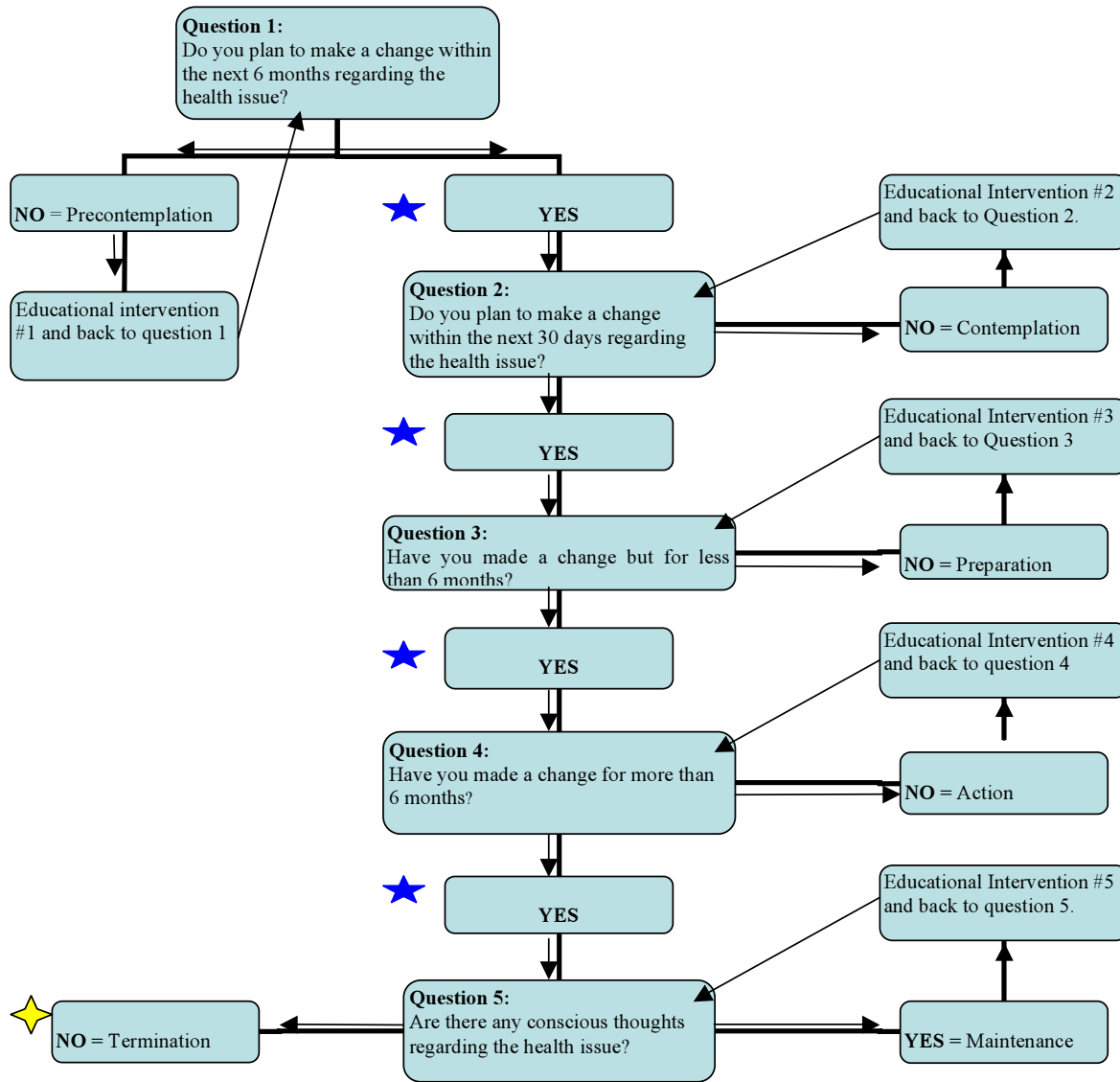


Figure I. Planning Guide for Staging and Intervention



Educational Interventions

#1 Precontemplation: Provide these individuals with brochures and other reading materials to raise awareness about the health issue. The messages should be simple and direct.

#2 Contemplation: Provide these individuals with more in-depth information that will further their understanding of the health issue and create a desire to change. These educational messages should focus on key points of the health issue and identify benefits of change.

#3 Preparation: Provide these individuals with “how-to-change” information and help them prepare to take action. These individuals have made a decision to change and now need the tools to make that change.

#4 Action: These individuals are following through on the decision to change and need encouragement and the tools to succeed. Remove any barriers that would hinder progress.

#5 Maintenance: These individuals have successfully made the change; however, they are in danger of relapse into old habits. Regular checks on their status using surveys are warranted. Reminder messages will also help reduce the likelihood of relapse.

★ Yes answers keep progressing to the next step

★ Final stage reverses question format. If “no” to last question ultimate goal is reached.