

RESEARCH BRIEF

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PEER REVIEWED



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Box. Lesson Plans From a Randomized Controlled Feasibility Trial in Behavioral Weight Management for Underserved Postpartum African American Women: the Revolutionizing Exercise and Nutrition Everyday in Women (RENEW) Intervention Study, 2011–2013

Lesson Theme and Content	Take-Home Items
Lesson 1 —Introduction: review of physical activity and caloric intake guidelines, and review of lactation to augment weight loss	Portion-size placemat, a soul-food pyramid handout, resistance bands with instruction for use at home, and scheduling for future sessions
Lesson 2 —Review of exercising using targeted heart rate for weight loss	25-minute supervised salsa dancing and 10-minute resistance-band lesson
Lesson 3 —Detailed review of healthy carbohydrates, seizing opportunities for increasing daily physical activity, identifying environmental cues that trigger hunger and how to change them	DVD, “Dance Off the Inches: Sizzling Salsa”; measuring cups; and affordable food resources handout
Lesson 4 —Review of low-saturated-fat diet, difference between good and bad fats, and fat-calorie monitoring	Mrs. Dash samples
Lesson 5 —Cooking healthy meals at home, using the Boston Medical Center demonstration kitchen dietitian; a attention was drawn to a season-specific topic (ie, fiber, whole grains, good vs bad fats, increasing fruit and vegetable intake, etc) by using culturally relevant and readily available foods	\$25 grocery store gift card and recipes from the meals prepared in the demonstration
Lesson 6 —Coping with postpartum stress and emotional eating, taught by a licensed independent clinical social worker from Boston Medical Center with review of a handout on emotional-eating diagram; the 35-minute salsa dancing and resistance band training were repeated	None
Lesson 7 —How to “eat out”: planning ahead, assertion, stimulus control, navigating a restaurant menu for healthy options, and portion control; the 35-minute salsa dancing and resistance band training were repeated	None
Lesson 8 —Lifestyle-change pitfalls and how to anticipate and avoid them; individual weight-loss progress review with dietitian; the 35-minute salsa dancing and resistance band training were repeated	New food log (for use after intervention), sample food labels, participant-specific calorie goal (based on Mifflin St-Jeor formula), pediatric nutrition handout

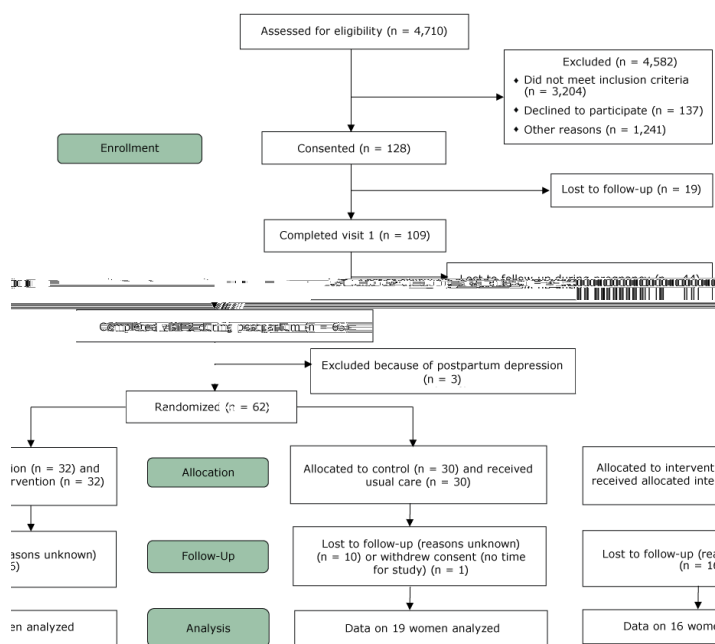


Figure. CONSORT diagram of the progress through the phases of a randomized controlled feasibility trial in behavioral weight management for underserved postpartum African American women, Boston, Massachusetts, 2011–2013.

