The **Steps to Health Take Control** program teaches strategies for participants to develop and implement lifelong habits that include eating healthy and being physically active as part of chronic disease prevention. Take Control is an 8-session chronic disease prevention program that provides strategies to help adults manage their health.

Take Control helps participants reach a healthy lifestyle through goal setting, planning, taking action, tracking, and reflecting. Content is provided through use of PowerPoint.

A personal tracking tool is provided for participants to use in setting a short-term SMART goal and creating a weekly step to make progress towards the short-term goal.

Health content and recommendations are consistent with the current Dietary Guidelines for Americans for chronic condition/disease prevention. Each 1-hour session allows participants to sample a healthy recipe that reinforces the session topic. Evaluation of the program is conducted via pre and post participant surveys.

### Lesson Titles

1. Taking Control
2. Moving More
3. Living Mindfully
4. Controlling YOUR Sodium
5. Controlling YOUR Fat
6. Reducing YOUR Added Sugar
8. Staying in Control

### Each lesson includes:

- 5–10 minute physical activities
- Strategies for adopting behaviors to reduce the risk of chronic disease
- Activities and games related to session topics
- Goal Setting, Planning, Tracking, Taking Action, Reflection and Celebrating Success
- Guided discussion of weekly step
- Opportunity for sharing and celebrating

### Each participant receives:

- **Eat Smart, Move More Take Control Handouts**—Each lesson comes with a handout that summarizes the primary goals from each lesson along with a featured recipe. The handout includes the Weekly Action Plan—to support participants in developing their short-term SMART goal and weekly steps to plan, take action, track, and reflect on their weekly step.
- **Educational Materials** that support the message of the curriculum—spice jars and water bottles.
**Additional Activities:**

Take Control has two additional activities if participants are interested. Both are found on the shared drive.

- Grocery Store Tour Guide and talking points are available. Steps to Health cannot provide transportation.
- Take Control has an optional session on diabetes prevention.

If you decide to provide either or both optional activity, please make note on the Attendance Roster.