

Support for Healthy Eating

Getting support from your family and friends as often as you can is one of the best ways to meet your 4 key goals. Why? Because it's a lot easier to do the right thing if the people you spend time with are behind you. And it's a lot harder if they aren't.



Don't miss out on the positive power of friends.

Friends are so powerful. You spend time together. You talk about your feelings. You talk about your thoughts and your values. You listen to one another. You share common interests. You have fun

together. You encourage one another when times are tough.

Even when friends aren't so helpful, they are still powerful. Sometimes friends argue. Sometimes they talk behind your back. Sometimes they want to do things you don't want to do. Sometimes they get you to do things that aren't so great, like snacking on RED foods or watching a lot of TV. Sometimes you have to choose between being with a friend and doing the right thing yourself.

As you do all these things with friends, you influence one another. You influence

KEY GOALS

Getting support will help you meet your 4 key goals:

- Limit RED foods
- Increase GREEN activity
- Hold Family Meetings
- Keep Track of Weight

them. Your friends influence you. That's why friends are so powerful.

Now it's time to make a plan to get your friends to support your healthy eating.

Why is support from friends and family so important right now?

You are meeting with your PAL less often now. You need to do more on your own. You are learning to be your own lifestyle coach. This makes support even more important. Having a lot of support will help you have continued success. It's time to build a network of



Here's what you'll learn about in this module:

- ▶ Identifying friends who can support your healthy lifestyle changes
- ▶ Asking for support
- ▶ What to do when a friend says, "No."

friends who will support your healthy lifestyle changes.

A strong support network can help you manage diabetes, lose weight or maintain your weight loss. The more your friends and family support you, the easier it will be for you to continue doing your healthy lifestyle changes.

How should I go about building a support network?

Just ask friends to support you. You won't ask all the people you spend time with. But you will ask the ones who could have a powerful effect on your behaviors.

Ask in stages. Identify people who could be part of your support network. It's like detective work. You look for clues. Who might like to help me? How could they help?

► Make a List.

Make a list of friends you eat with. List people you eat with at school, after school, and on weekends. Who could give you



FAMILY MEETING

Talk to your parents about your plans to ask your friends for support. Show them your list. Tell them exactly what support you plan to ask each friend for. Ask them if they will help you practice talking to a friend about giving you support.

the most support for healthy eating? They may be friends who like to eat healthy themselves. Or they may be friends who care the most about you and are willing to do whatever it takes to support you.

► Plan it out.

Write down two ways you could make a healthy change in your eating habits with each of these friends. Think about all the specifics. For example, you could:

- Ask Claudia for a healthy snack when you are at her house.
- Ask Claudia to eat a healthy lunch with you at school.

► Practice Asking.

Practice asking with your parent. Pretend your parent is one of your friends. Ask for the help you want. Practicing like this can be a big help, especially if you feel shy about asking. Sometimes your parent should act like a friend who says, "No." You want to practice dealing with that as well.



Friends are so powerful. It's a lot easier to succeed when friends back you up.

► Just do it.

The next step is to just do it. Pick a good time to ask. Start by telling your friend about your healthy lifestyle goals and why his support would be important. Explain how controlling your weight helps take care of diabetes. Be clear and specific about the help you would like.



What should I do if a friend says, "No"?

Don't get upset. Thank your friend for listening to you.

Then ask your friend to explain. It may be something that could be fixed, like encouraging you instead of eating the same foods as you. Or maybe your friend doesn't like to eat the foods you suggested. Are there other healthy foods he likes to eat? Is there another way he might like to help? Could he walk with you instead of eating with you?

If the person you asked isn't ready to help right now, thank him again for listening to you. Then go on to the next person on your list.

Don't get down about it. Getting turned down just happens. It's normal. People have different interests. So don't take it personally. Get back to your detective work. You have other friends to ask. That's why you made your list. Remember, you don't need a lot

of friends in your network. You only need a few who will really back you up.

Talk to your parents right away if you do get turned down. Tell them what happened. Tell them how you feel. Getting support from them will make it easier

Don't get discouraged if a friend says, "No." Thank your friend for listening and move on.

Alicia was excited. Having a group of friends to support her sounded great! She really wanted to have a support network. She had her family. But friends could really help her when her family wasn't there.

She made a list of people she ate with. At the top of the list she put the people she thought could help her most. They were friends and family who believed in being healthy themselves. She wrote down how each person could help her.

Alicia and Theresa often went to a fast-food restaurant after school. She asked Theresa if she would like to walk instead. "That way," she said, "we can still talk. But we can get some physical activity at the same time."

"I don't like walking," Theresa said. "And I like going to the restaurant. It's a good place to see friends after school. Anyway, I want a snack. Why don't you just come with me?"

"I can't," said Alicia. She was hurt. And she was discouraged. But she remembered what to do. "Thanks for listening. I just can't go. It would just be too hard not to eat RED foods if I did," she said.

Her mother noticed that Alicia was not her normal, cheerful self. She asked about it. Alicia told her about Theresa. "I know I'm not supposed to feel discouraged, but I am," she said. "I don't feel like asking anyone else."

Her mother gave Alicia a hug and said she understood. She reminded Alicia that Theresa had a lot going on in her own life. "Helping you be healthy may not be so important to her right now. Maybe at some other time," her mother said. "But you can't let that stop you. Why don't we look at your list of friends? You can pick some other friend to talk to. I'll help you practice."

Alicia felt a little better. She knew her mother was right. It's normal for friends to see some things differently.

She showed her list to her mother. Alicia and her mother did some practicing. Alicia thanked her mother. "This really helped," she said. "I'm even more clear about how I can talk to some of my friends."

Next day she talked to Marie. Marie said she would be happy to eat healthy lunches with her at school. They could eat salad, fruit and other GREEN foods. She would also like to walk and talk sometimes. That made Alicia feel great!

What do you admire about Alicia?

What would be hard for you to do if a friend said, "No," to you?

Remember, you build your support network one friend at a time, one step at a time.

to ask the next person on your list for support. You might want to practice asking with them again.

SPECIAL FOCUS

How many friends should I ask? How large should my support network be?

- ▶ The long-term goal is to have a network big enough so that you can get support for healthy eating every day of the week.

- ▶ Your short-term goal should be to talk to 1 or 2 friends over the next 2 weeks. That should get you started. Remember, you build your network one friend at a time.
- ▶ You don't need a lot of friends in your network. A good network doesn't need to be huge. Even a few friends can give you strong support. What's important is that they really want to help. That's more important than their number. Of course, you've got to spend enough time around them during the week to get support.

Skills and Goals for building a support network

- ▶ Identify friends who can support my healthy lifestyle changes.
- ▶ Ask 2 friends for support.
- ▶ Make a plan to limit RED foods.
- ▶ Move on when a friend says, "No."



Notes to myself—some things I want to keep in mind this week:

Support for Healthy Eating

Build Support for Healthy Eating

Step #1: In the chart below write down the names of people you often eat with.

List people you eat with at school, after school, and on weekends.

Name	✓	*	Name	✓	*

Step #2: In the chart above, put a checkmark (✓) by friends you spend the most time eating with.

Step #3: In the chart above, put a star (*) by friends who could give you the most support for eating healthy. These may be people who eat healthy themselves. They may be people who really care about helping you lose weight and taking care of diabetes.

Step #4: In the space below, first write down all the names of friends who have checkmarks (✓) and stars (*) by their name. These are the most important people for you to ask for help. *You spend the most time with them, and they are most likely to help.*

Next, write down those with a star by their names. Last of all, write down those with a check by their names.

Under each name, list two ways you can do healthier eating with this person. Be as specific as you can.

Name: _____

Eating Behavior #1: _____

Eating Behavior #2: _____

Step #5: Next, make a plan to approach these people. Think about: *When? Where? What? How? What will I do if my plan falls through?*

My plan: _____

Build Support for Healthy Eating

Name: _____

Eating Behavior #1: _____

Eating Behavior #2: _____

My plan: _____

Name: _____

Eating Behavior #1: _____

Eating Behavior #2: _____

My plan: _____

Name: _____

Eating Behavior #1: _____

Eating Behavior #2: _____

My plan: _____

Step #6: Start asking! Approach one of the people you listed above. Follow your plan. Talk with your PAL and your parent about how your plan worked.

Support for Healthy Eating

Meet your RED food goals

Use this chart to limit your RED foods.

1. List your RED food goals for each meal.
2. List the healthy foods you plan to eat.
3. List the barriers you face.
4. Write down your plan to deal with these barriers. How can your friends help?

Date:	RED food Goal	Healthy Foods Choices	Barriers	My Plan
Breakfast	0	Cereal and fruit	Overslept and missed breakfast	Pack a piece of fruit and some cereal and ask a friend to remind me not to eat RED foods out of the vending machine
Snack				
Lunch				
Snack				
Dinner				
RED Food Total				

Date:	RED food Goal	Healthy Foods Choices	Barriers	My Plan
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
RED Food Total				

Date:	RED food Goal	Healthy Foods Choices	Barriers	My Plan
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
RED Food Total				

Support for Healthy Eating

Don't miss out on the positive power of friends.

Getting support from family and friends is one of the best ways to meet your 4 key goals. It's a lot easier to do the right thing if the people you spend time with are behind you. And it's a lot harder if they aren't behind you.

Build a support network in stages

- ▶ Ask yourself:
 - ▶ Whom do I often eat with?
 - ▶ Who likes to eat healthy?
 - ▶ Who cares a lot about me?
- ▶ Write down 2 ways you could make a healthy change with each of these people. Be as specific as you can.
- ▶ Practice asking. Have your parent act like a friend. Go through it several times.
- ▶ Just do it. Figure out a good time to ask. Then just do it. Explain why it is important. Explain how it will help you lose weight and control diabetes.



What to do if a friend says, "No."

- ▶ Don't get discouraged, and don't take it personally.
- ▶ Ask your friend to explain. Is it something that could be fixed, like a schedule?
- ▶ Thank your friend for listening to you. Say that you really appreciate it.
- ▶ Tell your parents. Explain your feelings. Ask for encouragement.
- ▶ Move on. Ask the next friend on your list. Do it with confidence.

SPECIAL FOCUS

How many friends should I ask?

Your goal should be to talk to 1 or 2 friends over the next 2 weeks. That should get you started. You build your support network one friend at a time.

