

Small Steps to Health and Wealth™ Colorado



Use Easy Frames of Reference

When making changes in your health and wealth behaviors, there is a need for seeking realistic advice for guidance. The *Use Easy Frames of Reference* strategy helps you learn simple and easy strategies to personalize and translate health and wealth frames of reference for positive behavior changes. For a quick overview of this strategy, view the [video](#).

You are more likely to make positive changes if you have a clear idea of where you would like to be in the future and how to get there. Because you are very busy, you may not take the time to process complex information and convert it into action. In order for information to be acted upon, it needs to be personalized and easy to follow.

The *Use Easy Frames of Reference* behavioral change strategy uses common household items to illustrate recommended portion sizes for food. It also provides financial references translated into user-friendly dollar terms. Having some standard measuring cups and spoons available will be helpful in understanding this strategy.



Review the list of portion-size measurement aids such as a baseball, golf ball, deck of cards, and dice for selected foods on the *Use Easy Frames of Reference Handout*. Space is available at the bottom for you to add measurement aids for some of your favorite foods.



Look at and review several food labels. Remember that labels are also an “easy frame of reference” to help you identify serving sizes, calories, and nutritional value. Labels can be found on nearly all packaged foods.



Review the financial frames of reference illustrations listed in dollar terms on the *Use Easy Frames of Reference Handout*. Space is available at the bottom for you to translate the financial guidelines and frames of reference listed into dollar terms using your specific income figures, life insurance needs, and retirement savings goals.





Optional: Use Finding Balance—Home Measurement Activity

This activity will help you determine if you are typically drinking the recommended servings of various beverages. Using your favorite glasses and cups and standard measuring cups and spoons, measure a variety of foods to better understand and recognize portion sizes.



Complete the *Use Easy Frames of Reference Worksheet* to list three personal applications to your health and wealth. List up to three easy frames of reference that you plan to use to improve your health and finance decisions.

Notes

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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.**