QUINYATTA MUMFORD, MPH, CHES®
Your Certified Health Education Specialist

Empowering women to embrace their curves and their health.

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Certified Health Education Specialist (CHES) is a certification given to individuals who have a bachelor's, master's or doctoral degree in health education or significant coursework in this field. The CHES examination measures possession, application and interpretation of knowledge in the Seven Areas of Responsibility for Health Education Specialists:

Area I: Assess Needs, Resources and Capacity for Health Education/Promotion

Area II: Plan Health Education/Promotion

Area III: Implement Health Education/Promotion

Area IV: Conduct Evaluation and Research Related to Health Education/Promotion

Area V: Administer and Manage Health Education/Promotion

Area VI: Serve as a Health Education/Promotion Resource Person

Area VII. Communicate, Promote, and Advocate for Health, Health Education/Promotion, and the Profession

These responsibilities are defined by the most current US-based practice analysis study. Those who receive the CHES certification must complete 75 hours of continuing education every five years to keep their certification. NNLM offers continuing education for those with the CHES certification for select classes that align with one or more of the seven areas of responsibility.

The National Commission for Health Education Credentialing (NCHEC) is the body responsible for this certification. More information about obtaining this certification and continuing education opportunities outside of NNLM can be found on the NCHEC website (link is external).
Curvy Consciousness

Presented by: Quinyatta Mumford, MPH, CHES®

Learning Objectives:

1. Define and discuss key terms: self-regulation, habits, self-awareness, mindfulness, and wellness.

## KEY TERMS

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
<th>Energy Required</th>
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<tbody>
<tr>
<td>Self-Regulation</td>
<td>“our ability to direct our behavior and control our impulses so that we meet certain standards, achieve certain goals, or reach certain ideals”</td>
<td>High</td>
</tr>
<tr>
<td>Habits</td>
<td>“a behavior that is recurrent, is cued by a specific context, often happens without much awareness or conscious intent, and is acquired through frequent repetition”</td>
<td>Very Little</td>
</tr>
<tr>
<td>Awareness</td>
<td>knowledge of self</td>
<td>Moderate</td>
</tr>
<tr>
<td>Strategies</td>
<td>tools to enhance your chance of success</td>
<td>Moderate</td>
</tr>
</tbody>
</table>

**Formula:** “When I see **cue**, I will do **routine** in order to get a **reward**”

References:


Assessing Your Life Balance

“A wheel runs most smoothly when well balanced.”

Instructions:
Read each statement and fill in the corresponding pie shaped section of the wheel to the degree you are achieving this. For example, question one is: "I eat a balanced nutritional diet"; if you feel you are doing this 100%, of the time, color in all of section one. If you feel you do this, 60% of the time, color 60% of the section. Repeat for all 36 sections of the wheel.

Sections & Statements

Physical: Orange
1. I eat a balanced, nutritional diet.
2. I exercise at least three times a week.
3. I take responsibility for my physical health.
4. I am generally free from illness.
5. I have annual check-ups and specific medical checks as prescribed.
6. If at all, I use tobacco, alcohol, or prescribed drugs responsibly and moderately.

Financial: Yellow
7. I live within my means and take responsibility for my financial decisions.
8. My spending and saving habits reflect my values and beliefs.
9. I actively plan for periods in my life when I may not have income.
10. I pay bills on time and positively manage credit.
11. I balance present-day spending with saving for the future.
12. I have similar financial beliefs and practices as those with whom I am close.

Intellectual: Purple
13. I enjoy learning new skills and information.
14. I have positive thoughts (low degree of negativity & cynicism).
15. I am generally satisfied with my vocation/major.
16. I commit time and energy to professional growth and self-development.
17. My work is stimulating, rewarding, and reflects my values.
18. I pursue mentally stimulating interests and hobbies.

Emotional: Red
19. I have a sense of control in my life and am able to adapt to change.
20. I perceive “problems” as opportunities for growth.
21. I am able to comfort or console myself when I am troubled.
22. I have a sense of fun and can laugh at myself.
23. Others would describe me as emotionally stable.
24. I believe I am responsible for my feelings and how I express them.

Social: Green
25. I have at least three people with whom I have a close, trusting relationship.
26. I am able to resolve conflicts in all areas of my life.
27. I have satisfying social interactions with others.
28. I am aware and able to set and respect my own and others’ boundaries.
29. I am aware of the feelings of others and can respond appropriately.
30. I have a sense of belonging to a group or within organizations.

Spiritual: Blue
31. I have a sense of meaning and purpose in my life.
32. I have a general sense of serenity.
33. I am happy with the beliefs I hold.
34. I practice prayer, meditation, or engage in some type of reflective growth.
35. Principles/ethics/morals provide guides for my life.
36. I trust others and am able to forgive others and myself.
Your Plan

Remember:
- Each person is unique.
- There is no “right” or “wrong” wheel.
- Responses will vary depending on age and stage of life.

Consider the wheel you have created as a source of feedback. Feedback is something we can choose to use or ignore.

Reflection:
Which section(s) has the most color? ________________________________

Which section(s) has the least color? ________________________________

What do you like about your wheel?
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

What would you like to change?
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Where could you make investments (time, energy, money) to bring more color to your wheel?
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Other insights or reflections:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Setting Goals:
As a result of this assessment, I intend to improve my life balance by:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

My first step will be:
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

I will share my plans with ________________ and ask for support by saying
“______________________________”.

I will review my progress on ___________________________. (date)