

Introduction

These training materials were developed for the Healthy Weight Summit and to help groups engage various other audiences in a process to plan strategies and actions toward addressing the growing problem of overweight and obesity through replicating this process.

The primary purpose of the exercises presented in this workbook is to guide individuals collectively to:

- consider the potential strategies and recommendations presented by the content panel, in the context of their own environment / community
- utilize the East Tennessee 2 Step process to explore ways to apply strategies within health care systems, worksites, schools, and the community to impact nutrition, physical activity, and healthy weight in East Tennessee
- develop action steps
- take East Tennessee 2 Step and replicate the process within groups, organizations, and agencies
- provide feedback to the East Tennessee 2 Step Healthy Weight Initiative on progress and results

Possible outcomes include establishing new and strengthening existing community partnerships in an effort to develop recommendations to guide East Tennessee decision makers in obtaining resources, implementing programs, and influencing policies to promote healthy weight practices. Supporting continued implementation of healthy weight strategies, and developing ways to evaluate what works will play an important role in impacting positive outcomes for East Tennessee in reversing and reducing overweight and obesity in ours and other communities.

Table of Contents

Exercise 1.....	2
Exercise 2.....	5
Exercise 3.....	7
Exercise 4.....	9
Appendix.....	11

Exercise 3: Implementation

Take about 20 minutes to complete Exercise 3. Then we will take about 15 minutes for all tables to report back to the larger group.

Look at the potential strategies you identified in Exercise 2 and list your ideas around what it would take to implement them in terms of:

TIP: Consider all types of resources, including and in addition to dollar resources. Try to think practically about buy-in and partnerships. Try to offer constructive but realistic ideas about potential barriers.

a) Resources (funding, materials, people, facilities, time, etc.):

b) "Buy-in" (support, involvement, participation, sustainability, etc.):

c) Partnerships (within, outside entities, local, state, national, federal, etc.):

d) Potential barriers to overcome (funding, time, support, etc.):
