

REthink Drink

Staff Guide for Participant Education

May - August 2011

The “Rethink Your Drink” campaign will serve as the GA option for local agencies during at least two of the four months from May through August, 2011. As with previous education campaigns, agencies will have the option to use the pre-assigned state GA code (GA67), or one chosen by the individual agency.

Who?

All staff who conduct participant education.

Why?

California WIC is conducting a coordinated statewide “Rethink Your Drink” campaign from May through August 2011, focusing on the contribution of sweetened beverages to increasing rates of overweight and obesity. The education campaign will provide information and practice to help participants decrease consumption of sweetened drinks and increase water consumption.

When?

This in-service takes approximately ½ to 1 hour, to be completed by the end of April 2011.

Where?

Staff should sit at tables as there will be small group discussions. For smaller agencies, substitute pair sharing instead of small group sharing.

What?

Participant education: “Rethink Your Drink” lesson plan (group and individual versions)

Objectives

By the end of this training, staff will have learned the skills needed to conduct the participant education for “Rethink Your Drink” (group and individual versions)

Preparation

Before the session, print out and ask staff to review “Sugar-Sweetened Beverages” from the CA Center for Public Health Advocacy, and “Are You Pouring On the Pounds?” from the New York City Health Bulletin. Collect **all class materials** (see “Materials Needed”, page 3 of both group and individual lesson plans).

Background

Ask staff what surprised them or stood out for them about the background material they reviewed.

Participant Education (Group)

- Demonstrate the “Rethink Your Drink” GA class to staff. You may want to have copies of the curriculum for each staff member. Ask staff to take the “Rethink Your Drink” pledge.
- After you have demonstrated the class, walk through the curriculum, section by section, to describe each prop and answer any questions the staff may have.
- (OPTIONAL) Have staff practice the class with each other.
- “What are your questions about this GA class?”

Participant Education (Individual)

- Demonstrate the “Rethink Your Drink” GA individual education session to staff. Ask staff to take the “Rethink Your Drink” pledge.
- After you have demonstrated the individual education session, answer any questions the staff may have.
- (OPTIONAL) Have staff practice the individual education session with each other.
- “What are your questions about this GA individual education session?”