

# TIP SHEET

## Target Groups, Settings, Possible Programs

| <b><u>Targets</u></b>          | <b><u>Settings</u></b>               | <b><u>Programs/Activities</u></b>   |  |
|--------------------------------|--------------------------------------|---|--|
| <b><u>Adults</u></b>           | <b>Worksite</b>                      | <ul style="list-style-type: none"> <li>- Fitness Competitions</li> <li>- Weight Loss Competition</li> <li>- Smoking Cessation Programs/Support Groups</li> <li>- Recognition Programs</li> <li>- Environmental Changes-               <ul style="list-style-type: none"> <li>Cafeteria Offerings</li> <li>Smoking Policies</li> <li>Vending Machine Choices</li> <li>Exercise/Stretch Breaks</li> </ul> </li> <li>- Self-Instructional Materials Distribution</li> <li>- Incentive Programs</li> <li>- Screening and Education</li> </ul> |  |
| <b><u>Adults and Youth</u></b> | <b>Faith Communities</b>             | <ul style="list-style-type: none"> <li>- Training volunteer leaders for behavior change support groups</li> <li>- Self-Instructional Materials Distribution</li> <li>- Healthy potluck suppers</li> <li>- Bulletin inserts</li> </ul>   |  |
|                                | <b>Grocery Stores</b>                | <ul style="list-style-type: none"> <li>- Product/shelf labeling</li> <li>- Demonstrations/Displays/Recipes</li> <li>- Self-Instructional Materials Distribution</li> <li>- Grocery bag messages/inserts</li> <li>- Aisle signs</li> <li>- Video presentations</li> </ul>  |  |
|                                | <b>Clubs/Groups</b>                  | <ul style="list-style-type: none"> <li>- Nutrition guidelines for food served</li> <li>- Smoke-free meetings</li> <li>- Exercise/stretch breaks</li> </ul>  |  |
|                                | <b>Restaurants</b>                   | <ul style="list-style-type: none"> <li>- Menu labeling/Recipe modification</li> <li>- Staff training</li> </ul>   |  |
|                                | <b>Health Care Institutions</b>      | <ul style="list-style-type: none"> <li>- Literature distribution</li> <li>- Role modeling healthy environments</li> <li>- Smoking Policies</li> <li>- Healthy food choices for patients and guests</li> </ul>   |  |
|                                | <b>Community Education Campaigns</b> | <ul style="list-style-type: none"> <li>- Know Your Cholesterol</li> <li>- Community Weigh-ins</li> <li>- How to keep kids smoke-free</li> <li>- Quit smoking contests</li> <li>- Fitness challenges</li> <li>- Recipe contests</li> </ul>   |  |
|                                | <b>Malls</b>                         | <ul style="list-style-type: none"> <li>- Literature distribution</li> <li>- Demonstrations/Displays</li> <li>- Screening and Education</li> </ul>   |  |
|                                | <b>Newspapers</b>                    | <ul style="list-style-type: none"> <li>- Announcements</li> <li>- Self-Instructional Materials</li> <li>- Articles on role models</li> </ul>  |  |
|                                | <b><u>Youth</u></b>                  | <b>Schools</b>  | <ul style="list-style-type: none"> <li>- Curriculum Review/Development</li> <li>- Incentive Programs</li> <li>- Experiential Programs</li> <li>- Role modeling</li> <li>- Training teacher/youth leaders</li> <li>- Healthy school lunch, breakfast and vending machine choices</li> </ul> |
|                                |                                      | <b>Clubs/Groups</b>   | <ul style="list-style-type: none"> <li>- Health snacks</li> <li>- Competitions for fitness</li> <li>- Recognition</li> <li>- Demonstrations/Speakers Bureau</li> </ul>   |