



University of Nevada  
Cooperative Extension

Curriculum Manual – 09-02



## **HEALTHY STEPS TO FREEDOM: A HEALTH & BODY IMAGE CURRICULUM FOR USE IN SUBSTANCE ABUSE PROGRAMS FOR WOMEN**

*Anne R. Lindsay, M.S.*

*Sara C. Velasquez, M.P.H.*

Healthy Steps to Freedom (HSF): A Health & Body Image Curriculum is designed to augment existing broad-based drug prevention and community education programs for women under correctional supervision for methamphetamine and other stimulant abuse. This curriculum is intended for implementation in outpatient and inpatient substance abuse treatment centers, correctional facilities, as well as court-ordered programs in the drug court/criminal justice system (e.g., child protective services, district court, etc.).

Meth has become the growing illicit drug of choice among young women because, among other reasons, it is affordable and readily available. In most substance abuse treatment programs, women make up more than half of the clients treated for meth. More women use meth than males due to a desire to lose weight and gain more energy.

Amphetamines, used to treat obesity in the 1950s and 60s, are commonly abused among dieters across America. The public's unfavorable perception that "image is everything" exposes and entices women, through the media, to improve their appearance. However, what separates women from these icons or false role models is that they can't afford the luxuries that many of these women rely on.

Additionally, the seductive allure and pleasurable side effects of meth including loss of appetite, increased energy levels and alertness, euphoria and rush, weight loss and elevation of self-esteem make it glamorously attractive for many women to use this drug. They are looking for high energy to sustain daily routines and thin bodies to look good.

In an effort to address the health issues of an underserved population, there are three key benefits of the HSF program. First, the program targets a unique population – females in substance abuse treatment who find weight and body image issues related to their former drug use and subsequent recovery. Second, HSF addresses lifestyle and health issues, which if not addressed, can burden the health delivery systems, social services, family life, and the health of the individual participant and their family. Lastly, HSF empowers women to make healthy lifestyle changes for themselves, so they can better care for their children, their families, and also break the cycle of drug use.

12 *independent* topics covered in the HSF Curriculum:

- ▲ **Substance Abuse & Women's Health**
  - Lesson 1: What A Girl Wants! Living Healthy without Meth, Speed & Other Stimulants
- ▲ **Body Image & Self-Esteem**
  - Lesson 2: Dying To Be Thin! Body Image & Cultural Standards of Beauty
- ▲ **Physical Activity**
  - Lesson 3: Get Up, Get Out! Getting into Physical Activity
  - Lesson 7: Get Moving; Get Active! Total Body Tune-Up
- ▲ **Weight & Body Composition**
  - Lesson 4: Less Fat, A Weighty Issue! Body Composition, Weight & Fat Distribution
- ▲ **Nutrition**
  - Lesson 5: Food For Thought! Understanding Basic Food Nutrients
  - Lesson 8: Shop 'til You Drop! Reading Food Labels, Shopping Smart & Meal Planning
  - Lesson 10: Have It Your *Weigh!* Portion Sizes & Dining Out
- ▲ **Calories & Metabolism**
  - Lesson 6: Keep The Fire Burning! Energy Balance – Calories, Metabolism & Diets
- ▲ **Eating Behaviors**
  - Lesson 9: *Waist* Not, Want Not! Factors that Influence Eating Behaviors
- ▲ **Eating Disorders**
  - Lesson 11: A Better *Weigh!* Understanding Disordered Eating Patterns
- ▲ **Cognitive Distortion**
  - Lesson 12: A New *Weigh* Of Thinking! Challenging Distorted Thoughts

**Each lesson includes:**

1. Lesson summary
2. Lesson Plan
3. Instructor Notes
4. PowerPoint Slides
5. Lesson Handouts

For more information on the HSF Curriculum, contact Anne Lindsay, 702.940.5434, [lindsaya@unce.unr.edu](mailto:lindsaya@unce.unr.edu)

For more information on participating in a Train-the-Trainer course to learn how to implement the HSF Curriculum, or for ordering information, contact Sara Velasquez, 702.948.5918, [velasquezs@unce.unr.edu](mailto:velasquezs@unce.unr.edu)

Copyright © 2009, University of Nevada Cooperative Extension.

All rights reserved. No part of this publication may be reproduced, modified, published, transmitted, used, displayed, stored in a retrieval system, or transmitted in any form or by any means electronic, mechanical, photocopy, recording or otherwise without the prior written permission of the publisher and authoring agency.



## Healthy Steps to Freedom: A Health & Body Image Curriculum for Use in Substance Abuse Programs for Women

### Curriculum Manual Order Form

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Quantity \_\_\_\_\_ x \$100 = Total Enclosed \$ \_\_\_\_\_

*For information on hosting or participating in a Train-the-Trainer course to learn how to implement the HSF Curriculum, contact:*

Sara Velasquez

702.948.5918

[velasquezs@unce.unr.edu](mailto:velasquezs@unce.unr.edu)

**Make check payable to:** Board of Regents  
**Send order to:** Univ. of Nevada Cooperative Extension  
Attn: Sara Velasquez  
8050 Paradise Road, Suite 100  
Las Vegas, NV 89123

An EEO/AA Institution



University of Nevada  
Cooperative Extension

For Office Use Only

Received By: \_\_\_\_\_ Date: \_\_\_\_\_ Payment Method: \_\_\_\_\_