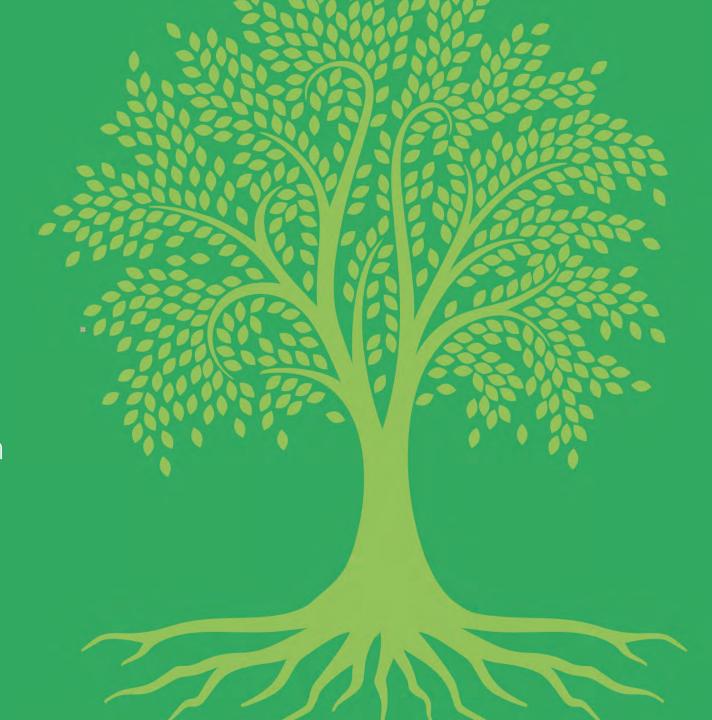


ATLANTA, GEORGIA • SEPTEMBER 13-15, 2019

Building Informative Group Sessions on Nutrition & Diet

Learning effective ways for facilitating groups focused on the nutrition and diet needs of participants







Deb Constien, Retired RD, CD, BFE





What do we hear repeatedly from our group members during our Connect Meetings?

***We want to learn more about diet and nutrition that is directly related to arthritis!!

As a Facilitator....what do we do next?





Available Intentional Programming

Let's look at the Intentional Programming (IP) lesson plans that are part of the Facilitator Toolkit!

What is available regarding diet?





Available Intentional Programming

There are 3 IP Lessons Plans that would fit!

- 1. Anti-Inflammatory Diet
- 2. Vitamins & Supplements
- 3. Meal Planning for Arthritis





Tips on vetting a Subject Matter Expert (SME) to speak to our audience

- 1. In my case, I could be the SME as I am a Retired Dietitian
- 2. Do I know a friend or family member that is a Dietitian?
- 3. Refer to a local hospital and find a Dietitian to reach out to...see if they are willing to donate their time
- 4. What ideas do you have?





Vetting SMEs to speak to our audience

- Difference between dieticians and nutritionists
- 2. Red flag SMEs
- 3. Fad Diets





Content pulled from Arthritis Foundation website

- 1. 12 Best Foods for Arthritis
- 2. 8 Foods that Cause Inflammation
- 3. Clean Eating
- 4. Misleading Food Labels





Creative Venue Ideas

- 1. Paleo friendly restaurants
- 2. Whole Foods, etc. Cooking demo
- 3. Other ideas?





Questions/Comments

- 1. Has anyone led a nutrition session at your Connect Group?
- 2. Other questions?



