

SMALL STEPS TO HEALTH AND WEALTH™

Get Help and be Accountable

Instructor Guide Strategy 9



SSHW Materials Developed by: Rutgers, The State University of New Jersey
Instructor Guide Developed by: University of Arizona Cooperative Extension

Objectives:

Participants will:

1. List sources of support for health and finance goals including family, friends, co-workers, employers, pets, support groups and professional advisors.
2. Understand that helping relationships can be a benefit to action, re-enforcement and positive change.
3. Learn about additional resources to help them take action steps to research health and finance goals.

Glossary:

Accountability: A structured system of personalized feedback on outcomes.

Estimated Time: 15 minutes (1:1 counseling) to 20 minutes (small group activity)

Activity Handout Needed: *Resources for Support and Accountability Worksheet*

Introduction and Instructor Script:

The purpose of the strategy, *Get Help and be Accountable*, is to help participants realize getting feedback and encouragement can re-enforce positive behaviors that will improve health and finance goals. Support can come from a number of different sources including friends, family, co-workers and even pets. Many employers provide

programs that encourage employees to improve health or finances because this can help to offset increases in health premiums or in the case of financial programs to help to reduce the stress caused by out of control personal finances by the employees. Professional advisors, such as dietitians, financial planners and telephone help counselors can provide valuable assistance.

Instructions for the Activity:

Individual Counseling: Discuss the *Get Help and be Accountable Worksheet* and ask participants who provides them with support on reaching their health and finance goals.

Group Activity: Discuss the *Get Help and Be Accountable Worksheet* and ask participants for feedback on sources of support in their community..

Debriefing Questions:

Group Activity: How can support systems work against achieving health and finance goals? Why don't we seek out help?

Additional Resources:

Visit www.eatright.org/public to find names of nutrition professionals and or www.napfa.org to find names of financial professionals.

"I am only one, but I am one. I cannot do everything, but I can do something.
And what I can do, that I ought to do, I shall do."

-Edward Everett Hale



Get Help and be Accountable

Strategy 9—Resources for Support and Accountability Worksheet

Use the *Resources for Support and Accountability Worksheet*, below, to identify individuals and organizations that can assist you on your path to health and wealth:

Question	Health Goal	Wealth Goal
Which people are likely to support your goal? Why?		
Which people are likely to prevent you from achieving your goal? Why?		
What supports are available through your employer?		
What supports are available in your community?		
What supports are available through professional advisors?		



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cals.arizona.edu/pubs/consumer/az1500i.pdf**

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