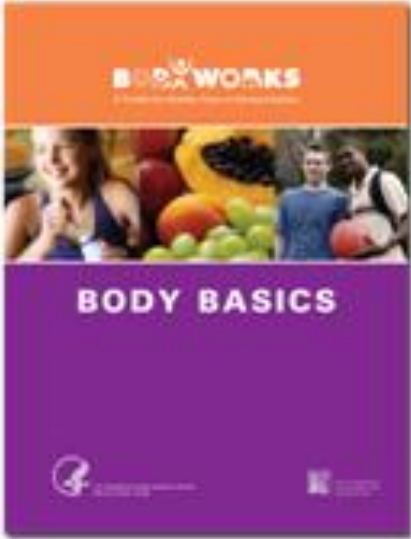
Session 5 – Setting Goals and Meal Planning

Session 6 – Shopping, Cooking, and Eating Together

Session 7 – Types of Physical Activity / Media Influences

Session 8 – Keeping It Up

Toolkit Components



Trainers

- Participate in a free, 1-day training
- Come from a variety of backgrounds:
 - Health educators
 - Health care professionals
 - Nutritionists
 - Teachers
 - Dieticians
 - Physical trainers
 - Social workers
- Conduct BodyWorks programs in a variety of sites
 - Community- and faith-based organizations
 - State health agencies
 - Nonprofit organizations
 - Hospitals
 - Health care systems
 - Schools
 - Work sites



Key Components

- Free training, technical assistance, and materials
- Plain-language, attractive materials
- Utilizes all learning styles (visual, auditory, tactile/kinesthetic)
- Emphasizes small, gradual behavior change
- Goal setting & peer support
- Theory-based, evaluation data available

Evaluation

- Parents gained:
 - ☑ Nutrition and physical activity knowledge
 - ☑ Self-confidence in helping their children change eating habits
 - ☑ Ability to set nutrition goals or plan physical activity for their families
- Parents:
 - ☑ Made healthier food choices
 - ☑ Changed how much they ate
 - ☑ Exercised more
 - ☑ Changed food preparation and purchases
- Currently undergoing a second, more extensive evaluation

BodyWorks Website



A project of the U.S. Department of Health and Human Services Office on Women's Health

[Página inicial en español](#)

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BodyWorks – A toolkit for healthy teens and strong families

[This information in Spanish \(en español\)](#)

English-language BodyWorks toolkits are currently OUT OF STOCK.

We hope that English-language toolkits will be available by June 2012. In the meanwhile, you can download and print the PDF files of most of the English-language toolkit pieces.

Toolkit Tags: It's important to send in toolkit tags, even if you print out PDF versions of the toolkit. Download the PDF copy of the toolkit tag (PDF, 225 KB) and return it to Office on Women's Health • Attn: BodyWorks staff • 200 Independence Avenue, S.W., Room 730F • Washington, DC 20201.

Updated Status: Currently, both the English-language and Spanish-language toolkits are being updated with new information on nutrition and physical activity. We hope the updated toolkits and trainer curriculum will be available in June 2012.

Help Us Improve the BodyWorks Program! Are you a trainer or a parent/caregiver who has participated in the BodyWorks program in the past? We have new online surveys for [parents](#) and [trainers](#). Give us your opinions and help improve BodyWorks! (It will only take 10 – 20 minutes.) Thank you!

BodyWorks is a program designed to help parents and caregivers of adolescents improve family eating and activity habits. Available in English and Spanish, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

Topics

About BodyWorks	For parents and families
<ul style="list-style-type: none">Regional Trainer Advisory Panel	<ul style="list-style-type: none">How can my family take part in BodyWorks?

womenshealth.gov/BodyWorks



Contact BodyWorks

[www.WomensHealth.gov/
BodyWorks](http://www.WomensHealth.gov/BodyWorks)

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Transtheoretical Model (Stages of Change)

- Change is not a single event, but rather an ongoing process.
- People are at different stages of readiness at any one time.
- BodyWorks is most helpful for people in Stage 2 (Contemplation) or 3 (Preparation) and may be helpful for people in Stage 4 (Action) or 5 (Maintenance).



Social Cognitive Theory (SCT)

- SCT is broad and complex.
- SCT concepts incorporated into BodyWorks:
 - Observational learning (modeling)
 - Self-efficacy (a person's confidence in his or her ability to perform a behavior)
 - Goal setting
 - Behavioral capability (knowing what to do and how to do it)



Motivational Interviewing

- A brief, nonconfrontational way to help someone make changes
- Create a safe and supportive environment to help people think about their behaviors and whether or how they might go about making changes
- Helps people explore and resolve ambivalence (for example, between indulgence and restraint)



Adult Learning Principles

Four phases of the adult learning cycle:

1. Experiencing – Doing
2. Processing – Reflecting
3. Generalizing – Deriving Meaning
4. Applying – Taking Action



Gagne's Nine Instructional Principles

1. Gain Attention
2. State Objectives
3. Stimulate Recall
4. Present New Information
5. Guide Learning
6. Elicit Performance
7. Provide Feedback
8. Evaluate Performance
9. Enhance Retention