

A decorative graphic on the left side of the slide, consisting of a teal triangle pointing downwards and a white diagonal line extending from the top-left towards the bottom-right.

# Peer Intervention

When and how is it appropriate for peers to intervene when promoting healthy lifestyles through nutrition and physical activity?

A decorative graphic on the left side of the slide, consisting of two overlapping green arrow shapes pointing to the right. The top arrow is a lighter shade of green, and the bottom arrow is a darker shade, creating a layered effect.

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“Here’s where the lines get gray, crossed, & twisted. We all eat, or at least I hope we all eat. So, we feel as though in some way, shape or form we are an expert in food and what to eat. And for the most part you are your OWN expert in what to eat. That’s where the expertise stops. “

“Many diets are ONE way to eat, they are not THE way to eat. We can actually sometimes do more harm by telling others how to eat even when we are innocently trying to help”



The same can be said for exercise.

- What works for you may not work for everyone.
- What is healthy for you may not be healthy for everyone.



**Peer Intervention should be  
from a place of compassion  
and respect.**

Think of a  
Kindergartener  
talking to another  
Kindergartener.

- Which sounds more appropriate?

- “You’re eating a muffin? That’s so bad for you! It’s too much sugar and empty calories. Here, eat this plain oatmeal instead.”

or

- “You’re eating a muffin? That looks yummy! I like to have yogurt with a muffin sometimes. You should try it!”

- “You sit down a lot. I know that you hate playing basketball but you have to play basketball or keep sitting down. So, play basketball because it’s the right thing to do, even though you hate it.”

Or

- “Hey, we haven’t gotten to play in a long time. We should go outside and find a fun game that we both like!”

# General things to remember:

- Talk about food in a neutral way instead of using terms like “good” “bad” “clean” “nice” etc.
- Talk about what bodies do or how they feel, rather than what they look like.
- Encourage exercise for the sake of health and enjoyment, not for weight control.
- Different bodies, different paths: be mindful that everyone is unique and what works/is helpful for you may not work be the same for everyone else.



# Examples of positive peer intervention

- Asking others to play, go on a walk, be running buddies, etc.
- Encouraging others to try new things.
- Using social media to spread positivity.
- Spread good information.
- Step up when a conversation or interaction feels wrong.