



Workshops for Teams and Small Groups – Omega-3 Fatty Acids for Health Promotion

Share this intervention with your team or small group one of three ways:

- Level 1 – Facilitate a short / micro learning session for your team
 - (Max 10 minutes)
- Level 2 – Lead or participate in a workshop for your team
 - (Max 1 hour)
- Level 3 – Adapting, improving or creating a workshop specific for your team using the intervention
 - (Max 1 hour, with more prep time involved)

Guidance on how to offer the session and resources are provided below.

Disclosures for RenewU materials:

- This material is for informational purposes only. It does not replace the advice or counsel of a health care professional. You should consult with and rely on the advice of your physician or health care professional for the management of your health. Never disregard professional medical advice or delay in seeking it because of something you have learned in this course.
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Level 1- Facilitating a short / micro learning session for your team (team meetings, team lunch, etc.).

Estimated Time to Complete: 10-minute max.

Pre-requisites: Interest and skills to facilitate such discussion with provided evidence-based materials.

Instructions:

- Review the module (https://rise.articulate.com/share/5cX5Y3cG4nNy1Ds5afMAh1y_O_qsZQLB) and complete the activities to gain knowledge, experience and skill in Omega-3 Fatty Acids.
- Design a small group session appropriate for your audience, setting and timeframe, using the materials from the module.
 - o Audience (e.g. department, night shift team, etc.):
 - o Setting (e.g. meeting, lunchtime, etc.):
 - o Timeframe (e.g. 10 minutes, etc.):
- Present short / micro small group session.
- Share QR code for post-session feedback to participants.



Level 2 - Lead or participate in a workshop for your team (I.e. professional development session, lunch and learn, etc.).

Estimated Time to Complete: 1-hour max.

Pre-requisites: Interest and skills in nutrition and leading a workshop on Omega-3 Fatty Acids with provided evidence-based materials.

Instructions for leading a workshop:

- Review the module
(https://rise.articulate.com/share/5cX5Y3cG4nNy1Ds5afMAh1y_O_qsZQLB)
and complete the activities to gain knowledge, experience and skill in Omega-3 Fatty Acids.
- Review the evidence-based articles in the module references to familiarize yourself with the evidence.
 - o References document
- Review workshop and print necessary materials.
- Facilitate workshop.
- Share QR code for post-session feedback to participants.

Instructions for participating in a workshop:

- Participate in the workshop for your team on Omega-3 Fatty Acids.
- Complete participant feedback form.



Level 3 – Adapting, improving or creating a workshop on the intervention specific to your team.

Estimated Time to Complete: 1-hour max. (Not including prep time)

Pre-requisites: Education in nutrition or participation in a nutrition/Omega-3 Fatty Acids workshop.

Instructions:

- Using your expertise and the needs of your organization, develop a resource specific for your team on how to utilize Omega-3 Fatty Acids for your team's health promotion.
 - o **Suggested topics:** Adapting favorite recipes with Omega-3 FA, developing a menu for breakfast, lunch and dinner that promotes Omega-3 FA.
 - o Supplemental Omega-3 FA document
- Present workshop.
- Share QR code for post-session feedback to participants.

Workshop Outline - Nutrition for Health Promotion: Intake of Omega-3 Fatty Acids

Session description:

- This workshop is meant to encourage the acquisition of knowledge related to Omega-3 Fatty Acids intervention for health promotion, using evidence-based resources and an informed facilitator.

Participants:

- Any worker in a healthcare setting

Session materials:

Note - Facilitator will either discuss Omega-3 Fatty Acids using the provided ppt presentation or can present using the slides as a source. Handouts can be presented as is to participants or adapted for the needs of the session.

Downloadable documents on Renew My Team:

- Renew Your Mind: Omega-3 PPT, with presenter notes (Clinical)
- Renew Your Mind: Omega-3 t Participant Handout (Clinical)
- Renew Your Mind: Omega-3 PPT, with presenter notes (Non-Clinical)
- Renew Your Mind: Omega-3 Participant Handout (Non-Clinical)

Session outline

1. Introduction

a. Objectives:

- i. Define omega 3 fatty acids
- ii. Discuss why omega 3 fatty acids are important to promote health
- iii. Identify foods high in omega 3 fatty acids
- iv. Identify cooking methods for foods high in omega 3 fatty acids



- b. Present relevant content using full PPT presentation or a selection of slides
- 2. **Small group activity**
 - a. Participants will be split into small groups of 3-4.
 - b. Small groups will be instructed to:
 - i. Identify or adapt a recipe to contain Omega-3 fatty acids.
 - ii. Share the recipe you discovered or adapted with the small group.
 - iii. Identify what food provides Omega-3 FA and estimate how much Omega-3 FA it provides.
 - c. Debrief as a small then large group:
 - i. Discuss tips for making food high in Omega-3 fatty acids more appetizing.
 - ii. Where to buy food containing Omega-3 fatty acids at a reasonable cost.
 - iii. Strategies to encourage family members to eat foods containing Omega-3 fatty acids
 - d. Facilitators will walk amongst the groups and participate as needed.
 - e. Groups will be asked to take notes on their conclusions and choose a group leader to share with the large group.
- 3. **Large group activity**
 - a. Each group leader will take turns presenting the conclusions from their group with the large group.
- 4. **Take home**
 - a. Facilitator will conclude the session with a take home summary from the group discussion and encourage participants to participate in other resilience sessions.
 - i. Eating foods containing Omega-3 Fatty Acids may help your health but does not prevent you from seeking or taking treatment from your health care provider.
 - ii. If you decide to eat fish for Omega-3 Fatty Acids, be aware that some fish may contain mercury, which can damage your health if consumed in large quantities. Pregnant or breastfeeding women should be extremely careful to follow the recommendation of their Ob/Gyn to determine how many servings of fish are recommended.
 - iii. If you decide to take supplements rather than eating the foods, please know that FDA does not regulate the supplements and therefore they may not contain what is on the label. Too much supplement is not necessarily better, because the Omega-3 Fatty Acids may interfere with other medicine that you may be taking.
 - iv. Disclose to your healthcare provider if you are taking any supplements or eating foods containing Omega-3 Fatty Acids.