Eating Well

“Every time you eat is an opportunity to nourish your body.”
– Unknown

Introduction
Good nutrition can help a person feel good, energized, and strong, which in turn can support goal progress and accomplishment. However, many things can make eating well a challenge.

In this session, workshop participants can explore the many factors that may influence their food choices, barriers they may face to accessing healthy choices, and ways that they can build support and problem-solve to address these barriers. They can also learn and share practical tips and tricks for eating well to feel their best.

Content Summary

Introduction: Learn about things that may influence food choices, explore potential barriers to eating well, and discuss the benefits of a healthy diet

What is a Healthy Diet?: Explore nutrition basics, and ideas and tips to make small nutrition changes that may have a large impact

Making Changes: Practice tracking meals in order to identify areas for change, and learn about how diet impacts weight and health

Planning Ahead: Discover strategies to change and maintain healthy eating habits, set a nutritional goal
Learning Objectives

In this session, participants can learn about nutrition basics and the benefits of healthy eating, tips to make or maintain dietary changes, and how to set a nutritional goal.

They can also learn how to identify the negative and positive influences of their food choices each day, and how they can incorporate strategies into their daily routine to support healthier choices.

Disability Community Partnership Shaped Content

Good nutrition can be a challenge for many different reasons. In developing this session, it became clear that it is equally as important to discuss barriers and challenges to eating well as it is to discuss nutrition basics and benefits.

CIL project partners helped identify the ways in which food choices can be personal, social, cultural, and economic, and how people may experience barriers to healthy choices related to these factors. Discussing experiences and identifying personal barriers can give participants the opportunity to support one another in solving nutrition problems.

Healthy Community Living is a program to support opportunities for people with disabilities to live well and participate fully in their communities.

It includes two peer-led independent living skills workshops, Community Living Skills and Living Well in the Community, which are each divided into ten specific content sessions.

RTC:Rural used an iterative participatory curriculum development (IPCD) process to involve key stakeholder engagement in the development, implementation, and evaluation of each workshop.

Each workshop has been developed through partnerships with people with disabilities with the Association of Programs for Rural Independent Living (APRIL) and Centers for Independent Living (CILs).

The HCL Snapshots series explores how partner participation through the IPCD process was fundamental in shaping the HCL program to improve people’s wellbeing by providing support, health promotion, education, and opportunities for people with disabilities to succeed in reaching personal goals.

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