

Three bright green apples are arranged in a cluster. One is in the foreground, slightly to the right, and two are behind it, one to the left and one to the right. The apples are glossy and have short stems.

# **Eat Smart, Live Strong:**

## A Nutrition and Physical Activity Intervention for Older Adults

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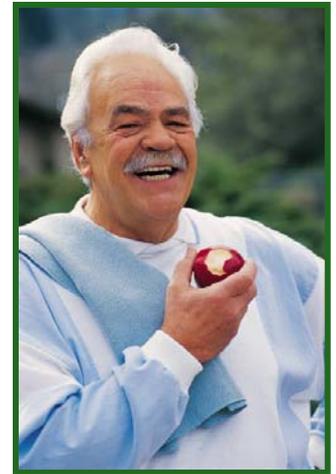
# Purpose

**To provide a behavior focused intervention for able bodied, low-income older adults 60-74 years of age.**



# Key Behaviors

- Increase fruit and vegetable consumption to 3½ cups of fruits and vegetables
- Participate in 30 minutes of physical activity on most days of the week



# Project Overview



- Literature Review
- Promising Practices Review
- Formative Testing
- Intervention Plan
- Guidance



# Concept Development and Testing

- Review Panel
- Site Visits
- Materials Testing
- Field Review



# Review Panel

- Responses received from all 11 reviewers
  - 2 University academics;
  - 4 Federal or State government agency employees;
  - 5 FNS Regional Office staff
- open-ended and closed questions



# Review Panel Findings

- Consider low literacy needs
- Deliver 30 minute lessons, with options
- Highlight benefits of key behaviors
- Encourage social interaction
- Provide take-home materials
- Include suggestions about delivering sessions to people with special needs



# Site Visits

Washington DC	<b>Commodities Supplemental Food Program</b>
Alexandria, VA	<b>Senior Farmer's Market Nutrition Program</b>
Nashville, TN	<b>Food Stamp Nutrition Education</b>



# Site Visit Findings

- Make the sessions flexible for a variety of settings
- Keep it simple and appropriate for low literacy
- The behaviors were viewed positively, however, educators and participants were resistant to the amount of F&V intake promoted as well as the amount of physical activity
- Multiple sessions with the same participants may be impractical



# Materials Testing

- 13 providers or educators were interviewed
  - 44 low-income older adults participated in small group discussions
- 
- Atlanta, GA
  - Athens, GA
  - Franklin, KY
  - Nashville, TN
  - Warrenton, VA
  - Keyser, WV
  - Denver, CO



# Materials Testing Feedback

(Cooperators and Educators)

- Behavioral approach was well received by program cooperators and educators
- The incremental approach to changing key behaviors was preferred
- Desire to see information about the upcoming dietary guidelines
- Welcomed new materials promoting good nutrition and physical activity for this audience



Three bright green apples are arranged on a white background. One apple is in the foreground, slightly to the right, and is the most prominent. Behind it, two other apples are visible, one to the left and one to the right, partially overlapping. The apples have a smooth, glossy texture and a small stem at the top. The text "Eat Smart, Live Strong" is overlaid in the center of the apples in a bold, white, sans-serif font with a black outline.

**Eat Smart,  
Live Strong**

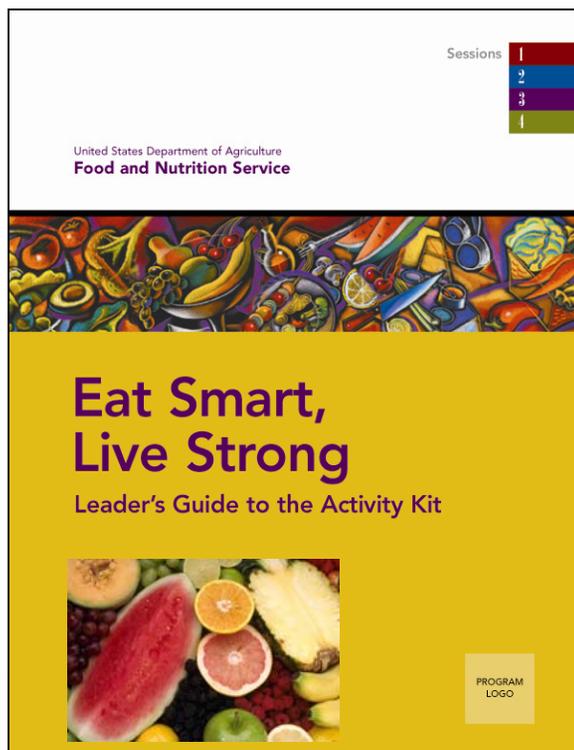
**Activity Kit**

# What's In the Kit?

- Leader's Guide
- 4 Lessons focused on 2 key behaviors
  - Eat at least 3 ½ cups of fruits and vegetables every day
  - Participate in at least 30 minutes of physical activity most days of the week



# Leader's Guide



- Provides guidance and tips about:
  - using the sessions
  - motivating older adults
  - accessing [MyPyramid.gov](https://www.mypyramid.gov)
  - identifying resources for older adults
  - promoting the behaviors and the intervention to participants and their communities

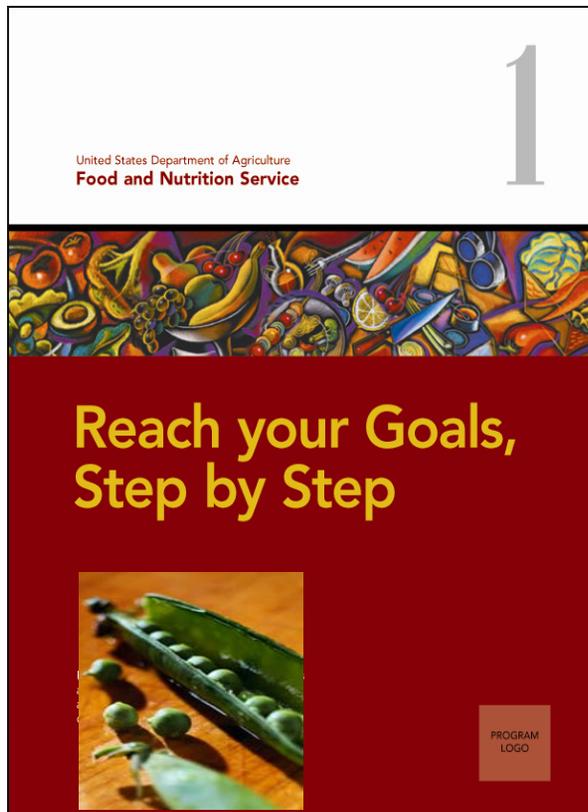


# Session Outline

- Objectives
- Session overview
- Motivators
- Preparation
- Materials
- Optional warm up physical activity
- Session activity with handouts
- Wrap-up
- Optional cool down physical activity
- Feedback forms



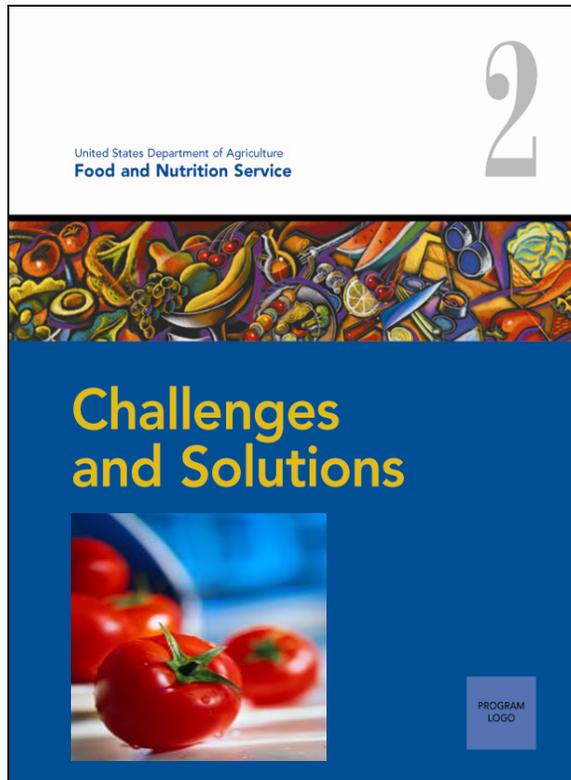
# Session 1



- goal setting
- monitoring progress
- peer support



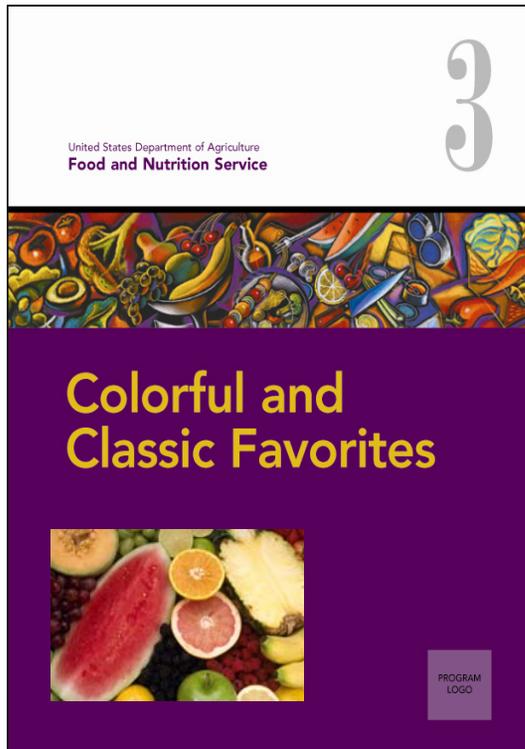
# Session 2



- building skills and self-confidence
- facilitating health provider support
- peer support



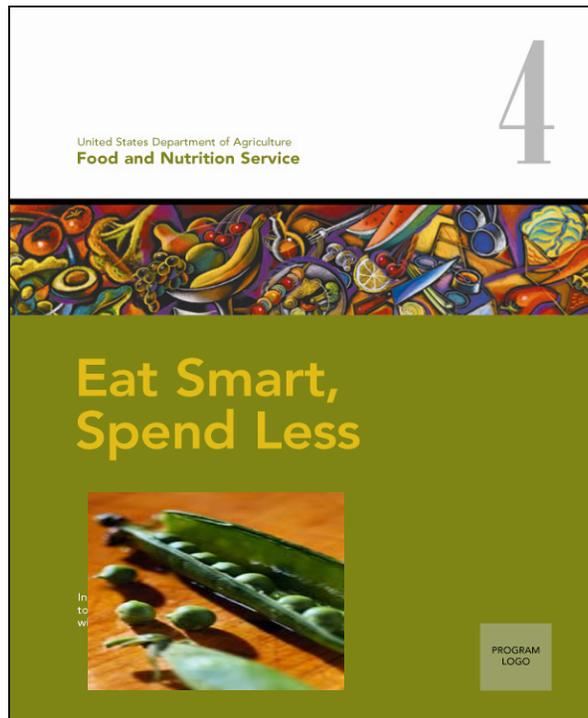
# Session 3



- awareness
- skill building and self-confidence
- try it and like it



# Session 4



- awareness
- skills and self-confidence
- peer support



# Next Steps

- Field Review
- Finalize materials
- Marketing to appropriate audiences

