## Agenda

### Day 1 – Morning

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic/Title</th>
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</thead>
<tbody>
<tr>
<td>7:30am – 8:00am</td>
<td>Registration</td>
</tr>
<tr>
<td>8:00am – 9:30am</td>
<td><strong>1. Introductions</strong></td>
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<tr>
<td></td>
<td>• Site Welcome</td>
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<td>• Introduction to the Course</td>
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<td>• Large Group Introductions</td>
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<tr>
<td></td>
<td>• Food &amp; Drink from the Whole Health Perspective</td>
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<tr>
<td></td>
<td>• Introduction to Functional Nutrition</td>
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<td>• Introduction to Nutrition and Food Services in the VA</td>
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<td></td>
<td>• Whole Health Food &amp; Drink Bingo</td>
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<tr>
<td>9:30am – 10:30am</td>
<td><strong>2. You Are What You Eat: The Power of Food &amp; Drink</strong></td>
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<tr>
<td></td>
<td>• Nutrition Makes Biochemistry Relevant!</td>
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<td></td>
<td>• Nutrigenomics</td>
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<td></td>
<td>• Macro-, Micro-, and Phytonutrients</td>
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<td></td>
<td>• Small Group Exercise: Best...Meal...Ever</td>
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<tr>
<td>10:30am – 10:45am</td>
<td><strong>Break</strong></td>
</tr>
<tr>
<td>10:45am – 11:15am</td>
<td><strong>3. A Tale of Two Foods: Don’s Donut and Barb’s Broccoli</strong></td>
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<tr>
<td></td>
<td>• What Happens to the Donut?</td>
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<tr>
<td></td>
<td>• What Happens to the Broccoli?</td>
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<tr>
<td>11:15am – 12:15pm</td>
<td><strong>4. Chewing the Fat and Getting the Skinny: Gathering Nutrition Information</strong></td>
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<tr>
<td></td>
<td>• Nutritional Assessment: The PHI</td>
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<td>• What are Veterans Eating? The Standard American Diet</td>
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<td>• Diet Recalls and Diet Journals</td>
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<td>• Food &amp; Drink Questions</td>
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<td>• The Nutrition Physical Exam</td>
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<td>• Partner Exercise: Assessing Your Own Eating</td>
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<tr>
<td>12:15pm – 1:15pm</td>
<td><strong>Lunch with Learning Exercise</strong></td>
</tr>
</tbody>
</table>
## Eating for Whole Health:
### Functional Approaches to Food and Drink

### DAY 1 – AFTERNOON

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic/Title</th>
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</thead>
<tbody>
<tr>
<td>1:15pm – 2:15pm</td>
<td>5. <strong>Eating for the Health of It: General Guidelines</strong></td>
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<td></td>
<td>• Nutrition Guidelines and Tools</td>
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<td></td>
<td>• Nutrition Wisdom for Everyone</td>
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<td>• Veteran Vignette: Julie Asks, “How Should I Eat to Stay Healthy?”</td>
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<td></td>
<td>• Small Group Exercise: What Makes for a Healthy Eater?</td>
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<td></td>
<td>• Success Story: VA Washington, DC</td>
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<tr>
<td>2:15pm – 2:45pm</td>
<td>6. <strong>Mindful Eating: Mindful Awareness and Food</strong></td>
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<td></td>
<td>• Mindful Eating Research</td>
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<td>• Mindful Eating Experience: The Types of Hunger</td>
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<tr>
<td>2:45pm – 3:00pm</td>
<td><strong>Break</strong></td>
</tr>
<tr>
<td>3:00pm – 4:00pm</td>
<td>7. <strong>Your Brain on Food: Nutrition and Mental Health</strong></td>
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<td></td>
<td>• Veteran Vignette: Jim Asks, “Can Food Help My Depression?”</td>
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<td></td>
<td>• Clinical Research on Food and the Brain</td>
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<td></td>
<td>• What You Eat and How You Think: Biochemistry</td>
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<td></td>
<td>• Nutritional Etiologies of Mental Health Disorders</td>
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<td></td>
<td>• What Diet is Optimal for Brain Health and Mental Health?</td>
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<tr>
<td>4:00pm – 4:30pm</td>
<td><strong>Wrap Up, Q&amp;A, and Pulse Checks</strong></td>
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<tr>
<td>4:30pm</td>
<td><strong>End of Day 1</strong></td>
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</tbody>
</table>
### Eating for Whole Health: Functional Approaches to Food and Drink

#### DAY 2 – MORNING

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic/Title</th>
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<tbody>
<tr>
<td>7:30am – 8:00am</td>
<td><strong>Registration</strong></td>
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<tr>
<td>8:00am – 9:00am</td>
<td><strong>8. Food and Your Future: Nutrition and Prevention</strong></td>
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<tr>
<td></td>
<td>- Veteran Vignette: Tonya has Metabolic Syndrome and High Cancer Risk</td>
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<td></td>
<td>- Nutrition and Cancer Prevention</td>
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<td>- Nutrition and Cardiovascular Disease</td>
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<td>- Nutrition and Diabetes</td>
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<tr>
<td>9:00am – 10:00am</td>
<td><strong>9. Serving It Up: Healthy Cooking Tips</strong></td>
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<td></td>
<td>- Healthy Teaching Kitchen Demo</td>
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<td>- Advice From Your Nutrition Colleagues</td>
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<td>- Success Story: VA Jesse Brown</td>
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<tr>
<td>10:00am – 10:15am</td>
<td><strong>Break</strong></td>
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<tr>
<td>10:15am – 11:15am</td>
<td><strong>10. Food and the Gut</strong></td>
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<td></td>
<td>- Veteran Vignette: GI Joe and IBS</td>
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<td>- Functional Medicine Perspectives on GI Health</td>
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<td>- Acidity, Food Intolerances, and the Microbiome</td>
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<tr>
<td>11:15am – 12:15pm</td>
<td><strong>11. Nutrition and Pain</strong></td>
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<td>- Veteran Vignette: Ann has Arthritis</td>
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<td>- Eating and Inflammation</td>
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<td>- Omega-3 Fatty Acids</td>
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<td>- Prebiotics and Probiotics</td>
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<td></td>
<td>- Veteran Vignette: Mike has Headaches</td>
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<td></td>
<td>- Food &amp; Drink for Headaches</td>
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<tr>
<td>12:15pm – 1:15pm</td>
<td><strong>Lunch with Learning Exercise</strong></td>
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</tbody>
</table>
# Eating for Whole Health: Functional Approaches to Food and Drink

## DAY 2 – AFTERNOON

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic/Title</th>
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<tbody>
<tr>
<td>1:15pm – 2:00pm</td>
<td><strong>12. Eating in Context: External Factors That Affect Nutrition</strong></td>
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<td>- Finances and Food Deserts</td>
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<td>- Cultural Factors</td>
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<td>- Food Safety</td>
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<td>- The Setting for the Meal: Subconscious Influences on Eating Patterns</td>
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<tr>
<td>2:00pm – 3:00pm</td>
<td><strong>13. Nutrition and Health Plans 1: Creating PHPs</strong></td>
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<tr>
<td></td>
<td>- Principles of Personal Health Planning</td>
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<td>- Shared and SMART Goals</td>
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<td>- Importance and Confidence Rulers</td>
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<td>- Food &amp; Drink Elevator Speeches</td>
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<td>- Personal Health Planning Templates</td>
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<td>- Small Group Exercise: Applying Whole Health Principles to Food &amp; Drink Topics</td>
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<tr>
<td>3:00pm – 3:15pm</td>
<td><strong>Break</strong></td>
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<tr>
<td>3:15pm – 4:15pm</td>
<td><strong>14. Nutrition and Health Plans 2: Changing the System</strong></td>
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<td>- Partner Exercise: Co-Creating a Nutrition Plan</td>
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<td></td>
<td>- Large Group Discussion: The Nutrition Team</td>
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<td>- Eating for Whole Health: Your Practice</td>
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<td></td>
<td>- Whole Health Implementation</td>
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<td>- Eating for Whole Health Resources</td>
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<tr>
<td>4:15pm – 4:30pm</td>
<td><strong>Wrap Up, Q&amp;A, and Evaluations</strong></td>
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<tr>
<td>4:30pm</td>
<td><strong>End of Course – Thank You!</strong></td>
</tr>
</tbody>
</table>
J. ADAM RINDFLEISCH, MPHIL, MD

J. Adam Rindfleisch is Medical Director of the University of Wisconsin Integrative Health Program and Associate Professor at the University of Wisconsin Department of Family Medicine & Community Health. He graduated from the College of Idaho and completed a Masters of Philosophy at Oxford University. He attended Johns Hopkins University School of Medicine and completed his family medicine residency at the University of Wisconsin – Madison.

In 2005, Adam completed the University of Arizona Online Integrative Medicine Fellowship and a UW Fellowship in Academic Integrative Health. For 11 years, in the role of Integrative Health Fellowship Director, he developed a comprehensive Integrative Health curriculum for fellows, residents and faculty colleagues. Adam has an integrative primary care practice and routinely does integrative health consultations. Adam’s interests include dietary supplements, mind-body medicine, clinician self-care, and shamanism. His wife Kirsten, also a family physician, and Adam have two sons and a dog who thinks he is a person.

SAGAR SHAH, MD

Sagar Shah is a board certified family medicine physician with fellowship training in integrative medicine. He graduated from Northwestern University, completed a post-baccalaureate program at Johns Hopkins University, and studied medicine at Jefferson Medical College (now the Sidney Kimmel Medical College). He finished his family medicine residency and the Academic Integrative Health Fellowship at the University of Wisconsin Department of Family Medicine and Community Health. Currently, he is practicing outpatient family medicine in Honolulu, Hawaii and pursuing a Master of Public Health through Emory University’s Executive MPH program. He also plans to perform physical and psychological evaluations for asylum seekers while in Hawaii. Special interests in medicine include nutrition and weight management, exercise physiology, and refugee and immigrant care. His hobbies outside of medicine include swimming, bicycling, kayaking, traveling, watching movies, playing billiards, and spending time with his family.
Eating for Whole Health:
Functional Approaches to Food and Drink

NANCY ANN COTTER, MD

Nancy Ann Cotter is a graduate of McGill University, SUNY Buffalo School of Medicine, and Baylor College of Medicine. She is board-certified in Physical Medicine and Rehabilitation, Integrative/Holistic Medicine and Medical Acupuncture, and holds certifications as a Clinical Nutrition Specialist and Functional Medicine practitioner. Dr. Cotter is an Assistant Clinical Professor of PMR at Rutgers/ New Jersey Medical School, and has been teaching acupuncture to other physicians for 15 years. She uses nutrition, acupuncture, herbal medicine and lifestyle modification as first line tools in her practice. Dr. Cotter was the founding Medical Director of the Integrative Medicine Program at Atlantic Health in New Jersey, and currently leads teams in Integrative Medicine and Integrative Pain Management for VA New Jersey. She also serves as a Clinical Champion and Subject Matter Expert for the Integrative Health Coordinating Center, Office of Patient Centered Care in the VA Central Office. Dr Cotter has authored multiple publications in Integrative Medicine. Her clinical expertise is in helping patients with chronic conditions find balance and vitality in their lives by accessing and enhancing their own healing potential. Her programmatic expertise is in bringing Integrative Medicine to institutions, and she recently graduated with the inaugural class of the Leadership Program in Integrative Healthcare at Duke University.

GAIL MEISSEN, RD

Gail Meissen has 36 years of experience in various settings throughout the health care continuum as a registered dietitian/nutritionist. For the past five years, Gail has served as a Field Implementation Team Specialist with the VHA Office of Patient Centered Care and Cultural Transformation. In this role, she serves as a health care consultant to facilities throughout the country helping implement activities to support cultural transformation in the experience and practice of health care. This includes a variety of analytical, planning, evaluative and advisory services, as well as strategic planning efforts and events at the facility, VISN and national levels. Gail also collaborates with other national program offices sharing program goals and best practices, and nurturing mutually beneficial relationships.

Previously, Gail has worked in the private sector as a clinical dietitian, a management consultant at a private nursing home, consultant and nutrition services coordinator at a
Eating for Whole Health: Functional Approaches to Food and Drink

home health care agency, and as a creator, coordinator and presenter of nutrition education classes in the community and at corporations such as the Kohler Company and Sargento. She worked for 10 years at the Madison VA Hospital as the MOVE! Coordinator, Veterans Health Education Coordinator, and Chief, Nutrition and Food Service. Gail has always had a passion to help educate others about healthy eating and shares the philosophy that “food can be one’s medicine.” Gail co-hosts national monthly interdisciplinary nutrition journal clubs in VHA for providers and dietitians to discuss emerging research and knowledge to help provide a forum for collaboration.

Gail received her BS degree in Dietetics from UW-Stevens Point. She has a certificate from the Academy of Nutrition and Dietetics in adult weight management and is currently pursuing certification in integrative and functional nutrition.

SHARİ POLLACK, MPH, RDN, LDN

Shari Pollack is the Employee Wellness Coordinator at the Jesse Brown VA Medical Center in Chicago. Acting on her interest in food as medicine, Shari left behind a career in social services to pursue a career in nutrition. She earned a Master of Public Health degree in Human Nutrition from the University of Michigan and did her dietetic internship at the Edward Hines, Jr. VA Hospital. Her first several years as a clinical dietitian left her feeling that something was missing from the conventional approach to nutrition. Attending the Institute for Functional Medicine’s (IFM) Functional Nutrition Conference in 2010, she knew she had found her home. Shari has since completed four IFM Advanced Practice Modules and a six-month mentorship with functional dietitian Susan Allen, one of the pioneers in the field. Shari also serves as the Continuing Professional Education Editor of The Integrative RDN, the quarterly newsletter of the Dietitians in Integrative and Functional Medicine dietetic practice group. She lives in Skokie, IL with her husband and two daughters, who only occasionally complain about having to bring healthy lunches to school.
Eating for Whole Health: Functional Approaches to Food and Drink

Marité Hagman, MPH, AEH

Marité Hagman received her Master of Public Health with a health policy and medical ethics focus from the UCLA School of Public Health. She worked with Kaiser Permanente establishing hospital ethics committees and developing a regional medical ethics program, and at the State Medical Society of Wisconsin, where she directed a team in developing state and national policies. A personal experience of treatment-resistant illness led Marité to explore alternative modalities and mind, body and spirit healing, and to pursue a four-year energy healing program, during the years when she was raising three children. Through her private healing practice, she supported individuals with personal transformation. She also co-authored a year-long Coming of Age program designed to help youth explore their values and spiritual beliefs. More recently, Marité returned to systems work at the University of Wisconsin Department of Family Medicine and Community Health as the program manager under contract with the Veterans Health Administration to support system transformation to a Whole Health model of care, and also received certification as an organizational trainer for the HeartMath Institute.
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ABOUT THE COURSE

*Eating for Whole Health: Functional Approaches to Food and Drink* is an advanced, stand-alone clinical education course designed to introduce VA clinicians to the Whole Health Approach as it relates to a fundamental aspect of self-care—nutrition. This two-day course (14 CEUs) is offered by the VHA Office of Patient Centered Care and Cultural Transformation (OPCC&CT) and is designed for clinicians who are likely to incorporate nutrition recommendations into Veterans' Personal Health Plans (PHPs). It is informed by the latest research in nutrition and draws from the wisdom of dietitians and functional nutrition practitioners from throughout the VA and beyond. The focus of this course is *not* to mandate how nutrition guidance is given to Veterans, but rather to offer a learning environment that supports curiosity, exploration, and open discussion of topics that can at times be somewhat complex or controversial.

During this course, participants will have an opportunity to explore a number of nutrition-related topics, ranging from how our foods affect our bodies at a molecular level, to how best to support Veterans in making changes related to their eating patterns. They will be introduced to a series of Whole Health tools and techniques, as well as an array of nutrition resources that can support their clinical work.

Areas of focus will include how to optimize collaboration between dietitians and other care team members, how food serves as information for body processes, nutrition success stories from throughout the VA, and a series of patient vignettes focused on how Food and Drink can influence prevention of chronic disease and influence pain, mental health, and gastrointestinal function. The latest thinking on fats, proteins, carbohydrates and various micronutrients, such as vitamins and minerals, will be discussed. Mindful awareness, food safety, and fundamental cooking tips and guidelines will also be addressed. Participants will take time to assess their own nutrition practices and build on their professional skills with motivational interviewing and personal health planning with Food and Drink as a specific focus. They will practice with partners and in small groups.

This course can accommodate up to 100 participants, including dietitians, providers, and others who incorporate nutrition recommendations into health plans. Participants would ideally represent a number of different teams or departments either within one given facility, or from multiple facilities. The understanding would be that they take what they learn back to their respective teams.
During this program, you will be invited to:

- Learn more about the Whole Health Approach, particularly when it comes to Food and Drink, and how this area of self-care interconnects with other aspects of Whole Health
- Become familiar with the latest research regarding how nutrition can influence health
- Understand how what we eat can serve as information; i.e., how specific nutrients can affect our bodies’ biochemical and genetic functioning
- Reflect on your own eating patterns, identifying strengths and opportunities to make healthy choices
- Discuss the benefits and potential limitations of various eating patterns or diets, and learn where to obtain more information about different eating guidelines that are popular with Veterans
- Learn about and explore local and national resources related to healthy eating
- Focus on key concepts related to food safety, recognizing how culture and socioeconomic constraints influence eating patterns
- Identify fundamental cooking techniques to share with Veterans

The course will help you to:

1. Understand key concepts of the Whole Health Approach, especially as related to Food and Drink
2. Describe key aspects of functional nutrition and how they can fit into your practice
3. Outline how nutrition can have health-promoting as well as therapeutic effects, particularly for mental health, gastrointestinal health, pain, and prevention of chronic disease
4. Create PHPs that incorporate nutrition components
5. Recognize physical signs and symptoms related to nutritional imbalances
6. Identify what the latest research suggests regarding the health effects of at least five popular herbs and spices
7. More effectively guide patients when it comes to positively changing their eating patterns
8. List at least five key nutrition resources offered within the VA

ACCME, ACCME-NP, ACPE, APA, ANCC, ASWB, CDR, and NYSED SW accreditation (14 hours) is available. Attendance at the two days of training is a requirement of the course and for obtaining Continuing Educations (CEU) credits available through EES.
MODULE 1: INTRODUCTIONS

THE “CIRCLE OF HEALTH”—COMPONENTS OF HEALTH & WELL-BEING
WHOLE HEALTH FOR FOOD & DRINK BINGO

Find people from the class whose activities match the descriptions on the bingo sheet. Write their names in the corresponding boxes. The *winning “Bingo” table* will have 5 consecutive squares (or 4 corners) with a *different name for each box*.

<table>
<thead>
<tr>
<th>Ate your favorite food in the past month</th>
<th>In the past week, had at least one day of getting more than five servings of fruits and veggies</th>
<th>Tried a new food in the past month</th>
<th>Ate something with turmeric in it in the past week</th>
<th>Likes kale</th>
</tr>
</thead>
<tbody>
<tr>
<td>Went out to dinner with a friend or family member in the past week</td>
<td>Drinks at least 8 glasses of fluid daily</td>
<td>Has taught someone else how to cook or taken a cooking class</td>
<td>Cooks with olive oil</td>
<td>Watches cooking shows on TV</td>
</tr>
<tr>
<td>Has eaten food made from insects (e.g., cricket flour)</td>
<td>Has at least 5 cookbooks at home (or 5 favorite cooking websites)</td>
<td>WHOLE HEALTH FREE SPACE</td>
<td>Has tried dragon fruit or star fruit</td>
<td>Had a meal in the past week where all they did was eat (no TV, no working)</td>
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<tr>
<td>Eats a handful of nuts most days of the week</td>
<td>Has tried eating or eats a Mediterranean Diet</td>
<td>Has eaten fruit they picked themselves</td>
<td>Loves dark chocolate</td>
<td>Has made a diet change that has helped their health in the past year</td>
</tr>
<tr>
<td>Takes a multivitamin</td>
<td>Has created their own recipe for something</td>
<td>Ate a healthy meal at a restaurant recently</td>
<td>Grows or raises at least one food on their own (garden, farm, etc.)</td>
<td>Can make a soufflé or role out a pie crust</td>
</tr>
</tbody>
</table>
MODULE 2: YOU ARE WHAT YOU EAT: THE POWER OF FOOD & DRINK

FOOD AS INFORMATION: BIOCHEMICAL PATHWAYS

VITAMINS AND ATP PRODUCTION
AMINO ACIDS, SEROTONIN, AND SAME

Niacin (B3) → Tryptophan → 5-Hydroxytryptophan → Serotonin → Melatonin

Dietary Proteins
- Dietary Proteins
  - B1, B6, B12, Stomach Acid
  - Eggs, cheese, turkey, nuts
  - Tryptophan

Fe, C, B12, Folate, Mg, Ca → 5-Hydroxytryptophan → Serotonin

B6, C, Zn, Mg

Light Level

Methyl Groups

SAMe* → S-adenosylmethionine

Homocysteine

B12 Folate

Beans, dairy, eggs, soy, fish, shellfish, cheese, meats, Brazil nuts

Tomatoes, olives, barley, rice, walnuts, coffee beans, wine

*The exact mechanism for SAMe and depression is unclear. It affects serotonin, dopamine, and norepinephrine levels.
AMINO ACIDS, DOPAMINE, AND NOREPINEPHRINE
## MODULE 4: CHEWING THE FAT AND GETTING THE SKINNY: GATHERING NUTRITION INFORMATION

<table>
<thead>
<tr>
<th>Date</th>
<th>Daily Food and Physical Activity Diary</th>
<th>Weekly Food Goal</th>
<th>Daily Calorie Goal</th>
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</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Monday: Light exercise</td>
<td>M = Mindful</td>
<td>1,234,567,8910</td>
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<tr>
<td></td>
<td>Wednesday: 20 min brisk</td>
<td>PC = Portion Control</td>
<td>1,234,567,8910</td>
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<td></td>
<td>Thursday: 30 min walk</td>
<td>H = Healthy</td>
<td>1,234,567,8910</td>
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<td></td>
<td>Friday: 40 min cycling</td>
<td>Mood:</td>
<td>1,234,567,8910</td>
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<td></td>
<td>Saturday: 60 min swimming</td>
<td>Mood:</td>
<td>1,234,567,8910</td>
</tr>
</tbody>
</table>

**Name:**

**Weekly Food Goal:**

- Breakfast 6 am - 10 am
- Lunch 11 am - 3 pm
- Dinner 5 pm - 8 pm

**Daily Calorie Goal:**

- M = Mindful
- PC = Portion Control
- H = Healthy

**Mood:**

- Idle
- Almost Ty/A
- Idle

**Total Calories:**

- Idle
- Almost Ty/A
- Idle

**Name:**

**Weekly Food Goal:**

- Breakfast 6 am - 10 am
- Lunch 11 am - 3 pm
- Dinner 5 pm - 8 pm

**Daily Calorie Goal:**

- M = Mindful
- PC = Portion Control
- H = Healthy

**Mood:**

- Idle
- Almost Ty/A
- Idle

**Total Calories:**

- Idle
- Almost Ty/A
- Idle
FOOD & DRINK QUESTIONS

General

- Do you have any concerns that you believe are related to the way you eat?
- How would you describe your relationship with eating?
- Are you satisfied with your eating habits? Why or why not?
- Do you ever skip a meal? How often, and which meals?
- What is typically your biggest meal?
- What are your favorite foods? What don't you like?
- What would you like to focus on today, in terms of your nutrition?
- Why is healthy nutrition important to you?

Eating and Drinking Patterns

- What is your eating pattern? How many meals do you eat a day, and when do you eat them?
- Have you recently changed the way you eat? If yes, for what reason?
- Do you follow a specific diet? Vegetarian? Low-carb? Mediterranean?
- How often do you eat out? What types of restaurants (fast food, fast casual, casual, fine dining)? What do you usually order?
- How often do you eat fast food? What do you usually get?
- How much water do you drink in a day?
- Do you drink anything else regularly (e.g. sodas, alcohol, caffeinated drinks, juice, sports drinks)?
- Do you ever eat when you are not hungry?
- Do you ever wake up in the middle of the night and eat?
- Do you ever binge eat?
- What is the most important thing for me to know about the role food plays in your life?
- What do you typically eat for breakfast? Lunch? Dinner? Snacks?
- Do you ever skip meals or fast?
- What are your comfort foods?
- Are you taking any vitamins, minerals, or other dietary supplements? Why?

Eating and Body Weight

- Have you been eating more or less than normal? If yes, for what reason?
- What is your usual weight?
- Have you gained or lost weight recently?
- What is your highest weight in adulthood? When were you that weight?
- What is your lowest weight? When were you that weight?
- Have you ever tried to intentionally lose weight? How much? If you succeeded, did you ever regain it back? How much? Why was it regained?
- What weight loss strategies (diets, exercise programs, etc.) have you used?
- Do you have the same body type as anyone else in your family?

**Context for Eating**

- Who are the members of your household? Who does the food shopping and preparation?
- Do you share your meals with others? Who?
- Who participates in food choices and mealtime in your household?
- Are the other members of your household supportive of your efforts to make dietary changes?
- Where do you eat? (At the kitchen/dining room table, in front of the tv/computer, in the car, at your desk, etc.)

**Mindful Awareness and Nutrition**

- Sometimes hunger is physical, but it can also be emotional or mental. When you eat, what part of yourself are you feeding?
- Are you an emotional, or stress, eater?
- Are you conscious of your cravings? What do you tend to crave and when?
- What factors influence how you choose your food?
- Do you do other activities, like driving, working, or watching TV while you are eating?
- How do you feel after eating? Physically (e.g. satisfied, stuffed, still hungry)? Emotionally (e.g. content, guilty, angry)?

**Nutrition and Symptoms**

- Are there any foods that do not agree with you?
- Do you have any food allergies, intolerances or sensitivities that you are aware of? What reactions have you noticed?
- How much of a role do you think what you eat plays in how you are feeling?
- Have you noticed that what you eat and drink affect your sleep?
- Do you ever feel like particular foods cause you to have more or less pain?
- Do any foods give you heartburn, gas, bloating, diarrhea or constipation? How soon after eating these do you notice these symptoms?
ASSESSING YOUR OWN EATING

Circle your answers after careful thought, then add up your points (numbers in parentheses).

1. **How many fruits do you normally eat each day (1/2 cup fresh or dried fruit, 1 medium piece, 1 cup unsweetened juice)?**
   A. 0 (-2)
   B. 1 (0)
   C. 2 to 3 (+2)
   D. 4 or more (+3)
   (score) ____

2. **How many vegetable servings do you normally eat each day (1 cup leafy greens, 1/2 cup any other veggie, raw or cooked)?**
   A. 0 (-4)
   B. 1 (0)
   C. 2 (+1)
   D. 3 (+2)
   E. 4 or more (+3)
   (score) ____

3. **How many different varieties of vegetables do you eat in a normal month?**
   A. 2 or less (-4)
   B. 3 to 4 (0)
   C. 5 to 6 (+1)
   D. 7 to 8 (+3)
   E. 9 or more (+4)
   (score) ____

4. **How many times do you eat dried beans or peas (legumes, lentils, chickpeas, kidney beans, green peas, etc.) in a normal week?**
   A. 0 (-2)
   B. 1 to 2 (0)
   C. 3 to 4 (+1)
   D. 5 to 6 (+2)
   E. 7 or more (+3)
   (score) ____

5. **How many times do you eat red meat in a normal week?**
   A. 6 or more (-4)
   B. 4 to 5 (-3)
   C. 1 to 3 (-1)
   D. Less than once a week (+2)
   E. 0 (+3)
   (score) ____

6. **How many times do you eat in a fast food restaurant in a normal week?**
   A. 6 or more (-5)
   B. 4 to 5 (-4)
   C. 1 to 3 (-3)
   D. Less than once a week (-2)
   E. 0 (0)
   (score) ____
7. **In a typical day, what do you drink most often?**
   A. Soda (regular or diet) (-4)
   B. Caffeinated coffee or tea (-1)
   C. Decaffeinated coffee or tea (0)
   D. Milk or fruit juice (0)
   E. Herbal tea or water (+3)

8. **How many 12 oz. cans of soda do you drink in a normal day?**
   A. 6 or more (-5)
   B. 4 to 5 (-4)
   C. 2 to 3 (-3)
   D. 1 (-2)
   E. Less than 1 (-1)
   F. 0 (0)

9. **How often do you eat fish in a typical week?**
   A. Never (-2)
   B. Once (+1)
   C. Twice (+2)
   D. 3 to 5 times (+3)

10. **In a typical week, how often do you eat whole grains (100% whole grain bread, whole oats, brown rice, quinoa, whole rye crackers)?**
    A. Never (-3)
    B. 1 to 2 times a week (-1)
    C. 3 to 4 times a week (0)
    D. 5 to 6 times a week (+1)
    E. 1 or more times a day (+3)

11. **How often do you eat sweets such as cookies, cakes, or ice cream?**
    A. 1 or more times a day (-3)
    B. Every other day (-2)
    C. Twice a week (-1)
    D. Once a week (0)
    E. 2 to 3 times a month (+1)
    F. Rarely (+3)

**Your Total Score**

**Scoring:**
- **22–28** – Great eating habits
- **17–21** – Pretty good eating habits
- **10–16** – Needs some improvement
- **9 or less** – Needs much improvement; try to change one habit at a time

From the Institute for Functional Medicine
MODULE 5: EATING FOR THE HEALTH OF IT: GENERAL GUIDELINES

RELATIONS ACROSS COMMON DIETS
What Is It?

Mindful eating involves a series of practices used to focus awareness on eating. The intent is to bring people into a state of paying attention, nonjudgmentally, in the present moment. It can also encourage reflection about how one eats, one’s eating patterns, and the role of food in one’s life and health. Various practices tend to involve consuming a small quantity of food in a deliberate way, with close attention to sensations noted during the process.

How It Works

Mindful awareness practices, used over time, shift brain function, allowing for better focus and more positive states of mind.

Increasing numbers of studies support mindful eating. For example, the SHINE randomized controlled trial, which enlisted 194 participants with obesity, found that mindful eating led to decreased intake of sweets and lower fasting glucose levels.¹

How To Use It

The following exercise is one example a person can try. It is easiest if they hear it read to them, versus trying to read it and follow it at the same time. It is possible to record it and then play it back.

The exercise, like any mindful awareness approach, can be repeated daily or interspersed with other mind-body approaches.

Eating Meditation

This exercise puts a new spin on the eating exercises that you may have tried in the past.

In her book, Mindful Eating, Jan Chozen Bays, MD, outlines nine different types of hunger.² Imagine you have landed on another planet and need food. A seemingly friendly alien offers you an object and encourages you to eat. You have no idea what this object is. You must learn about it with the only tools you have: your senses. Using a single bite of a food of your choice (a raisin, a section of orange, a chocolate chip, etc.), explore the different forms of hunger with mindful awareness by following these steps:
1. **Begin** by tuning in to your baseline hunger. On a scale from 1 to 10, how hungry are you? Where are the signals your body gives you to tell you how hungry you are? Do they come from your stomach? Your brain? Your mouth? A combination of places?

2. **Place the “mysterious alien food item in your hand.”** Start with “beginners mind.” Imagine you have never seen anything like it before. How does it feel in your hand? What is its temperature? Does it have a good vibe to it?

3. **Eye hunger.** Look at the object. Note its color, texture, and shape. Is it visually appealing to you? Rate your eye hunger for this item on a scale from 1 to 10 in terms of how the looks of the food affect your hunger.

4. **Nose hunger.** Smell the alien food. Rate the nose hunger. On a scale of 1 to 10, how much does the smell of this food make you hungry?

5. **Mouth hunger.** Place the alien food in your mouth but do not bite it right away. You can roll it around and explore it with your tongue. What do you notice? After a pause, bite into the food just once and roll it around again. What do you notice?

   Don’t swallow yet! You know the drill: On a scale of 1 to 10, how much hunger do you have for this object based upon the sensations in your mouth?

6. **Stomach hunger.** “What the heck?” you think. “I am starving, and I have to eat something.” You decide to eat this object. Chew it slowly, and notice how it changes as your teeth and saliva break it down. How many times can you chew it? Take your time. Savor it. Swallow it and pay attention to the experience of swallowing. Are there any bits still in your mouth? Are there pieces in your teeth that might insult your mysterious alien host if you smile? What does the tongue do when you have finished eating the food? How long can you detect the aftertaste? Rate stomach hunger on a scale from 1 to 10. Is the stomach full or not? Does it want more of this alien item?

7. **Cellular hunger.** Tune in to how the food is moving into your body, through the digestive system, toward the bloodstream. How will your cells respond to it? Are there any other sensations that tell you that this food is being absorbed? What is your body’s feedback? Are you full? Nauseated? Now rate cellular hunger on a scale from 1 to 10. How much would your body’s cells like to have more of this food?

8. **Mind hunger.** What has your mind been saying about this food? Often, it will be in the language of “should” or “shouldn’t.” What are you thinking? Is your mind
wandering. Is it judging? On a scale of 1 to 10, how much would the mind like to have more of this food?

9. **Heart hunger.** What about the heart, your emotions? Is the food soothing or comforting? Has it led you to feel anything new emotionally, like disgust or happiness or contentment? Rate on a scale of 1 to 10 how much your heart would like you to have more of this food.

10. You can practice this with any number of foods, or throughout an entire meal. Don’t forget to try it with liquids as well.

*This exercise is adapted from* Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food, by Jan Chozen Bays, as well as from an exercise based on her work that was created for WeBiteBack.com, at [http://webiteback.com/forum/viewtopic.php?p=293409](http://webiteback.com/forum/viewtopic.php?p=293409).

**When To Use It**

This can be used by anyone. The guidance of a trained mindfulness instructor may be very useful. It can put eating into a broader context before people start delving into details about healthy approaches to nutrition.

**What to Watch Out For (Harms)**

If someone has a history of an eating disorder, it is best done under the guidance of a mental health professional.

**Tips From Your Whole Health Colleagues**

- One man followed up after a Whole Health class to report that over 3 months he had lost 25 pounds simply by applying mindful eating to his life. He would constantly ask himself if he were truly hungry, and plan his eating accordingly. When he ate, he would do so slowly and deliberately, noticing each bite and not doing anything else while he was sitting down to eat, unless it involved conversations over the meal.
- A helpful suggestion is to have people eat sitting down, with no distractions.
- There is an entire literature on “mindless eating” as well. The intention with this is to have people take steps that will lead to unconscious changes in how they eat.

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MODULE 13: NUTRITION AND HEALTH PLANS 1: CREATING PHPS

WHOLE HEALTH PROCESS MODEL

KEY PRINCIPLES OF PERSONAL HEALTH PLANNING
SMART GOAL AND ACTION STEPS WORKSHEET

Area of Focus ___________________________________________________________

Timeframe (circle one)  3 months  6 months  Other __________

SMART Goal and Action Steps Criteria

• Specific - clear and concise
• Measurable - clear criteria for assessing if goal is met
• Action-Oriented – action that is in direct control of the person
• Realistic – based on what is possible or achievable for the person
• Timed - contains timeframes for achievements along the way to the final goal

Goal

________________________________________________________________________

________________________________________________________________________

Action Steps

Action steps are steps toward achieving the goal that can be accomplished in the following week and meet the same SMART criteria. Action steps can be planned out over time or designed after the first week’s action steps are attempted and assessed.

Action Step 1

________________________________________________________________________

Action Step 2 (Optional)

________________________________________________________________________

Action Step 3 (Optional)

________________________________________________________________________

To whom will I be accountable for my action steps?

________________________________________________________________________
IMPORTANCE AND CONFIDENCE RULERS

Importance Ruler

"On a scale of 0–10, how important do you think it is to . . . ?"

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Confidence Ruler

"On a scale of 0–10, how confident are you that you will be able to . . . ?"

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Rulers are adapted from: Rollnick, Miller & Butler, MI in Health Care, Guilford, 2008
FACTORS TO CONSIDER IN HEALTH PLANNING FOR FOOD & DRINK

- Food & Drink
  - Nourishing and Fueling
- General Guidelines
  - Follow a specific eating plan
  - Macronutrients
  - Micronutrients
  - Phytonutrients
  - Meal timing, frequency
- More Guidelines
  - Fruits, veggies, nuts
  - Dessert, frequency
  - Hydration, Alcohol, and caffeine
- Mindful Eating
  - Start a daily practice
  - Number of chews
  - Pacing eating
  - Eating without distractions
  - Observing cravings
  - Stress management
- Specific Health Issues
  - Referrals
  - Diet & depression
  - Diet & sleep
  - Eliminating certain foods
  - Probiotics
- Cooking Tips
  - Grocery shopping tools
  - Try a new recipe
  - Cooking classes
- Prevention
  - A way to reduce cancer risk
  - A step to prevent heart disease
  - An approach to blood glucose

Nutrition Resources
- Cookbook
- Recipes
- Websites
- Nutrition classes
- Community programs
- Setting the table
- Cultural needs
- Transportation
- Finances
- Peer support
- Dietitians
- Include whole family

VHA Office of Patient Centered Care & Cultural Transformation

February 1, 2018
GUIDELINES FOR WRITING AN ELEVATOR SPEECH

Everyone on the team needs to feel comfortable with describing the Whole Health Approach, and what it means to do personal health planning. With Food and Drink as a focus, can you summarize your thoughts about Whole Health and Functional Nutrition?

For this exercise, your task is to create an oral presentation—an Elevator Speech—that is about 30 seconds long. The idea is that you will be able to share this with patients or colleagues quickly to let them know what Whole Health and personal health planning are all about, especially when it comes to nutrition.

Here are some snippets you can consider putting in (change into your own words):

Whole Health care...

- Is a different way to approach health care
- Respects the individual uniqueness of each person and their preferences
- Looks at the whole person
- Emphasizes self-care and what people can do to take care of themselves
- Is about personalized, proactive, patient-driven care
- Gets people asking, “Why do I want my health? What really matters to me?”
- Brings in complementary approaches and various nutrition tools, when appropriate
- Involves creating a personal health plan for each patient, and Food and Drink can be a major part a plan
- Respects the importance of prevention and the work of HPDP
- Centers around teams, not just one provider
- The patient is the captain of the team, and dietitians are key team members
- Incorporates mindful awareness, including mindful eating
PERSONAL HEALTH PLANNING VISIT OUTLINE

INTRODUCE THE PROCESS

1. SET THE STAGE
Tell them what Whole Health and personal health planning are about (e.g., give your Elevator Speech)

2. SELF-REFLECTION: EXPLORE MEANING, ASPIRATION, PURPOSE (MAP):
Ask the big questions: What really matters? Why is their health important?

3. REVIEW THE PERSONAL HEALTH INVENTORY (PHI)

4. ASSESS THE CIRCLE
Are there any areas on the Circle of Health they want to focus on? Use the circle to guide you.

- Working Your Body
- Food and Drink
- Power of the Mind
- Recharge
- Family, Friends, and Coworkers
- Spirit and Soul
- Surroundings
- Personal Development

5. SET GOALS
- Shared goals
- SMART goals (Specific, Measurable, Action-Oriented, Realistic, Time-Bound)

6. DISCUSS NEXT STEPS: EDUCATION, SKILL BUILDING, RESOURCES, SUPPORT:
(What needs to happen to allow them to achieve their goals?)
- Referrals
- Complementary and Integrative Health (CIH)
- Skills
- Handouts, websites, community resources
- ***Follow up – when will you connect with them again?
PERSONAL HEALTH PLANNING VISIT OUTLINE

INTRODUCE THE PROCESS

1. SET THE STAGE
Tell them what Whole Health and personal health planning are about (e.g., give your Elevator Speech)

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(What needs to happen to allow them to achieve their goals?)
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- Skills
- Handouts, websites, community resources
- ***Follow up – when will you connect with them again?
PERSONAL HEALTH PLANNING WORKSHEET

Personal Health Plan (PHP)

Name:

Date:

Mission, Aspiration, Purpose (MAP):
My mission, aspiration or purpose in life is...

My Goals:

Strengths (what’s going right already)/Challenges:

My Plan for Skill Building and Support

Mindful Awareness:

Areas of Self-Care:

- Working Your Body
- Surroundings
- Personal Development
  - Food and Drink
- Recharge
- Family, Friends and Coworkers
- Spirit and Soul
- Power of the Mind
**Professional Care: Conventional and Complementary**

- Health concerns

- Prevention/Screening

- Treatment (e.g., conventional, complementary, medication, supplements)

- Referrals

**Community**

- Resources

- Support Team

**Next Steps**

**Please Note:** This plan is for my personal use and does not comprise my complete medical or pharmacological data, nor does it replace my medical record.
MODULE 14: NUTRITION AND HEALTH PLANS 2: CHANGING THE SYSTEM

WHOLE HEALTH IMPLEMENTATION STRATEGIES

EXAMPLES OF IMPLEMENTATION STRATEGIES

NOTE: What is one step you can take to move Whole Health forward at your site? Below are some possibilities. As you consider these, remember to account for what you already have available at your facility. An initial first step might be to learn what is already out there. There is no need to reinvent the wheel! If you already have a Nutrition Committee or Wellness Group, how can you collaborate with the committee to bring in Whole Health principles? Would a subcommittee be helpful?

- Set up additional opportunities for dietitians and primary care teams to get to know each other. Some teams have dietitians embedded into their Patient Aligned Care Teams (PACTs). How might communication be enhanced?

- Collaborate with your Nutrition and Food Services Department to explore which Whole Health tools might be useful to add to offerings that are already available at your site.

- Find out what cooking or nutrition classes are available. How can you and your team make best use of them? Some facilities offer group visits focused on nutrition.

- How can “success stories” like DC and Jesse Brown inform what you do at your site?

- Use the PHI or Circle of Health with Veterans. Again, consider how Whole Health topics could be incorporated into existing groups, like MOVE! support groups and OEF/OIF groups.

- Join national groups, such as the Nutrition Journal Club and/or the Whole Health Community of Practice Calls. See the resources section below.
OUTLINE FOR TEAM IMPLEMENTATION DISCUSSIONS

The intention for this exercise is to create clear and constructive action plans which will be shared with your facility leadership, OPCC&CT representatives, and your local Food and Nutrition Services leadership as well. It will also be shared with your fellow course participants. *(This is not a time to focus on frustrations and obstacles, but rather to empower solutions for your team and your facility.)* Choose a scribe to jot down notes, and choose a spokesperson to share with the rest of the group.

- Discuss and list your ideas/strategies for implementing Whole Health into your work teams.
- Identify clear goals and action steps.
- What will be your timeframe?
- Who will take responsibility for various action steps?
- How will you know that you are successful?
- For sustainable change toward Whole Health, what support do you need from:
  - Yourself
  - Your co-workers
  - Your supervisor
  - Your facility leadership
  - Office of Patient Centered Care & Cultural Transformation

*Designate a Work Group Volunteer to write a summary document describing the changes in which you would like to be actively involved in bringing to your organization. (See following page for format and example document).*
STRATEGIES FOR WHOLE HEALTH IMPLEMENTATION: WORKSHEET

This exercise is an opportunity to identify the ways in which you will apply what you have learned at the Eating for Whole Health course, in support of Whole Health transformation.

As a group, select a point of contact for communication with your Whole Health leadership, and a recorder who will write-up your plans. Together, create a summary of the actions you will take to move your practice and/or program toward Whole Health. This worksheet will be shared with your facility’s Patient Centered Care director, Whole Health advisory group and site leadership.

**WORK GROUP TITLE:**

**WORK GROUP MEMBERS (please note who is serving as Point of Contact and Recorder):**

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<thead>
<tr>
<th>GOAL(s):</th>
<th>ACTION STEPS (to achieve each goal):</th>
<th>TIMEFRAME</th>
<th>RESPONSIBLE ROLES</th>
<th>MEASURES OF SUCCESS</th>
<th>SUPPORT NEEDED?</th>
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EATING FOR WHOLE HEALTH RESOURCES

Disclaimer: The resources listed below have been selected for this course by course faculty. While many of the materials are from the VA or other federal government sources, other sites, including the cooking websites and cookbooks listed below, are not. Please note that the inclusion of these materials in this course manual does not represent a formal endorsement by the VA or by VA Nutrition and Food Services. If you are a provider, check with your local dietitian about their comfort regarding the use of any of these materials as part of scope of practice. Please do not attempt to advise patients to use nutrition tools if doing so is beyond your scope of practice.

Resources specific to the Whole Health Approach are marked with the Circle of Health.

VA Patient Centered Care. Internet site for Veterans and their families, as well as clinicians: http://www.va.gov/patientcenteredcare/
- Circle of Health. The Circle of Health diagram contains information on each area of self-care/component of health and well-being.
  http://www.va.gov/patientcenteredcare/components-health-well-being.asp
- Personal Health Inventory. You can link to the MyStory: Personal Health Inventory (PHI) webpage. Follow the link above to the section “What Matters Most to You? Personal Health Inventory” for a downloadable copy of the PHI. You can access the PHI directly at: http://www.va.gov/patientcenteredcare/resources/personal-health-inventory.asp. On this page, you also can also access the brief version of the PHI.
- Whole Health Videos. You can link to key videos related to a variety of Whole Health topics, including mindful awareness, at:

OPCC&CT Whole Health SharePoint Education Hub
https://vaww.infoshare.va.gov/sites/OPCC/Education/SitePages/Home.aspx
- Links to all Whole Health courses, including Eating for Whole Health, Whole Health for Pain and Suffering, Whole Health in Your Practice, Whole Health in Your Life, and Whole Health Coaching.

VA Whole Health Subject Guide. Online VA access journals, books, databases and articles: http://www.va.gov/LIBRARY/Subject/Whole_Health.asp
VA Pulse. This is an online site to link you to the national Whole Health community. A great way to share information, ask questions of others, and search through previous discussions, etc. https://www.vapulse.net

Online Whole Health Courses. Available through TMS and TRAIN:
- An Introduction to Complementary Approaches (VA TMS Item Number: 29890). This virtual training is designed for clinical members of the health care team, as well as non-clinical staff interested in learning more about complementary approaches. The course provides Category 1 AMA Physicians Recognition Award™ CME credit; ACCME for physicians and ACCME – NP for non-physicians, and American Nurses Credentialing Center (ANCC) for nurses.
- Clinician Self-Care: You in the Center of the Circle of Health (VA TMS Item Number: 29697). This virtual training is designed for clinical members of the health care team. The course provides Category 1 AMA Physicians Recognition Award™ CME credit; ACCME for physicians and ACCME – NP for non-physicians, and American Nurses Credentialing Center (ANCC) for nurses.
- Mindfulness (VA TMS ID: 31300). This virtual training is designed for anyone interested in learning more about Mindfulness. The course provides Category 1 AMA Physicians Recognition Award™ CME credit; ACCME for physicians and ACCME – NP for non-physicians, and American Nurses Credentialing Center (ANCC) for nurses.
- Eating for Whole Health: Introduction to Functional Nutrition. Please note that in March 2018, this course will also be available through TMS and TRAIN.

Whole Health Library Website. A compendium of online Whole Health documents for clinicians and Veterans: http://projects.hsl.wisc.edu/SERVICE/
- Under the “Key Resources” tab, you will find documents like the Personal Health Inventory and the Passport to Whole Health, a 200-page resource guide with chapters about each of the parts of the Circle of Health. Chapter 8 focuses on “Food & Drink.”
- The “Educational Overviews and Clinical Tools,” there are thirty-five written modules, each with an overview and a number of “point-of-care” tools based on the Circle of Health. These materials are for clinicians. Key resources related to the Eating for Whole Health course include:
  - The Food & Drink Section. In addition to the overview, the tools include:
    - What We Drink
    - Choosing a Diet
    - The Anti-Inflammatory Diet
• Food Safety
• Mindful Eating
  o Introductory modules (modules 1-3) related to the PHI and the Personal Health Planning Process
  o Other assorted nutrition related materials, including:
    • Module 15, Dietary Supplements
    • Module 18, Digestive Health, with the following tools:
      • Promoting a Healthy Microbiome with Food and Probiotics
      • Elimination Diets
      • The FODMaP Diet
      • Coming off a Proton Pump Inhibitor
    • Module 19, Endocrine Health, with the following tools:
      • Achieving a Healthy Weight
      • Glycemic Index
      • Supplements to Lower Blood Sugar
      • Understanding Sweeteners
    • Module 20, Heart Health, with the following tools:
      • The DASH Diet
      • Multiple tools that include information on nutrition for prevention of vascular disease
    • Module 32, Depression with the following tool:
      • Dietary Supplements and Mood
  The” Veteran Handouts” tab features materials for Veterans. These have been reviewed by a national group of Veterans as well as by VA clinicians. Some of the following specifically related to Food & Drink are still in development, as is noted on the website. Topics include:
  o An Introduction to Food & Drink for Whole Health
  o Deciding How to Be a Healthier Eater
  o Eating to Reduce Inflammation
  o Healthy Tips on Eating Out and Grocery Shopping
  o Mindful Eating
  o How a Healthy Gut Makes for a Healthier You
  o Glycemic Index, Glycemic Load, and Blood Sugars: Carbohydrates and Your Health
  o Probiotics for Specific Conditions
  o How to Eat a Mediterranean Diet
  o Using an Elimination Diet to Help Learn if Certain Foods are Making You Sick
  o Eating to Reduce Irritable Bowel Symptoms: The FODMaP Diet
  o Whole Health Food, Drink, Activity and Symptom Log
There is also a link to materials specific to the Eating for Whole Health Course, under the “Courses” tab. Featured are the following:

- Course PowerPoint Slides
- A PDF on the Eating for Whole Health course manual
- VA DC Nutrition Curriculum Handout.pdf
- Food as Information:
  - Chemical Pathways (PDF format)
- Materials Related to Gathering Nutrition Information:
  - Blood Glucose and Meal Log
  - MOVE! Daily Food & Physical Activity Log
  - Nutritional Psychology 3-Day Food Journal for Mood
  - Questions to Ask About Food & Drink
- Documents related to “Eating for the Health of It: General Guidelines:”
  - 15 Ways to Increase Your Veggie Intake
  - Determining Healthy Fats
  - Sources of Healthy Fats and Oils
  - Plant-Based Eating Guide
  - Hidden Sugars & Natural Alternatives
  - Mediterranean Diet Handout
- Nutrition and Mental Health:
  - Food for Mood
- Healthy Cooking Tips:
  - Macronutrients - Whole Food Staples
- Nutrition and Pain:
  - Anti-inflammatory Foods
  - Anti-Inflammatory Meal Planning
OTHER VA NUTRITION RESOURCES

**Nutrition and Food Services:** [https://www.nutrition.va.gov](https://www.nutrition.va.gov). Check out the video recipes and the nutrition blog tabs. There are also Veteran materials for:

- Cancer
- Diabetes
- Food and Drug Interactions
- Heart Health (High Cholesterol, High Blood Pressure)
- Kidney Diseases
- Neurological Disorders and Spinal Cord Injuries
- Vitamins and Supplements
- Weight Management for both losing and gaining weight

**MOVE! Weight Management Program:** [https://www.move.va.gov](https://www.move.va.gov). Has an array of excellent handouts on dozens of topics, including 32 that are specific to nutrition, which you can find at: [https://www.move.va.gov/MOVE/handouts.asp#nutrition](https://www.move.va.gov/MOVE/handouts.asp#nutrition).
FUNCTIONAL NUTRITION WEB RESOURCES

Institute for Functional Medicine: [https://www.functionalmedicine.org](https://www.functionalmedicine.org). The IFM offers a number of courses, including the following, which are free:

- Introduction to Functional Medicine: A Systems Approach to Reversing the Epidemic of Chronic Disease (free online 2 CEU course):
- Introduction to Functional Nutrition: Clinical Solutions for Addressing the Underlying Causes of Disease (free online 1.5 CEU course):
- The site also offers a free clinician resource for the nutrition focused physical exam: [http://nsight.functionalmedicine.org/](http://nsight.functionalmedicine.org/). There are free Quick Reference Guides for Functional Nutrition Evaluation of Dental, Nails, and Skin available within the Nutrition-Oriented Physical Exam educational resource found at the link above. Note that it is necessary to add this resource to a shopping cart and proceed to check out. It is free, although an email and password is required.
  - Functional Nutrition Evaluation Dental Exam Quick Reference Guide
  - Functional Nutrition Evaluation Nails Exam Quick Reference Guide
  - Functional Nutrition Evaluation Skin Exam Quick Reference Guide

Academy of Nutrition & Dietetics: Integrative and Functional Nutrition Certificate of Training Program (5 modules).


The Center for Mind-Body Medicine’s Food as Medicine course: [https://cmbm.org/trainings/food-as-medicine/](https://cmbm.org/trainings/food-as-medicine/)


Next Level Functional Nutrition – Susan Allen, RD’s website: [http://nextlevelfunctionalnutrition.com](http://nextlevelfunctionalnutrition.com)
OTHER NUTRITION WEBSITES SUGGESTED BY FACULTY

**USDA’s National Nutrient Database for Standard Reference:**
https://ndb.nal.usda.gov. To search for the contents of various nutrients, including fiber, in any given food, check out the “Start your search here,” to see the nutrients in a particular food.

**My Food, My Health:** http://myfoodmyhealth.com. Has multiple recipes, as well as diet plans for specific conditions.

**Harvard School of Public Health, The Nutrition Source:**
https://www.hsph.harvard.edu/nutritionsource/

**Mayo Clinic Nutrition Resources:** http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477

**The Center for Mindful Eating:** http://thecenterformindfuleating.org. This is where Mindful Awareness meets Food & Drink.


**Oldways:** http://www.oldwayspt.org/health-professionals. Focuses on cultural eating traditions. Has specific diet guides for people from Asian, African, and other backgrounds. Also has specific diets for people on blood thinners.

**Local Harvest Community-Supported Agriculture (CSA) site:**
http://www.localharvest.org/. Search out CSAs in your area, or order fresh foods from around the country.

**California Dairy Research Foundation Probiotics Information:**

**Find Real Food App:** http://www.findrealfoodapp.com. Tells where there are good-quality food stores in a given area.

**Environmental Working Group:** www.ewg.org. Excellent source of food safety information.

- Food Scores – rates various foods based on nutrition, ingredient, and processing safety: http://www.ewg.org/foodscores
• “Dirty Dozen” and “Clean 15” – listing of fruits and veggies with the highest and lowest pesticide levels (after washing):  https://www.ewg.org/foodnews/list.php

Fruits and Veggies – More Matters:  http://www.fruitsandveggiesmorematters.org.  Site focused on how to increase one’s fruit and vegetable intake.

Plant-Based Research:  http://plantbasedresearch.org.  Site that compiles research related specifically to plant-based nutrition.

Specific Diets and Diet Guidance:

Websites for Culinary Prevention of Cancer:
• American Institute for Cancer Research:  http://www.aicr.org
• Foods that Fight Cancer page:  http://www.aicr.org/foods-that-fight-cancer

Integrative Medicine for the Underserved Nutrition Materials:
https://im4us.org

Recipe Sites:
• Rebecca Katz:  http://www.rebeccakatz.com/recipe-box-menu/
• The Healthy Apple:  https://thehealthyapple.com  - Commercial site that includes recipes, blogs, and cookbooks created from a functional nutrition perspective.
• Dr. Axe’s Food Is Medicine Site:  https://draxe.com/section/recipes/  - Commercial site that features recipes that are sorted by meal and also by specific diet types.
• Nourishing Meals:  http://www.nourishingmeals.com/p/recipe-index.html  - Commercial site with a long list of recipes.
• Epicurious:  http://www.epicurious.com
• My Recipes:  http://www.myrecipes.com
• Cooking Light Magazine:  http://www.cookinglight.com
• Sparkpeople:  http://www.sparkpeople.com.  Free registration allows access to a calorie counter and fitness programs.
FACULTY-SUGGESTED BOOKS

Nutrition Textbooks:


Other Nutrition Books Recommended by Course Faculty:

COMMUNITY OF PRACTICE CALLS

OPCC&CT SharePoint – Community of Practice Calls. Has reviews of all Whole Health Related Community of Practice Calls.

http://vaww.infoshare.va.gov/sites/OPCC/COP/default.aspx

Whole Health: Continuing the Conversation Community of Practice call

- Whole health learning and skill-development, subject matter experts, best practices.
- Monthly call on 1st Thursday at 2:00 ET.
- VANTS: 1-800-767-1750, Access Code 43351
- Adobe Connect link: http://va-eerc-ees.adobeconnect.com/wh_cop/
- Previous recordings and materials since the call began in May 2014 are available on the COP SharePoint site.

Whole Health Coaching Community of Practice call

- Whole Health coaching education and skill-development, subject matter experts, best practices.
- Monthly call on 4th Thursday at 2:00 ET.
- VANTS: 1-800-767-1750, Access Code 43351
- Adobe Connect link: http://va-eerc-ees.adobeconnect.com/whcoachcop/
NOTES
DAY 1 – PULSE CHECK
EATING FOR WHOLE HEALTH

We value your input, and it will shape how we plan the rest of the course.

1) Please rate the following sections of Day 1:

<table>
<thead>
<tr>
<th>Module</th>
<th>Poor</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<tbody>
<tr>
<td><strong>Introductions</strong></td>
<td>1</td>
<td>2</td>
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<td>Bingo, Large group intro's</td>
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<td><strong>The Power of Food &amp; Drink</strong></td>
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<td>Recent studies, biochemistry, phytonutrients</td>
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<td><strong>Don's Donut and Barb's Broccoli</strong></td>
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<td>How two different foods affect the body</td>
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<td><strong>Gathering Nutrition Information</strong></td>
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<tr>
<td>Nutrition assessments, PHI, partner practice</td>
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<td><strong>Lunchtime Activity</strong></td>
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<td><strong>General Guidelines</strong></td>
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<td>Dietary recommendations, brainstorming favorite guidelines</td>
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<td><strong>Mindful Eating</strong></td>
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<td>Meditation on types of hunger</td>
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<td><strong>Your Brain on Food</strong></td>
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<td>Food and mental health</td>
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<tr>
<td><strong>OVERALL MATERIAL ON DAY ONE</strong></td>
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</tbody>
</table>

2) What about the course today (Day 1) was most helpful to you?

3) What about the course today (Day 1) could be even better?

4) Other feedback and helpful suggestions:
Day 1 – Pulse Check, Page 2

*Please do not write your course notes on the back page as you will be turning this sheet in at the end of Day 1. See note pages starting on page 51 for space to take notes.*
DAY 2 – PULSE CHECK AND FINAL EVALUATION
EATING FOR WHOLE HEALTH

We value your input, and it will shape future courses.

1) Please rate the following for Day 2:

<table>
<thead>
<tr>
<th>Module</th>
<th>Poor</th>
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<th>4</th>
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<tr>
<td>8. Food and Your Future: Nutrition and Prevention</td>
<td>1</td>
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<td>9. Serving It Up: Healthy Cooking Tips</td>
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<td>10. Food and the Gut</td>
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<td>11. Nutrition and Pain</td>
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<td>12. Eating in Context: External Factors That Affect Nutrition</td>
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<td>13. Nutrition and Health Plans 1: Creating PHPs</td>
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<tr>
<td>14. Nutrition and Health Plans 2: Changing the System</td>
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<tr>
<td>OVERALL MATERIAL ON DAY TWO</td>
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<td>OVERALL RATING OF EATING FOR WHOLE HEALTH, ADVANCED CLINICAL COURSE</td>
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</table>

2) What about the course today (Day 2) was most helpful to you?

3) What about the course today (Day 2) could be even better?

4) What was your favorite thing about the Eating for Whole Health, Advanced Clinical Education Course?
5) What is the #1 thing you would change about this course?

6) As we move forward with future Advanced Clinical Education courses, do you have any additional thoughts about how to optimize their experience?

7) Other thoughts and comments?