

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
7. Eating More Fruits, Vegetables, and Whole Grains
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.