TARGET AUDIENCE

This program is for adults.

SUMMARY

A New You: Health for Every Body, a community-based program, intends to improve participant well-being by employing a non-diet approach that promotes the enjoyment of healthful eating and an active lifestyle and supporting a respect for different body sizes.

EVIDENCE

No peer reviewed publications evaluating the effectiveness of this program were located.

COMPONENTS

A New You: Health for Every Body is designed to encourage participants to adopt a health-centered, rather than weight-centered, approach to well-being. Interactive lessons are utilized to help participants learn the following:

- Increase knowledge about the benefits of healthy eating and active living;
- Learn about goal setting and self-reflection to accomplish healthy behaviors;
- Become more aware of internal signals of hunger, fullness, eating styles, and triggers to eating;
- Develop healthy responses to emotions and increase awareness of emotional eating triggers;
- Learn how to determine portion sizes that are within the recommended amounts;
- Employ a mindful approach to eating;
- Discover personal motivators and barriers for physical activity and understand the benefits of physical activity and ways to increase daily physical activity;
- Challenge media depictions of body image; and
- Learn how to accept body-size and engage in lifestyle behaviors that promote wellness.

The program website includes a Planning Guide; promotional materials, such as brochures; information about how to reach adult males, who may be challenging to recruit; lesson scripts and PowerPoint slides; lesson handouts and newsletters; extension activity ideas; and pre- and post-program questionnaires to assess program impact.

PREVIOUS USE

This program is part of the WIN (i.e., Wellness IN) the Rockies initiative that operates in Idaho, Montana, and Wyoming. Please visit www.uwyo.edu/wintherockies/default.html for more information about WIN. The extent to which the program has been used is unknown.
A New You: Health for Every Body

TRAINING

Training is not necessary or available. Program facilitators can use the Planning Guide and other materials on the program website to prepare for implementation.

CONSIDERATIONS

Considerations for implementing this program include securing a program facilitator, finding a location, recruiting participants, printing program materials, and setting aside time for the program facilitator to review lesson content and prepare for lesson delivery.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing A New You: Health for Every Body, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

This program includes 10, 1-hour sessions. Program facilitators may determine the program schedule.

COST

Program materials are free to download and available on the program website. Please see details in the Contact section for more information.

EVALUATION PLAN

To move the A New You: Health for Every Body program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Melissa Bardsley at WIN the Rockies by mail University of Wyoming, Family & Consumer Sciences - Extension, College of Agriculture, Dept. 3354, 1000 E. University Avenue, Laramie, WY 82071, phone 1-307-766-5177, email mbardsle@uwyo.edu, or visit www.uwyo.edu/wintherockies_edur/aneveryou.asp

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