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A Field Test of a Web-Based Workplace Health Promotion Program to Improve Dietary Practices, Reduce Stress, and Increase Physical Activity: Randomized Controlled Trial
J Med Internet Res 2007;9(2):e17
<URL: http://www.jmir.org/2007/2/e17/>

Multimedia Appendix 2

Health Connection **Web-Based Program: Outline of Content**

Health ConnectionWeb-Based Program: Outline of Content

Active Lifestyle (Physical Activity)

The Fit File

- ➤ Information about the difference between exercise and physical activity
- > Education about the benefits of moderate physical activity including
 - o Preventing the occurrence of chronic physical illness
 - o Promoting mental health
 - o Reducing or maintaining a healthy body weight
- Instruction in three different methods to determine the optimal intensity of physical activity for health and well-being benefits
 - o Including an interactive calculator to determine target heart rate

The Path to Fitness

- ➤ Self-assessment of readiness to incorporate physical activity into daily life. Based on response, personalized strategies include:
 - o Interactive exercise examining the costs and benefits of physical activity.
 - o Setting SMART (specific, measurable, achievable, rewarding, and timed) goals
 - Ways to find the time for physical activity
 - o Relying on social support
 - Monitoring activity
 - o Anticipating setbacks
 - Rewarding efforts
 - Varying routine
 - Mentoring others

Getting Active and Staving Fit

- Education and training in 8 motivational strategies to incorporate physical activity into daily routine
- > Tips to overcome common barriers to physical activity
- Instruction on developing physical activity plan. Sample plans are provided for those considering walking, a combination of running and walking, stretching and strengthening, or keeping active through daily chores. All plans include downloadable forms
- Education and training in how to properly warm up before aerobic activity and cool down afterward.
- ➤ Interactive logbook that calculates calories expended, charts progress, and records activities. Logbook is downloadable.
- ➤ Information about the motivational advantages of engaging in physical activity in groups, teams, or clubs
- Education and training in 7 strategies to prevent injury.
- Education about the role of diet and alcohol in an active lifestyle
- Tips for buying the right kinds of clothing and gear including
 - o Basic equipment needs
 - Home gym equipment

Food Smart (Diet/Nutrition)

How Food Smart is Your Eating?

- ➤ Interactive Assessment of daily calorie and fat intake
- Calculation of Body Mass Index (BMI)
- Assessment of user's daily food categories based on the *Healthy Eating Pyramid*

Food Smart Facts and Guidelines

- ➤ Why be food smart?
- > Video testimonials -- benefits of good nutrition and weight management
- Information on popular diets (Atkins, South Beach, etc.)
- ➤ Detailed explanation of Food Smart adaptation of the *Healthy Eating Pyramid* developed by Walter Willett, M.D. at Harvard Medical School
- Carbohydrates overview of the role of carbohydrates in a healthful diet
- Fats overview of the role of fats, types of fats, and tips for healthful choices
- ➤ Proteins overview of proteins, food sources, and tips for healthful choices
- > Hydration needs and tips for the selection of healthful beverages
- Alcohol guidelines for drinkers who can safely drink alcohol
- ➤ Interactive exercise in healthful meal selection
- ➤ Information and training in reading the Nutrition Facts Label
 - o Demonstration of using the label to check out fat content
 - o Trans-fats and the nutrition facts label
- > Information and training in reading the Ingredients List
- ➤ Information and training in using the nutrition facts label and ingredients list to evaluate carbohydrates.
- Answers to frequently asked questions regarding nutrition, weight management, health, and disease prevention

Strategies for Success

- ➤ Guidelines for setting food SMART goals Specific, Measurable, Achievable, Rewarding, and Timed goals with examples of each.
- > Setting goals based on personal assessment information
- Printable smart goal planner and progress trackers
- ➤ Interactive daily meal planning exercises
- > Information and tips for satiation
- > Shopping strategies and tips
- > Staying on the path interactive videos demonstrating the following behavioral strategies (with accompanying, printable tip sheets)
 - o Planning ahead for healthy snacks
 - o Refusing unwanted drinks or food
 - O Using portion control with favorite, rich foods
 - O Selecting the most healthful cooking method
- > Tracking obstacles and strategies that work, with printable tracker
 - o Behavioral tips for avoiding overeating

Stress Management

Assess Your Stress

- Self-assessment of the physical, emotional, and behavioral signs of stress including the presence of anxiety or depression
- > Self-assessment of effective coping strategies

The Stress Response

- > Information about of the physiological basis of stress including
 - o The usefulness of stress to motivate activity
 - o The evolutionary history of our stress system
 - o The deleterious effects of chronic stress
- > Description of the reciprocal nature of bad coping choices and increased stress levels

Identify Stressors

- Education and training in the 5 steps of effective stress management
- Information about the physical, emotional, and behavioral signs of stress
- ➤ Instruction on keeping a stress journal including a downloadable journal

Avoid Negative Coping

- ➤ Information on the ineffectiveness of temporary escapes from stress (e.g., overeating, smoking, alcohol)
- > Special focus on the relationship between alcohol use and managing stress including:
 - o Recommendations for moderate alcohol use
 - Self-assessment of alcohol use
 - o The trap of alcohol dependence
 - o Replacing alcohol with positive alternatives to manage stress
 - o Tips for cutting down alcohol use including how to manage social drinking

Make Positive Choices

- Education and training in numerous proven strategies to reduce stress including
 - o Interactive exercises designed to demonstrate the influence of negative thinking biases that increase stress followed by training to evaluate and change these interpretive errors.
 - Adding humor and laughter to daily routine
 - Time management techniques
 - o Assertiveness training
 - o The importance of social support to meet both instrumental and emotional needs
 - o Effective problem-solving strategies
 - The importance of daily physical activity
 - Relaxation techniques such as progressive muscle relaxation, diaphragmatic breathing, guided imagery, and meditation.
 - Practice and mastery of each technique is facilitated by downloadable instruction sheets and audio MP3 files with guided instruction

Resources

- Extensive links to outside sources of information are provided
- > Citations of work which form the basis of this program are included for further study