

Ask

Assessment for SNAP risk factors as part of the routine assessment process

Assess

Assessment of clients' readiness to change

Advice

Provide feedback on SNAP risk factors and brief advice regarding recommendations

Assist

Brief stage-matched counselling for lifestyle change over at least 2 visits

Arrange

Refer to support services for more intensive intervention (especially high-risk clients)

Follow up progress at subsequent visits

Stage-matched assistance for lifestyle change

Stage	Approach
Pre-contemplation/ Contemplation	brief motivational interviewing
Preparation/action:	goal setting /action planning
Maintenance:	reinforcement, relapse prevention
Relapse:	relapse management