



Staying in the Circle of Life (SITCOL)

Facilitation Guide

Session 4

To begin:

- Arrive 30 minutes before the session
- Prepare materials for activities and surveys
- Arrange the room so chairs are in a circle
- Review session goals

Goals

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|---|
| 1. Review previously established agreements |
| 2. Staying Fit |
| 3. Including Traditional Foods in your diet |
| 4. Identifying physical activities that work for you |
| 5. Strengthen family relationships through diet and fitness |
| 6. Administer Pre- and Post-assessment |

Materials and Handouts

Pre-assessment, Post-assessment	USDA Healthy Plate
Permanent Markers	My Native Plate
Flip Chart	Traditional Food Principals
Chair-robics video	

Activities

Chair-robics
Recipe Exchange (time permitting)
Closing Circle

Notes:

- Complete these tasks prior to start of group:
 - Display “Agreements” on flip chart/board/or powerpoint
 - Make sure each participant has paper and pen for activity
 - Make sure each participant has the handouts listed above
 - Have a clock to refer to in order to guide the discussion and cover all material
- Total time for session one is 90 minutes.

Session 4

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- [illegible]

- Keep it confidential - everything anyone says stays in the room
- Listen with respect
- Stay on topic – we have a lot of information to go over and we want to make sure we cover it all
- Other things we can do?

- Brief review of the agreements
- **Administer Pre-Test (5 minutes)**

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What We Will Talk About



- Staying fit
- Including traditional foods in your diet to support your well-being
- Finding physical activities that work for you
- Strengthening family relationships through diet and fitness



- ## Why is diet so important?

- Go around the room, ask if people have examples of how food nourishes your body
- Discuss how food is helpful after diagnosis – it helps with quality of life, reducing risk, management of symptoms
- Discuss how certain food may reduce cancer risk for other family members

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- Distribute handout with expanded information on Traditional Food Principals
- Summarize the handout, or read certain parts out loud.
- Ask group to discuss what the principals mean to them.

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The Benefits of Protein



- Protein builds, maintains and replaces the tissue in your body*
- Meat, poultry, seafood, beans, peas, eggs, tofu, nuts, and seeds are all good sources of protein.
- Seafood that is rich in **omega-3 fatty acids** is an excellent source of protein. Examples are salmon, trout, sardines, anchovies, and mackerel.
- Choose lean or low-fat meat and poultry.

*www.kidshealth.org

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- *www.hsph.harvard.edu/nutritionsource

- Distribute the Rainbow guide
- Ask group “What traditional plant foods do you like to eat?”
- Add in some other examples of fruits and vegetables
- Define the rainbow

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Why are plant foods important?



- Plants can protect you from cancer-causing agents, which are also called **carcinogens**.
- Plant foods are naturally complex – they can't be replaced by pills or supplements.
- Eating plants strengthens your immune system.



What Is A Grain?



- Grains give you energy!
- Grains are foods made from wheat, rice, oats, cornmeal, buckwheat, and barley
- Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.
- Make sure at least half your grains are whole grains.



This photo, "Staple food grains of the world" is copyright (c) 2013 Tlexano and made available under a Attribution-Noncommercial-Share Alike 2.0 license

- ## Avoid Bad Fat

- Definition of Trans Fatty Acids: *an unsaturated fatty acid of a type occurring in margarines and manufactured cooking oils as a result of the hydrogenation process*

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What are healthy fats? Why are they important?



- Healthy fats can be found in foods like salmon, trout, nuts, and avocado.
- They improve cholesterol levels by lowering triglycerides and increasing good cholesterol.
- They help to reduce cravings for sugar and junk food.
- Healthy fats have been a vital part of the diet of American Indians and Alaska Natives for thousands of years.

- 1 Start Here** →

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

Sample label for
Macaroni & Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving		
Calories 250	Calories from Fat 110	
% Daily Value*		
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

- Hand out Nutrition Facts Label Handout
- Activity: Review the label step by step to ensure that participants know the different components of the label
- Note and discuss things that are NOT listed on labels, such as pesticides and GMOs.
- Note that traditional foods and fresh produce are NOT processed, therefore they do not come with a “label”

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Break



Fitness means being physically, mentally, and spiritually strong and healthy. Native people have always had traditional ways of engaging in physical activity. It wasn't "getting exercise", it was living life.



"Moose Skin Ball" By Silvia Pecota

Why Is Exercise Important?



- Exercise reduces the risk of chronic disease including cancer recurrence.
- Reduces stress
- It can boost your self-esteem and promote a positive body image.
- It increases mobility and strength.
- It improves the quality of life and reduce depression.

Cancer and Exercise



- Cancer can change how you exercise.
- You might not exercise in a way that was “normal” before, but there are many ways to establish a “new normal” that is just as good!
- Some things can limit your activities:
 - Type of cancer
 - Type of cancer treatment
 - Overall health condition, fitness level, and stamina
- **Find out what’s right for you!**

Traditional Ways of Being Active



- Hunting
- Fishing
- Gathering food
- Hiking, running, walking
- Building homes
- Finding firewood
- Swimming
- Canoeing
- Playing games & sports
- Dancing
- What else?



This photo, "Wild berries" is copyright (c) 2008 by Stefan Klopp and made available under a Attribution-Noncommercial-Share Alike 2.0 license

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- Note the differences in abilities and goals for each individual. For example, for one person, just walking up a flight of stairs may make you sweat, for another, it may take a mile-long run to get a good sweat.
- Encourage the group to consider the differences in fitness capability before and after cancer diagnosis.

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How much exercise do I need?



- Start by talking to your doctor about an exercise routine.
- Most people should aim for at least **30 minutes of physical activity every day.**
 - Even a brief exercise session brings benefits
 - If you can't spend 30 minutes at one time on exercise, try doing three 10-minute activities throughout the day.
 - Try walking to nearby destinations that you usually drive to. This will not only benefit your health, but also save gas!

Mayo Clinic (2014)

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- Talk about goal setting, have group consider one way to increase activity level for the week.

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Tips



- **Set a goal** to make exercise part of your daily routine.
- Make exercise fun by doing it with other people.
- Know your limits.
- Don't get discouraged!
- Remember – you're doing it for your health!
- Start with short periods of exercise.
- Take breaks whenever you need to!
- If you can, exercise a little harder and a little longer every week.
- Start and end all exercise by stretching. It feels good!

Adapted from National Institute of Aging Exercise Guide

Activity

- Play the video on Chair-robics
- Have participants get up and get involved!

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Discussion Questions



- How can you add exercise to your daily life?
- Is there anything you would like to change in your diet?
- What is one way you can change your diet?

Things to Think About



- Physical activity can help you be strong and healthy.
- Listen to your body
- Set appropriate goals, seek support.
- Enjoy a variety of foods.
- Pay attention to labels and serving size.
- Simple lifestyle changes can save lives and improve your own quality of life.



- **Administer Post Test**
- Optional: Hand out Recipe Exchange Activity
- Go around the room
 - I learned
 - I hope
 - I feel

[illegible]