



# Lifestyle Intervention

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### Session 1: Overview

#### Welcome!

You are here because you want to reduce your risk for type 2 diabetes, and we're glad to have you.

We will work together toward two goals:

- Losing weight.
- Being more active.

You'll lose 7% of your weight through healthy eating and 150 minutes of brisk physical activity each week.

#### Reaching Goals Together

We will meet for one year. Once a week for the next 16 weeks, then once a month.

Reaching your goal weight may prevent you from getting type 2 diabetes or heart disease. You will look and feel better. Your health will improve.





### Session 1: Overview (continued)

#### Getting Started with Weight Loss

This week we will get started with our weight loss goal by making healthy choices and tracking everything we eat and drink every day.

Keeping track of your weight and what you eat is the most important part of changing your behavior. We will give you the tools and support to make it easy!

#### You Can Do It!

We know that change is not easy, but we are here to help you through it.

You *can* make healthy choices that will reduce your risk for type 2 diabetes. Together we will take it one step at a time.

#### *You Can Do It!*



#### Quick Fact

##### What is type 2 diabetes?

Type 2 diabetes is a disease caused by having too much sugar in our blood. The sugar in blood is called **glucose**, pronounced GLUE-kose.

##### How do we get glucose?

We get glucose from the food we eat. Our body breaks down all the sugar and starch we eat into glucose. Glucose is the basic fuel for the cells in our body.

##### How do we get too much glucose in our blood?

Normally our bodies use a hormone called **insulin** to carry the glucose in our blood to the other cells in our body. The amount of glucose in our blood can get too high for two reasons: 1) our body does not have enough insulin or 2) our body does not use insulin properly.

##### What happens when the glucose in our blood gets too high?

The glucose builds up in the blood instead of going into the cells, and we get diabetes. Diabetes can damage many parts of the body, including the heart, eyes, kidneys, and nerves.

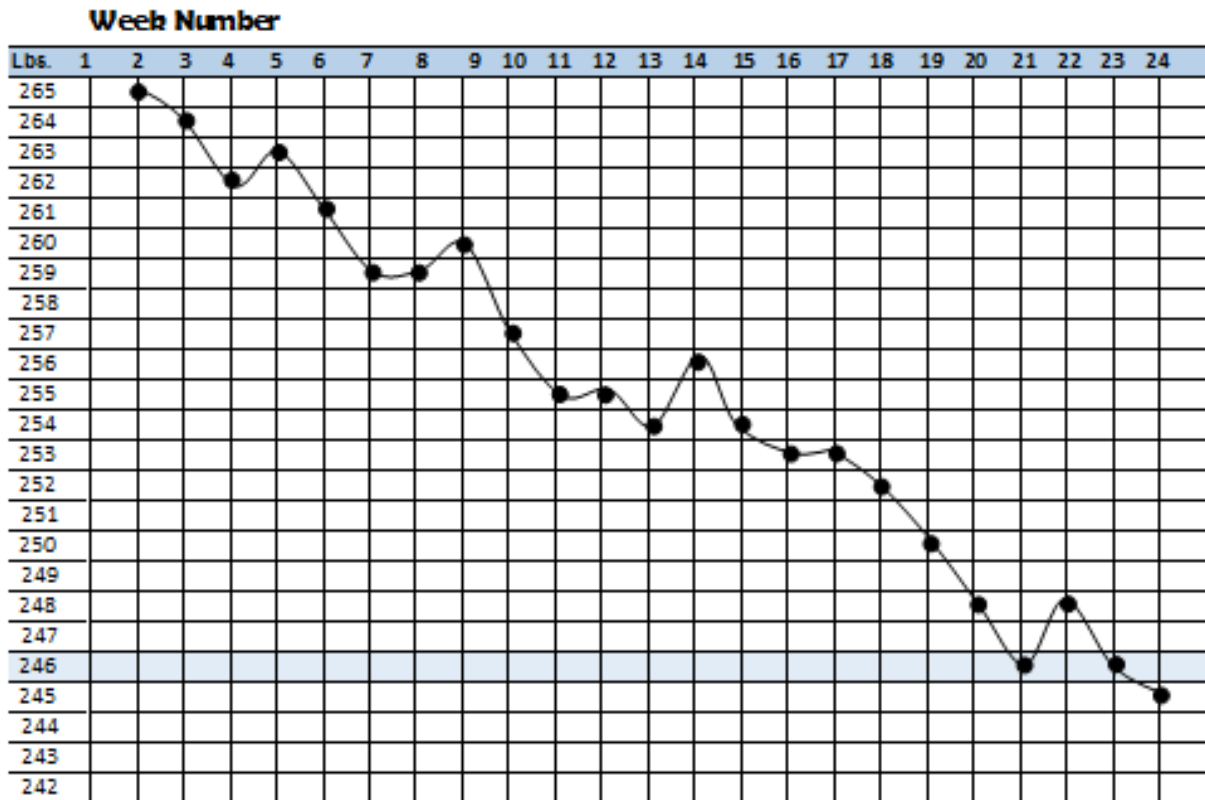
##### How can we stop ourselves from getting type 2 diabetes?

Participating in a lifestyle intervention to lose some weight and become more active can prevent diabetes.



## How Am I Doing? Sample Chart

Name: Sandra Williams Start Date: 10-29-10 Start Weight: 265 Goal Weight: (93 x start wt) 246



**Instructions**

1. Your Lifestyle Coach will record your starting weight for Week 1 and fill in the weight numbers in the "Lbs" column for you, based on your goal weight.
2. For each week, place a dot on the line that matches your weight.

## Session 1: Welcome to the National Diabetes Prevention Program



### Program Meeting Schedule

Meeting Location \_\_\_\_\_

Regular Meeting Day and Time \_\_\_\_\_

Session Date	Session Title
Week 1 _____	Welcome to the National Diabetes Prevention Program
Week 2 _____	Be a Fat and Calorie Detective
Week 3 _____	Reducing Fat and Calories
Week 4 _____	Healthy Eating
Week 5 _____	Move Those Muscles
Week 6 _____	Being Active: A Way of Life
Week 7 _____	Tip the Calorie Balance
Week 8 _____	Take Charge of What's Around You
Week 9 _____	Problem Solving
Week 10 _____	Four Keys to Healthy Eating Out
Week 11 _____	Talk Back to Negative Thoughts
Week 12 _____	The Slippery Slope of Lifestyle Change
Week 13 _____	Jump Start Your Activity Plan
Week 14 _____	Make Social Cues Work <i>for</i> You
Week 15 _____	You Can Manage Stress
Week 16 _____	Ways to Stay Motivated

Your Lifestyle Coach's name: \_\_\_\_\_

Phone number(s): \_\_\_\_\_ Best time to call: \_\_\_\_\_

Email: \_\_\_\_\_

Phone number of meeting site: \_\_\_\_\_



### Meeting Guidelines

Meeting in a group can be a source of support and learning for all of us. Here are some guidelines for working together as a group:

1. Do not repeat anything personal that you hear at the meeting to people outside the group. We all want to share our experiences without being judged or afraid that our personal stories will be told to others.
2. Be on time to the group meetings.
3. Call the Lifestyle Coach 24 hours in advance if you cannot attend a meeting.
4. Take part in sharing your ideas with other group members.
5. Let one person speak at a time.
6. Let everyone have a chance to share. Be careful not to talk for too long.
7. Be willing to listen to other people's concerns and respect other people's ideas.
8. Be positive and stress the good things.
9. Do not use insulting phrases. Do not put others down.
10. Complete the things you are supposed to do at home. Homework outside the group meetings is the **most important factor** in your success.





# Diabetes Prevention Program (DPP)

## What is the Diabetes Prevention Program?

The original Diabetes Prevention Program (DPP) was a research study funded by the National Institutes of Health (NIH) and supported by the Centers for Disease Control and Prevention (CDC). The results showed that making certain lifestyle changes and continuing them over time can prevent type 2 diabetes in people who are at risk.

## Who took part in the research study?

More than 3,000 adults took part. They came from 27 locations around the United States.

- Everyone in the study had prediabetes. Prediabetes means that blood sugar is high but not yet high enough to be type 2 diabetes.
- Nearly half of the people in the study were African Americans, Hispanics, American Indians, Asians, or Pacific Islanders. People of these racial or ethnic groups are at high risk for type 2 diabetes.
- 2 out of 10 were 60 years old or older. People older than 60 are at higher risk than younger people.
- The average starting weight of the people in the study was 207 pounds.

## How did the researchers do the study?

Each person in the study was randomly assigned to one of three treatment groups:

- **Lifestyle change:** The 1000 people in the lifestyle group focused on losing weight and being more active. They did not receive any medication.
- **Medication:** The 1000 people in the medication group were given metformin. Metformin is a medication used to treat diabetes. The group did not focus on losing weight or being more active.
- **No treatment:** The 1000 people in the placebo group got no medication and were not asked to change their lifestyle.



### Diabetes Prevention Program (continued)

#### What happened?

The group was studied for about 3 years, and these were the results for each group:

- **Lifestyle change:** Participants cut their risk for type 2 diabetes by 58%. People older than 60 cut their risk by 71%.
- **Medication:** Participants cut their risk for type 2 diabetes by 31%.
- **No treatment:** Participants had no change in their risk for type 2 diabetes.

#### Research Study Results

The research study and many later studies showed that lifestyle changes are best at preventing type 2 diabetes. Because of that finding, many programs, like this one, have been set up throughout the United States and the world.

Research studies and personal experiences continue to show the success of this program. It helps people lose weight, remain active, and delay or prevent type 2 diabetes.

#### Our goal

This program is based on the DPP study and many others that have been conducted since.

Our program will help you —

- Learn the **facts** about healthy eating and being active.
- Learn what **makes it hard** for you to eat healthy and be active.
- Learn **how to change** your habits to healthier habits.
- Maintain the **long-term** support you need to stick with the changes.





### Program Goals

We will work toward a healthy balance between two parts of your lifestyle:

- How much you eat.
- How active you are.

By achieving a healthy balance, you can reduce your risk for type 2 diabetes.

Therefore, this lifestyle intervention has two important goals for you:



### Program Goals

1. Lose weight through healthy eating.
2. Be more physically active.

Studies show that making these lifestyle changes and continuing them over time can help to **prevent type 2 diabetes** in people who are at risk.



### Program Goals (continued)

This program has been carefully designed to help people change their lifestyle. In this program you will learn:

- 1 Facts about healthy eating and being active.
- 2 Why it is hard for you to eat healthy and be active.
- 3 How to change some habits so that new habits work *for* you, not against you.

For example, you will learn how to —

- ✓ Find the time to be active.
- ✓ Ask for what you want when you go out to eat.
- ✓ Keep things around you at home and at work that make you want to be active and eat healthy.
- ✓ Get rid of things that get in your way or cause you to lose your healthy balance.
- ✓ Replace negative thoughts with positive ones.
- ✓ Get back on your feet if you slip from your plans for healthy eating and being active.
- ✓ Handle stress, social events, and other people that make it hard for you to change.



I will give you the support you need. I will be your Lifestyle Coach.



### Program Goals (continued)

This program has set **weight loss** and **physical activity** goals that will reduce your risk for type 2 diabetes, but only if you follow them.

**1** Lose 7% of your weight through healthy eating.

*Your goal will be to weigh \_\_\_\_\_ pounds or less.*

**2** Do 150 minutes of brisk physical activity each week.

*Example: Take a brisk walk for 30 minutes, five days a week.*

- The program's goals are safe and can be reached.
- Even small changes can have big rewards for your health.
- We will help you reach your goals by making gradual, healthy, and reasonable changes in your eating and activity.

# Session 1: Welcome to the National Diabetes Prevention Program



## Goal Weights

This chart shows starting weight and goal weight with a 7% loss. Find your current weight, and then your goal weight to achieve during this program.

Starting Weight: \_\_\_\_\_ Goal Weight: \_\_\_\_\_

### 120-199 lbs

Your Starting Weight (pounds)	Your Goal Weight (pounds)
120	112
121	113
122	113
123	114
124	115
125	116
126	117
127	118
128	119
129	120
130	121
131	122
132	123
133	124
134	125
135	126
136	126
137	127
138	128
139	129
140	130
141	131
142	132
143	133
144	134
145	135
146	136
147	137
148	138
149	139
150	140

Your Starting Weight (pounds)	Your Goal Weight (pounds)
151	140
152	141
153	142
154	143
155	144
156	145
157	146
158	147
159	148
160	149
161	150
162	151
163	152
164	153
165	153
166	154
167	155
168	156
169	157
170	158
171	159
172	160
173	161
174	162
175	163
176	164
177	165
178	166
179	166
180	167
181	168

Your Starting Weight (pounds)	Your Goal Weight (pounds)
182	169
183	170
184	171
185	172
186	173
187	174
188	175
189	176
190	177
191	178
192	179
193	179
194	180
195	181
196	182
197	183
198	184
199	185



## Goal Weights (continued)

### 200-299 lbs

Your Starting Weight (pounds)	Your Goal Weight (pounds)
200	186
201	187
202	188
203	189
204	190
205	191
206	192
207	193
208	193
209	194
210	195
211	196
212	197
213	198
214	199
215	200
216	201
217	202
218	203
219	204
220	205
221	206
222	206
223	207
224	208
225	209
226	210
227	211
228	212
229	213
230	214
231	215
232	216
233	217

Your Starting Weight (pounds)	Your Goal Weight (pounds)
234	218
235	219
236	219
237	220
238	221
239	222
240	223
241	224
242	225
243	226
244	227
245	228
246	229
247	230
248	231
249	232
250	233
251	233
252	234
253	235
254	236
255	237
256	238
257	239
258	240
259	241
260	242
261	243
262	244
263	245
264	246
265	246
266	247
267	248

Your Starting Weight (pounds)	Your Goal Weight (pounds)
268	249
269	250
270	251
271	252
272	253
273	254
274	255
275	256
276	257
277	258
278	259
279	259
280	260
281	261
282	262
283	263
284	264
285	265
286	266
287	267
288	268
289	269
290	270
291	271
292	272
293	272
294	273
295	274
296	275
297	276
298	277
299	278



## Goal Weights (continued)

### 300-399 lbs

Your Starting Weight (pounds)	Your Goal Weight (pounds)
300	279
301	280
302	281
303	282
304	283
305	284
306	285
307	286
308	286
309	287
310	288
311	289
312	290
313	291
314	292
315	293
316	294
317	295
318	296
319	297
320	298
321	299
322	299
323	300
324	301
325	302
326	303
327	304
328	305
329	306
330	307
331	308
332	309
333	310

Your Starting Weight (pounds)	Your Goal Weight (pounds)
334	311
335	312
336	312
337	313
338	314
339	315
340	316
341	317
342	318
343	319
344	320
345	321
346	322
347	323
348	324
349	325
350	326
351	326
352	327
353	328
354	329
355	330
356	331
357	332
358	333
359	334
360	335
361	336
362	337
363	338
364	339
365	339
366	340
367	341

Your Starting Weight (pounds)	Your Goal Weight (pounds)
368	342
369	343
370	344
371	345
372	346
373	347
374	348
375	349
376	350
377	351
378	352
379	352
380	353
381	354
382	355
383	356
384	357
385	358
386	359
387	360
388	361
389	362
390	363
391	364
392	365
393	365
394	366
395	367
396	368
397	369
398	370
399	371

# Session 1: Welcome to the National Diabetes Prevention Program



## Goal Weights (continued)

### 400-499 lbs

Your Starting Weight (pounds)	Your Goal Weight (pounds)
400	372
401	373
402	374
403	375
404	376
405	377
406	378
407	379
408	379
409	380
410	381
411	382
412	383
413	384
414	385
415	386
416	387
417	388
418	389
419	390
420	391
421	392
422	392
423	393
424	394
425	395
426	396
427	397
428	398
429	399
430	400
431	401
432	402
433	403

Your Starting Weight (pounds)	Your Goal Weight (pounds)
434	404
435	405
436	405
437	406
438	407
439	408
440	409
441	410
442	411
443	412
444	413
445	414
446	415
447	416
448	417
449	418
450	419
451	419
452	420
453	421
454	422
455	423
456	424
457	425
458	426
459	427
460	428
461	429
462	430
463	431
464	432
465	432
466	433
467	434

Your Starting Weight (pounds)	Your Goal Weight (pounds)
468	435
469	436
470	437
471	438
472	439
473	440
474	441
475	442
476	443
477	444
478	445
479	445
480	446
481	447
482	448
483	449
484	450
485	451
486	452
487	453
488	454
489	455
490	456
491	457
492	458
493	458
494	459
495	460
496	461
497	462
498	463
499	464



### We Will Work Together As a Team

Throughout this program, you will rely on the group in different ways to learn and grow.

#### I will count on you to do the items listed below:

- Come to sessions and bring your Participant Notebook.
- Call 24 hours ahead if you must miss a session.
- Do your best to reach your eating and activity goals. This includes doing home activities to practice what you learn.
- Keep track of your eating and activity 7 days a week.
- Be honest.
- Keep track of your weight at home.
- Let me know if you have any problems by calling or e-mailing me.
- Stay willing and open to change. Always hang in there.

#### You can count on your Lifestyle Coach and the group to do the items listed below:

- Notice what you are doing well and what can be improved.
- Answer your questions; share solutions and ideas, while learning together.
- Be honest.
- Stand by you during hard times.
- Believe you can reach your eating and activity goals.
- Support and help you always. The group will hang in there with you.

We agree to work together in the ways described above.

Signed \_\_\_\_\_ Signed \_\_\_\_\_

***Participant***

***Lifestyle Coach***





## **Remember Your Purpose**

Take a moment to respond to these questions in the space provided below.

**Why did I join this program?**

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**What do I hope to achieve by taking part in this program?**

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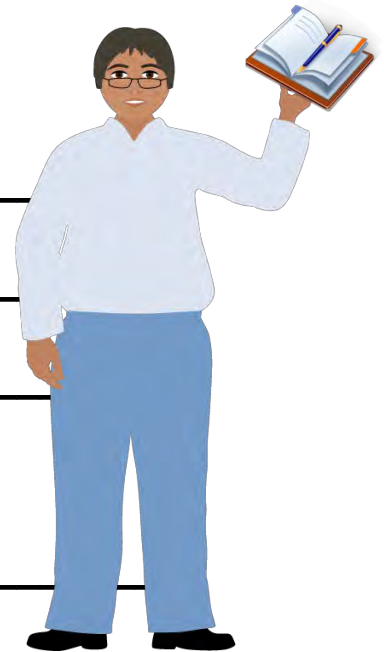
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**How will healthy eating and being active help me and others?**

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### Keeping Track

Start keeping track of what you eat and drink each day.



#### Write down everything you eat and drink.

It's the most important part of changing your behavior. Spelling is *not* important. What *is* important is to —

- Be honest. Write down what you really eat.
- Be accurate. Measure portions, and read labels.
- Be complete. Include every little scrap you eat.





### To-Do Next Week

During the next week, I will –

- Write down *every little thing* I eat and drink *every day*.



- ✓ Include the time when I eat each item.
- ✓ Include the amount of food, the name of the food, and a description.
- ✓ Skip the other columns for now.
- ✓ Use one line for each food. For example, instead of writing “sandwich,” write all the things that are in the sandwich, one on each line.

2 slices whole wheat bread  
1 slice American cheese  
1 slice turkey  
1 tsp mayonnaise

“Toast with butter” should be on two different lines:

1 slice whole wheat toast  
1 tsp butter

- Circle the foods or drinks I think are high in fat and calories.

- Bring my *Food and Activity Tracker* and *Participant Notebook* to the next session.