

Small Steps to Health and Wealth™ Colorado



Get Help and Be Accountable

Sometimes we all need a little help by being held accountable for our actions until we reach our health and wealth goals. Fortunately, there are many free or low-cost resources available in both areas to help you be more successful. Community and online resources can help you learn more about health and wealth topics and can provide support and accountability as you strive to make positive behavior changes. For a quick overview of the *Get Help and Be Accountable* behavior change strategy listen to a [podcast](#).

Friends, family members, and co-workers (and even pets!) can be a great resource (or an obstacle) in helping you make progress. Some examples include a friend who walks with you, a spouse who encourages both of you to eat healthy meals, or a co-worker who commiserates with you about credit card debt and gives you helpful tips on repayment. It goes without saying that helpers who practice positive behaviors themselves provide the best helping relationships.

"First say to yourself what you would be; then do what you have to do."

Epictetus

Accountability has been defined as a structured system of personalized feedback on outcomes. In other words, a good helper will tell you whether you're "walking your talk" or not, and give you critical feedback, if needed.

Increasing numbers of employers are also helping workers achieve their health and wealth goals. Many offer health management benefits such as weight loss and smoking cessation programs, as well as wealth benefits like matched retirement savings accounts, savings bonds purchase plans, credit unions, finance seminars, and one-on-one financial counseling.



Another resource for positive behavior change is a formal or informal support group. Compared to those who know you, these helpers can often have greater objectivity, as well as having similar issues and the ability to share their experiences and the resources that they found valuable.



Complete *Get Help and Be Accountable Worksheet*.

- What are some helping relationships that you have and/or could create?
- Are there any work benefits available to help you achieve your health and wealth goals?
- If you are not using these benefits, why aren't you participating?
- Are there any possible support groups available in your community to help you be more accountable?
- Are there places in your community where you could increase your physical activity?
- Are there other free or low-cost resources online or in your community to help you achieve your health and wealth goals?

Acknowledgements

Colorado State University, U.S. Department of Agriculture, and Colorado counties cooperating. CSU Extension programs are available to all without discrimination. No endorsement of products mentioned is intended nor is criticism implied of products not mentioned.

Portions of this session were adapted and excerpted from the following book: O'Neill, B. and Ensle, K. (2006). *Small Steps to Health and Wealth*. Ithaca, NY: NRAES. Original workshop materials were prepared by Rutgers, The State University of New Jersey, the University of Arizona Cooperative

Extension, and the University of Florida Extension. For additional information about purchasing the *Small Steps to Health and Wealth* book, visit www.nraes.org. The project was supported by the Rural Health and Safety Education Competitive Program of the USDA National Institute of Food and Agriculture (NIFA) grant number 2011-46100-31139. **Program Materials –September, 2013.**

