



Keep Them Coming Back: Resources for Coaches to Enroll and Retain Participants in the Lifestyle Change Program

Moderator

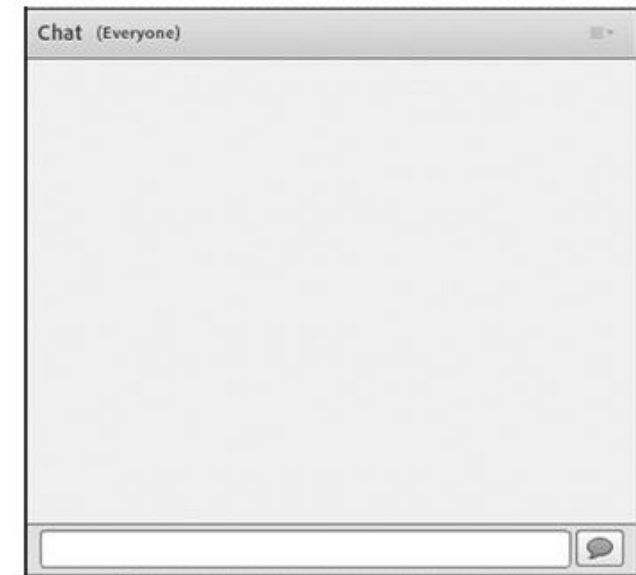


Dianne Fragueiro, MPH

Communications Manager
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Adobe Chat Box

- If you have a question, please type it in the Chat Box.
- We will do our best to respond to chat questions during the webinar.



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Objectives for Today

- Identify at least 1 communication strategy that can be used in type 2 diabetes prevention or self-management programs.
- Identify at least 1 education strategy that can be used in type 2 diabetes prevention or self-management programs.
- Identify at least 1 evidence-based approach to type 2 diabetes prevention or diabetes self-management for community or team-based clinical settings.
- Describe at least 1 strategy for reducing diabetes-related health disparities.
- Describe at least 1 resource to support implementing best practices in improving diabetes education and/or reducing diabetes-related health disparities.

Presenters



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Part 1:

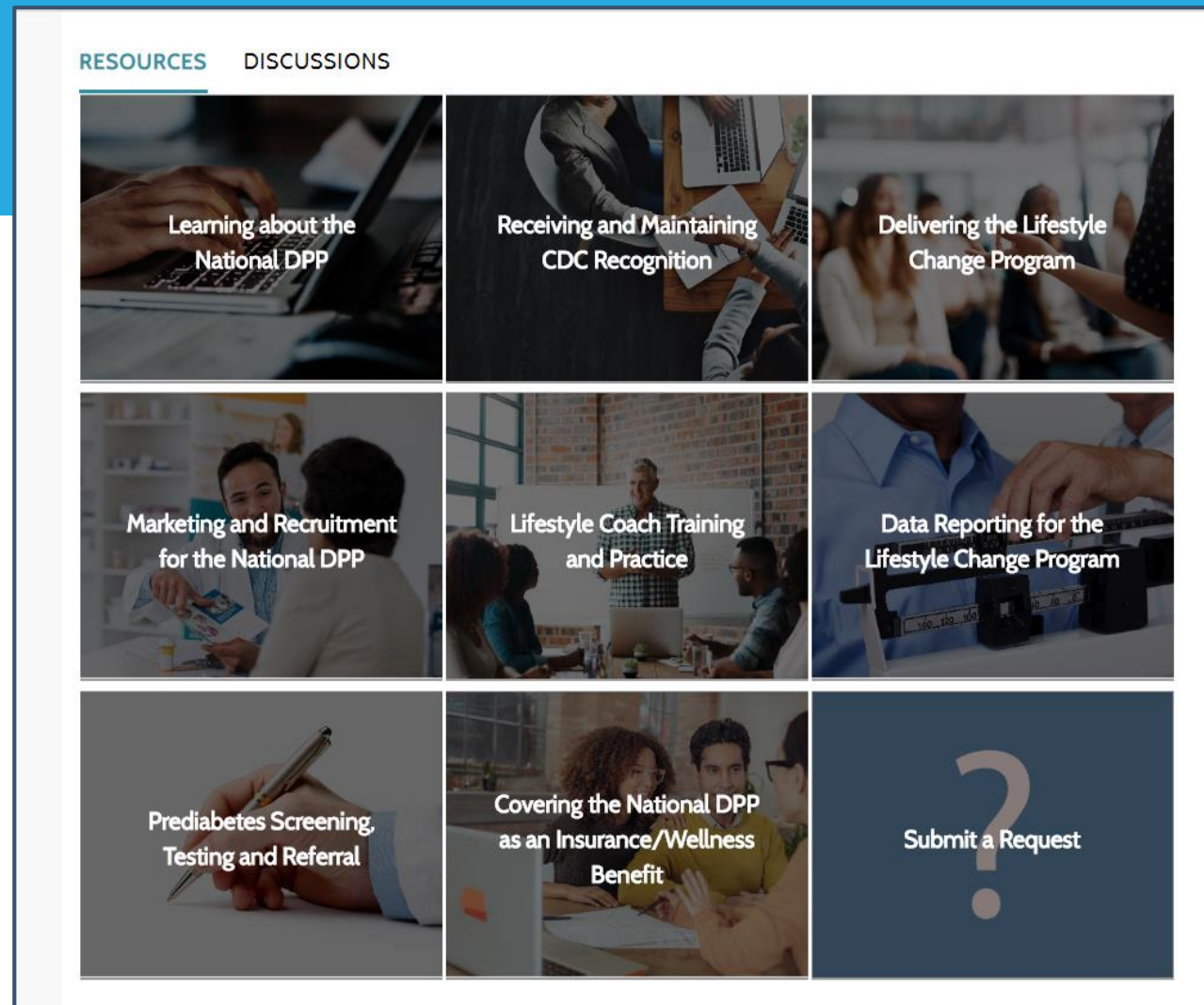
Are You Connected? Pathways to Finding Resources



National DPP Customer Service Center (CSC)

- Marketing and promotional resources
- Lifestyle Coach training and practice

nationaldppcsc.cdc.gov/s/





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Marketing And Recruitment For The National DPP

[Marketing Materials](#) | [National Campaigns](#) | [Reaching Underserved Populations](#)

This section serves as an online catalog for the National Diabetes Prevention Program (National DPP) marketing and recruitment materials. Whether your organization delivers, covers, partners with, or promotes the National DPP lifestyle change program, these resources are available to help explain the burden and impact of type 2 diabetes and CDC's evidence-based intervention.

RESOURCES DISCUSSIONS

Key Articles

- [Prevent Type 2 Diabetes Infographic](#)
849 Views · Apr 24, 2020
- [Ad Council Prediabetes Awareness Campaign Toolkit](#)
900 Views · Apr 20, 2020
- [Testimonials from Participants](#)
206 Views · Mar 04, 2020
- [Prevent T2 Adaptable Promotional Materials](#)
1084 Views · Apr 02, 2020
- [National DPP Personal Success Tool \(Retention Tool\) for Coaches](#)
642 Views · May 04, 2020

- > **Marketing and Recruitment for the National DPP**
 - > Marketing Materials
 - > National Campaigns
 - > Reaching Underserved Populations

5

Posts

19

Articles

Can't find what you're looking for?

Trending Resources

- [DPRP Standards and Operating Procedures \(2016\)](#)
- [National DPP Personal Success Tool \(Retention Tool\) for Coaches](#)
- [Prevent T2 Adaptable Promotional Materials](#)
- [Ad Council Prediabetes Awareness Campaign Toolkit](#)
- [Prevent Type 2 Diabetes Infographic](#)

Quickly find what you need via the Search tool

New Resources on the CSC

- Medicare Diabetes Prevention Program
- Employer and Insurer
- Health Care Providers

All new resources are focus tested and customizable!

Promoting the Lifestyle Change Program to Medicare Beneficiaries, Employers, and Insurers:



**New Resources
Now Available!**

Find Out More



National DPP Website

The screenshot shows the homepage of the National Diabetes Prevention Program website. At the top left, there is a link for "Español (Spanish)". The main header features the "NATIONAL DIABETES PREVENTION PROGRAM" logo on the left and a large banner on the right with the text "Working Together to Prevent Type 2 Diabetes" over an image of a person running on a grassy hill. Below the banner is a paragraph of introductory text. The main content area is divided into several sections: a green sidebar on the left with "ABOUT THE NATIONAL DPP" (gear icon), "TOOLS AND RESOURCES" (computer monitor icon), and "WHAT'S NEW?"; a central section for "People at Risk for Type 2 Diabetes" with a "MORE >" button and an icon of two people; a section for "Health Care Professionals" with a "MORE >" button and a stethoscope icon; and a bottom row with "Lifestyle Change Program" and "Employers".

[Español \(Spanish\)](#)

NATIONAL DIABETES PREVENTION PROGRAM

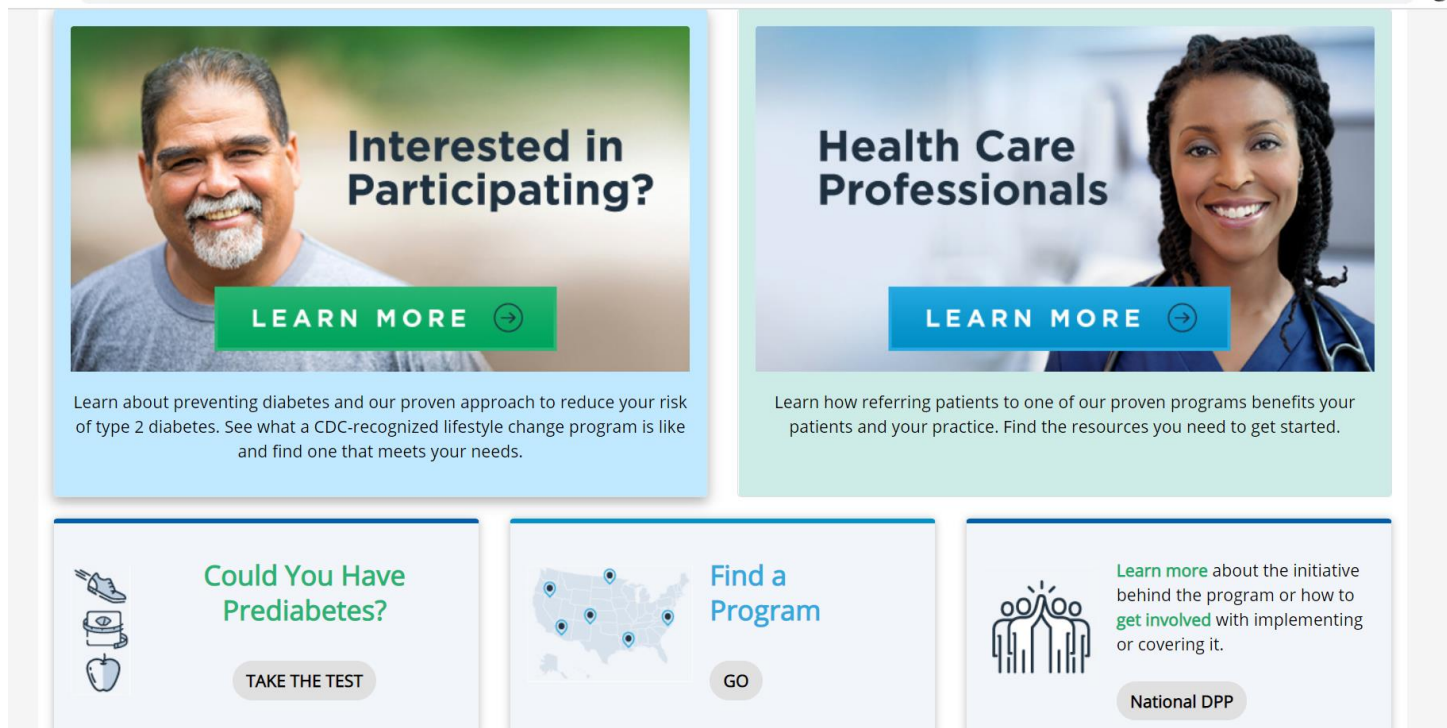
Working Together to Prevent Type 2 Diabetes

The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working to prevent or delay type 2 diabetes. Partners make it easier for people at risk for type 2 diabetes to participate in evidence-based lifestyle change programs to reduce their risk of type 2 diabetes.

- ABOUT THE NATIONAL DPP**
- TOOLS AND RESOURCES**
- WHAT'S NEW?**
- People at Risk for Type 2 Diabetes** [MORE >](#)
- Health Care Professionals** [MORE >](#)
- Lifestyle Change Program**
- Employers**

cdc.gov/diabetes/prevention

Lifestyle Change Program Website



- Consumer-facing page
- Participants
- Health care professionals
- Program locator

cdc.gov/preventt2



Part 2:

Connecting to Resources to Boost Enrollment and Retention

Helping Participants Stay the Course:

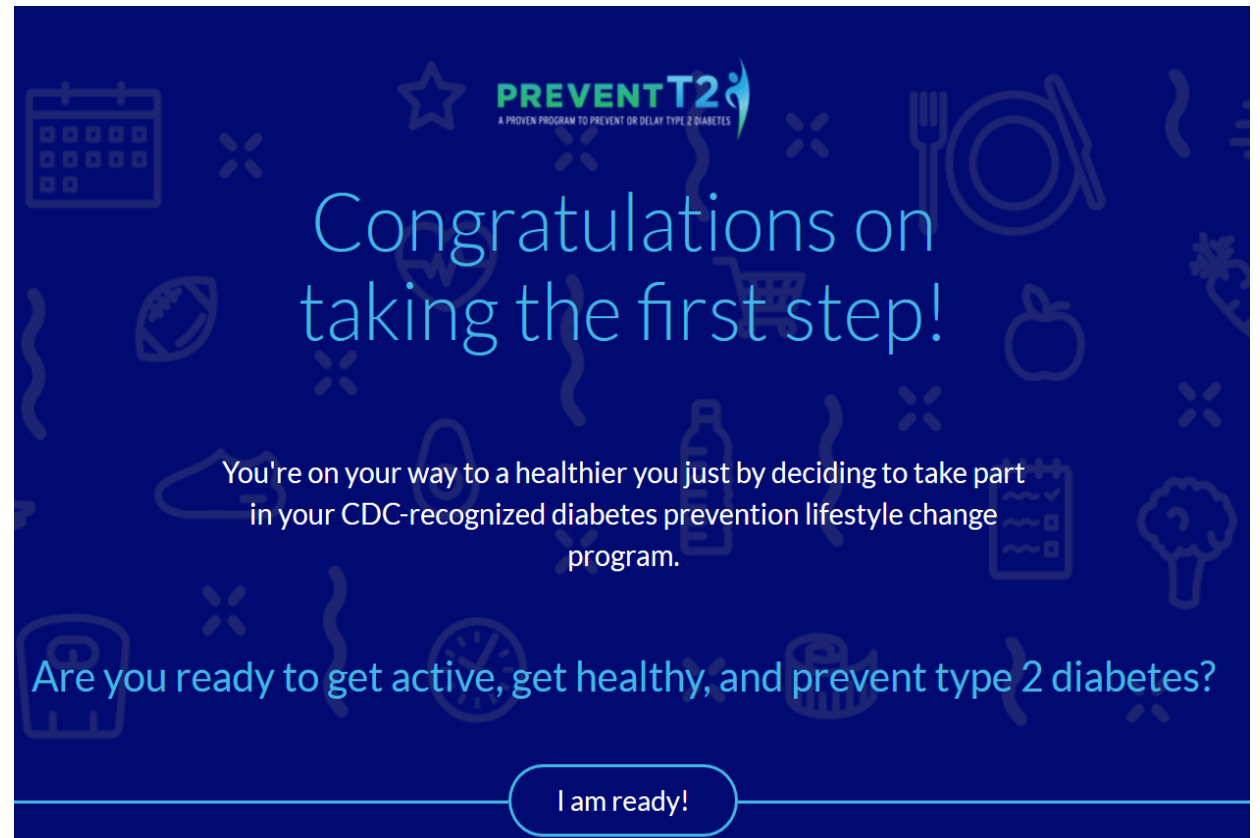
Personal Success Tool (PST)



- Easy to use online modules
- Reinforces PreventT2
- Videos, quizzes, and pledges
- Motivating messages

Participant Modules

- Commit to Change
- Get Active
 - Activity Tracking
- Eat Well
 - Food Tracking
- Support
- Stay Motivated
- Check In and Keep Going



We need YOUR help!

Recruiting program participants to test new PST modules in development:

- 1-hour phone interview at their convenience
- Show them draft modules and ask for their opinions
- They will receive a gift card

We'll assist you!

- Send you a one-page description
- Someone from Hager Sharp will contact you

**For more information,
email:**

DDT_DiabetesWebinar@cdc.gov

Coach's Guide: 4 Easy Steps

NATIONAL DIABETES PREVENTION PROGRAM

PERSONAL SUCCESS TOOL
Lifestyle Coach's Guide

THE EVIDENCE IS IN

People who regularly come to National DPP lifestyle change program (LCP) sessions and stay committed from start to finish are **more likely to be successful in losing weight and lowering their risk of type 2 diabetes.**

Your coaching skills and enthusiasm keep participants coming back and encourages them to stick with the LCP. Still, some people drop off when "life gets in the way." The National DPP Personal Success Tool, a new web-based resource, is designed to be there for participants when you can't be—to help them renew their commitments and feel encouraged.

WHAT IS THE PERSONAL SUCCESS TOOL?

The Personal Success Tool (PST) is a web-based resource for lifestyle coaches to use with their participants. Each of the modules reinforces LCP content in a timely way.

- You'll send your participants links to the modules, one at a time, to match the session topics covered in your LCP.
- The PST can be accessed on smartphones (iPhone and Android), tablets, or computers.
- Participants will find encouraging messages, responses tailored for them, plus quizzes, games, and pledges they can create for themselves. They can personalize the pledges and print a copy of each to sign and keep as a reminder of their commitments.

WHEN TO USE THE PERSONAL SUCCESS TOOL

The PST is designed to follow the order of the PreventT2 curriculum, but you can use it with any CDC-recognized LCP curriculum. If you use PreventT2, the Quick Reference Guide [found in the list of PST resources*](#) shows the order in which you can send each of the PST modules and topics.

You do not need to follow the module order listed in this guide. Make sure to send the same topic of the Personal Success Tool modules as the session topic you covered in class. Use the Quick Reference Guide to help you plan when to send each link and what messages to include.

Consider sending the relevant link to each module a few days after class. Some lifestyle coaches find that it's better to send the link later in the week, when participants need reinforcement of what they learned in class. Don't send the link out too soon! Halfway between the weekly sessions is perfect to help reinforce what they learned in class. Make the time consistent so participants will be on the lookout.

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02020-0202 C August 16, 2019

- **Step 1:** Try the PST yourself!
- **Step 2:** Introduce the PST to your participants
- **Step 3:** Tailor and send texts or emails with links to modules, as scheduled
- **Step 4:** Be ready to help participants who use the PST

Quick Reference Guide/Scheduling Tool

Personal Success Tool Quick Reference Guide

Session Topic	Module Content	Optional Messages and Module Link to Text/Email to Participants
Introduction to the Program <i>(Session 1 in PreventT2)</i> Session date: _____ <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> Information about the LCP tailored to participants' age Testimonial videos A pledge participants can tailor and sign 	<p>Welcome again! I look forward to starting this journey with you. Stay motivated on your own time by checking out the Personal Success Tool (PST) online modules I'll send you. This week's session helps you succeed in a way that fits your age, offers videos from participants like you, and helps you create a pledge to commit to your goals.</p> <p>www.cdc.gov/diabetes/programs/preventt2/week1-quiz.html</p>
Get Active <i>(Session 2 in PreventT2)</i> Session date: _____ <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> Quiz to reinforce content from the session Suggested physical activities, tailored to participant goals and preferences 	<p>This week's online session with the Personal Success Tool (PST) is all about improving your quality of life by getting active. Think about how physically active you are right now. Find an activity that's right for you and make a plan for when things get in the way.</p> <p>www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html</p>
Track Your Activity <i>(Session 3 in PreventT2)</i> Session date: _____ <input type="checkbox"/> Sent link	<ul style="list-style-type: none"> Concrete steps to track physical activity Everyday activities to meet weekly 150-minute goal 	<p>This week's PST session helps you hit your physical activity goal of 150 minutes a week. Track your activity, remove obstacles, and learn what you're already doing that counts as physical activity.</p> <p>www.cdc.gov/diabetes/programs/preventt2/week3-quiz.html</p>

- Helps you plan when to send each module link
- Shows the PreventT2 curriculum topic and the associated module
- Suggests messages for emailing or texting to participants



Helping Spread the Word and Engage New Participants:

Program Champion Toolkit

“If I can help connect one or two people to a program that can help them accomplish those goals, that is my motivation.”
- Program Champion



**Have
you
heard?**

- Current and past program participants help recruit new participants
- Increases visibility and shares program successes
- Uses relationship-building and storytelling

Characteristics of Successful Program Champions

- Excited about the lifestyle change program
- Successful in making lifestyle changes and overcoming barriers
- Positive attitude about making lifestyle changes
- Good listener and clear communicator
- Willing to share their story about the lifestyle change program
- Seen as a member of the community you serve

Resources for Program Staff and Coaches

- Quick Start Guide
- Program Champion Strategy Pathway for Program Staff
- Recruiting Champions
- Training
- Supporting Champions and Keeping Them Engaged

NATIONAL DIABETES PREVENTION PROGRAM

QUICK START GUIDE

for Program Staff

Follow these steps to put the Program Champion Strategy (Champion Strategy, for short) into action in your National Diabetes Prevention Program (National DPP) lifestyle change program. Some steps may not apply to your program. Adapt the list to meet your program's needs and circumstances.

Program Buy-In

- Identify decision makers. Who will lead the lifestyle change program or organization (if different) will implement the Strategy?
- Share the Program Champion Strategy with your organization to explain the benefits and need for the Strategy for your organization.

Pre-Implementation Planning

- Identify staff who will be involved in the Strategy. Is it lifestyle coaches or others?
- Work as a team to determine who will train the Champions? Who will oversee and support the Strategy? Who will answer questions?
- Speak with your program's leadership to see how you will get any needed resources to recognize Program Champions and refreshments at orientation sessions.
- Review the materials in the Champion Strategy implementation package and your program will use. Adapt as needed.
- Print or make copies as needed.

NATIONAL DIABETES PREVENTION PROGRAM

PROGRAM CHAMPION STRATEGY

Pathway for Program Staff

Follow the suggested steps in this pathway to implement the comprehensive Program Champion Strategy (Champion Strategy, for short) to promote participation in your National Diabetes Prevention Program (National DPP) lifestyle change program.

THE PATHWAY PROCESS

Before a Program: Program Buy-In, Pre-Implementation Planning

During a Program: Program Champion Identification, Introduction to Championship

After a Program: Continuing Program Champion Identification, Continuing Champion Recognition & Retention Efforts (Ongoing Evaluation), Champion Engagement and Support

The Champion Strategy is flexible. Lifestyle change program staff can tailor it to fit their needs and program structure.

	Program Buy-In	Pre-Implementation Planning	Champion Identification	Introduction to Championship	Championship Engagement and Support	Continuing Championship Identification
National DPP Program Staff	<ul style="list-style-type: none"> National DPP programs become aware of Program Champion Strategy from CDC and/or other sources. Take actions to inform and get buy-in from relevant decision makers. Periodically take on efforts to ensure program buy-in. 	<ul style="list-style-type: none"> National DPP programs identify staff and roles for the Program Champion Strategy. Review implementation guidance for the Champion Strategy and prepare necessary materials. Adapt/track Champion Strategy materials from CDC. 	<ul style="list-style-type: none"> Identify, reach out, and encourage program participants to become Program Champions. There is no specific number of Champions needed to implement activities under this Strategy. Outreach to participants with desirable Champion characteristics could occur near the 6th month/endpoint of program. Outreach can occur individually or in a group setting. 	<ul style="list-style-type: none"> Orient Champions on range of outreach activities, communication skills, and expectations and protocols. Meetings can be held individually or in a group setting. 	<ul style="list-style-type: none"> Review list of potential outreach activities with Champions. Choose activities based on factors such as interest, skills, and availability. Maintain regular contact with Champions to: <ul style="list-style-type: none"> Coordinate and track Champion activities. Reassess and modify activities, as needed. Provide any necessary additional guidance and support. 	<ul style="list-style-type: none"> Conduct outreach to additional Prospective Champions before end of program cycle. Champion recruitment occurs on an ongoing basis but, at minimum, near the 6th monthly midpoint and near the end of program cycle.
				<p>CHAMPION RECOGNITION & RETENTION EFFORTS</p> <ul style="list-style-type: none"> Non-monetary or monetary (if possible) recognition to Champions on an ongoing basis. If possible, reimburse monetary expenses incurred while undertaking outreach activities (e.g., gas, parking fees). 		
				<p>EVALUATION</p> <ul style="list-style-type: none"> Data collection efforts for process and outcome evaluation of the Program Champion Strategy should occur on an ongoing basis. 		

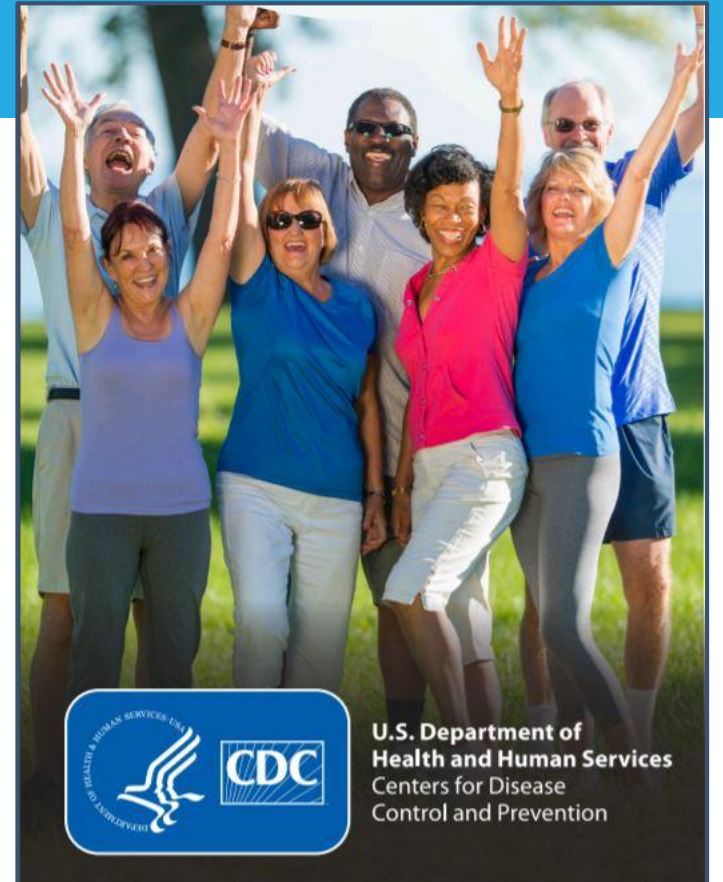
For accessible version of this content, visit: <https://www.cdc.gov/diabetes/prevention/docs/resources.html>

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12/20/2024 January 08, 2025

Resources for Program Champions

- Resources designed exclusively for the Champion:
 - Being an active listener
 - Navigating tricky conversations
 - Managing the conversation
 - Telling your story



cdc.gov/diabetes/prevention/resources/champion-toolkit.html

Part 3:

Putting Tools into Practice: Program Champion Example



Meet Vanessa

- Lifestyle Coach for three years
- Loves the lightbulb moments where participants connect the content to steps towards their own goals
- Wishes she could better share the successes of her participants
- Is worried that the current limits on face-to-face activities will impact her recruitment and enrollment



Vanessa's Path to Success:

Four Easy Steps to Implement the Program Champion Strategy



STEP 1

Get Familiar
with the Program
Champion Strategy



STEP 2

Identify Possible
Program Champions



STEP 3

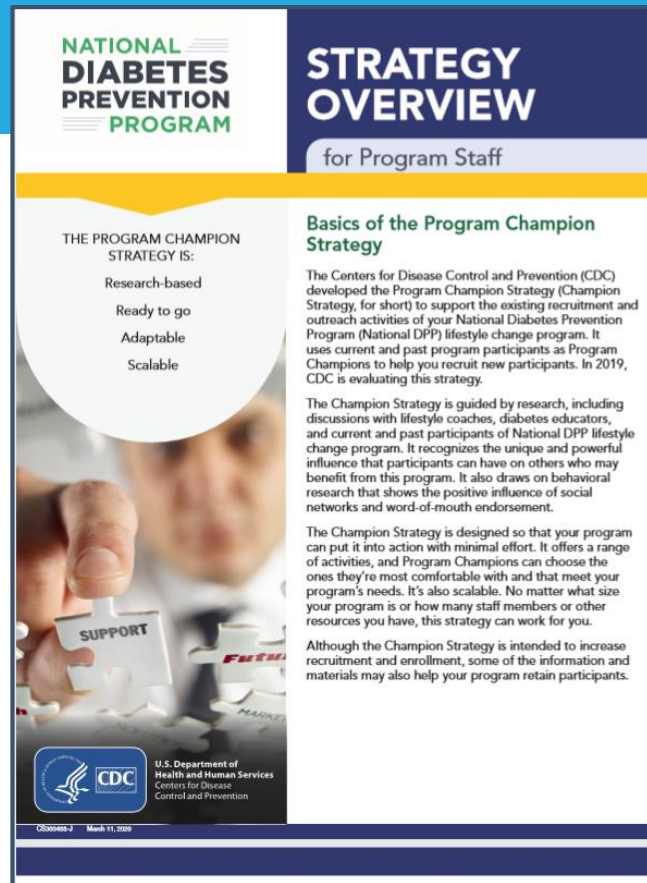
Engage Program
Champions



STEP 4

Support Program
Champions in Reaching
Potential Participants

Step 1: Get Familiar with the Program Champion Strategy



Benefits of the Program Champion Strategy for Your Program

- **Overcome recruitment barriers.** Program Champions can encourage potential participants to sign up for and attend lifestyle change programs.
- **Enhance visibility and awareness of your program.** Program Champions can reinforce marketing messages and expand outreach efforts.
- **Improve effectiveness of staff efforts.** Involving Program Champions can help your staff's recruit more participants. It may even help relieve some of the outreach and enrollment workload of your staff.
- **Increase participation during the maintenance phase.** Engaging Program Champions at the midpoint of your program can help people stick with the second half of the program, when sessions shift to a monthly schedule and participation commonly drops off.
- **Improve the effectiveness of your program.** Because Program Champions are more engaged, they will likely do better in the program, which can increase weight loss goals of your program. Program Champions can also be role models for other participants.

Benefits of the Champion Strategy for Program Champions

- **Enhanced self-efficacy.** Program Champions are more likely to stick to their own goals while encouraging others.
- **Continued connection with the program.** The Champion Strategy can strengthen the relationship between Program Champions and the program and help maintain that relationship after the program ends.
- **Additional ways to promote and celebrate their accomplishments.** Program Champions can celebrate and share their own success with current and prospective participants.
- **Increased status among peers and in their community.** Program Champions can feel a sense of pride by taking on a leadership role.

Resources to Implement the Program Champion Strategy

- **CDC will provide research-based materials and instructions to help you use the Champion Strategy.** You'll get everything you need such as tools to recruit Program Champions; materials to help Program Champions choose and implement outreach activities, and resources to sustain and evaluate the Program Champion Strategy.

Steps 2 & 3: Identify and Engage Program Champions

NATIONAL DIABETES PREVENTION PROGRAM

RECRUITING PROGRAM CHAMPIONS

for Program Staff

This document will help you recruit participants in your National Diabetes Prevention Program (National DPP) lifestyle change program to be Program Champions. You can also adapt this information to reach out to past participants who might be effective Program Champions.

Introducing The Program Champion Strategy
You can introduce the Program Champion Strategy (Champion Strategy, for short) at any time. CDC recommends that you do it about 6 months into the lifestyle change program. By then, participants will have completed the program's core content, and many will have successfully made lifestyle changes. They may be ready to become Program Champions as they enter the second half of the program, which is the maintenance phase.

Identifying Potential Program Champions
Select participants who are interested in becoming Program Champions. They should be able to effectively share their stories, accurately convey information about your lifestyle change program, and represent your lifestyle change program well. You may find that all participants would be effective Program Champions or that only some participants would be a good fit for this role.

What Makes A Good Program Champion
The elements that make a good Program Champion depend on the needs of your program and the community in which you're recruiting new participants. These characteristics are a good starting point:

- Excited about the lifestyle change program.
- Successful in making lifestyle changes and overcoming barriers.
- Positive attitude about making lifestyle changes.
- Good listener and clear communicator.
- Comfortable talking with people.
- Willing to share their story about the lifestyle change program.
- Seen as a member of the community you serve (to help build trust).

Consider asking all participants to write down what they have gotten out of the program—for example, how they have benefited, what changes they have made, and how they feel now compared to when they started. This information will help you identify participants who communicate well and have a positive story to tell. For those selected as Program Champions, these written

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CH200000-0 January 07, 2020

Messages for Potential Program Champions

When introducing the Champion Strategy, you may wish to use or adapt the following language:

To help us recruit participants for our next lifestyle change program, we'd like you to consider becoming a Program Champion. As a Program Champion, you'll tell friends, family members, and others how you have benefited from the lifestyle change program. You will also encourage people who might benefit from the program to sign up.

We will provide all the information and resources you need to be a Program Champion, and we will support you in your outreach activities. We don't expect that everyone will want to become a Program Champion, and we won't pressure you to do so. These efforts are voluntary, and you will work on activities at your own pace. We estimate that Program Champion activities will take about 1 hour a week, but some may take more or less time.

Think about it. If you're interested, we'll share more information. In the meantime, if you have questions, please come talk to me.

Step 4: Support Program Champions in Reaching out to the Community

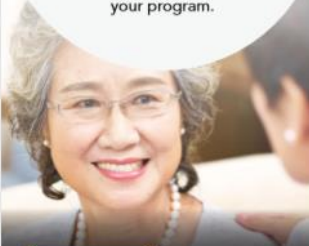
NATIONAL DIABETES PREVENTION PROGRAM

SUPPORTING PROGRAM CHAMPIONS AND KEEPING THEM ENGAGED

for Program Staff

It's important to support and engage Program Champions as part of their participation in the Program Champion Strategy of your lifestyle change program. Give them the information and resources they need to succeed in their program and outreach activities. Check in with them regularly to assess how they're doing and if they might be ready to take on more outreach responsibility.

Support for and coordination of Program Champion activities can be provided by the lifestyle coach, program coordinator, or other program staff. It's up to your program.




Provide Ongoing Support to Program Champions

- Be accessible for guidance by phone, by e-mail, or in person.
- Check in regularly, especially with new Program Champions, to:
 - Reassess and modify activities as needed.
 - Give Program Champions a chance to discuss what has worked well and what their challenges are.
 - Assess Program Champions' work and provide feedback to ensure their success.
- Offer coaching—for example, by sharing communication tips or role playing—to help Program Champions share their story.
- Provide resources and tools to support and enhance Program Champions' outreach efforts.
- Discuss the types of questions from potential participants that Program Champions cannot or should not answer.

Sustain Program Champion Engagement

- Hold Program Champion recognition events quarterly to show appreciation for their hard work. These events can also:
 - Be social events for Program Champions to meet with staff and participants.
 - Offer a way to give performance awards to Program Champions.
 - Introduce and welcome new participants and Program Champions.

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0620088-K January 06, 2020

NATIONAL DIABETES PREVENTION PROGRAM

COMMUNICATION TIPS FOR OUTREACH ACTIVITIES

for Program Champions

Talking to other people about [fill in the name of your program] doesn't have to be complicated. Simply tell your story, share details about the program, and direct them to more information. The tips in this document will help you do that.



Tell Others About The National DPP Lifestyle Change Program

Think about friends, family members, coworkers, and other people you know who might be at risk of type 2 diabetes and who might be interested in the National Diabetes Prevention Program (National DPP) lifestyle change program. Examples would be people who are overweight, who have a family history of type 2 diabetes, or who don't eat a healthy diet or get regular physical activity. Find at least 5 or 10 minutes to share your experiences and story with them. For example:

- Grab a cup of coffee, discuss the program during your lunch break or a family event, or chat briefly after a church or social gathering.
- Pick a time when neither of you feels rushed or distracted. For example, avoid discussing the program while the other person is driving, rushing off to pick up a family member, or watching sports on TV.
- Be positive and realistic about the program and your experience. Avoid complaining about anything.
- Be spontaneous if you like to be. This could mean striking up a conversation in a cafeteria line or local coffee shop.
- If you talk about the challenges you faced, make sure to also talk about how you overcame them.
- Focus on your own behavior and why you joined the lifestyle change program.
- If others are already eating well and being physically active, encourage these activities. Promote the lifestyle change program as another way to help them lead a healthy life.
- Talk about local events or places that you frequent. This will confirm your status as a member of the community.

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0620088-G January 02, 2020

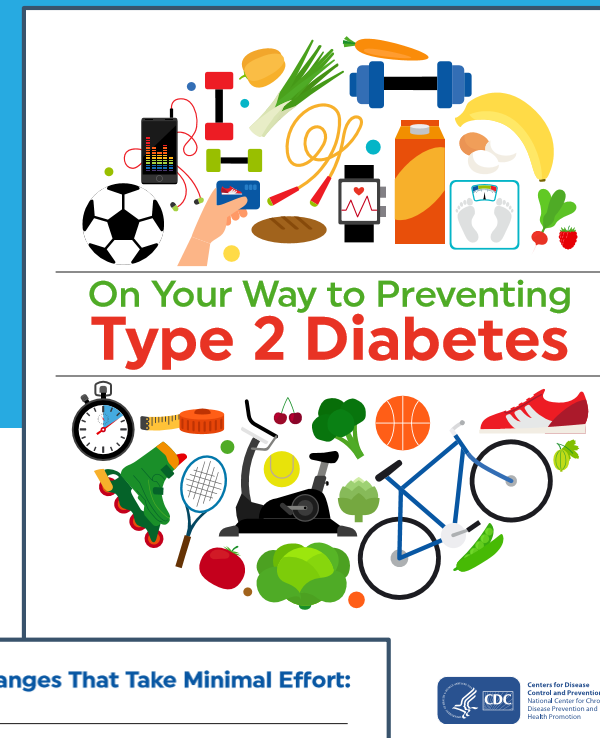


Part 4:

Connecting People to Support for Themselves and Their Families

“But I’m Not Ready to Commit” On Your Way to Preventing Type 2 Diabetes

- Designed for:
 - People at risk who are not ready to join the Lifestyle Change Program
 - People who are waiting for a class to start
- Uses behavioral science strategies to increase self-efficacy and help people at risk take small steps toward lifestyle change



Meaningful Changes That Take Minimal Effort:

The illustration shows a bowl of soup, a glass of juice, a water bottle, and a plate of fruit and vegetables.

- Make time to cook.** You'll gain impressive skills that you'll keep for a lifetime, save money, and take the guesswork out of the ingredients.
- Look online for recipes that meet your skill level, time, and budget.** Many have user reviews to help you decide on a recipe.
- Plan a week's worth of meals before you go grocery shopping.** You'll thank yourself later.
- Swap boring veggie recipes for exciting ones.** Watch online cooking videos to learn the secrets of making vegetables tastier with different spices or methods of cooking.
- Make the same food for you and your family.** Healthy eating is good for everyone!
- Try Meatless Monday.** Beans and lentils are cheap, tasty, and pack a protein punch.
- Make family favorites with a twist.** Substitute veggies for grains or starchy carbohydrates (zucchini noodles, anyone?) or blend veggies and add to sauces.
- Try not to drink your calories.** They won't fill you up! Reduce fruit juice and sports drinks, and limit alcohol.
- Dress smart.** Dress salads with oil (a healthy one like olive oil) and vinegar, choose low-fat or fat-free yogurt over sour cream, and mustard instead of mayonnaise.
- Make spices your secret weapon.** They add flavor without adding calories.
- Freeze!** Freeze single servings of a big batch of healthy food for work lunches or when you're too tired to cook.
- Think ahead.** Think about the times you're most likely to eat junk food, like after a stressful day at work. Make a plan in advance to swap out the unhealthy snack you might eat—such as a candy bar—with a healthy one, like an apple.

On Your Way



Your plan only needs two key ingredients to work:

1. It should be based on healthy eating.
2. It should be something you can keep doing.

People often need to try different things to create a plan that works for them. Some may cut back on sugar and eat more protein to stay fuller longer. Others may focus on crowding out unhealthy food with extra fruits and vegetables. Still others take the guesswork and temptation out of life by sticking to just a few breakfast and lunch choices that they know are nutritious. The details will depend on what you like and what fits in best with your life.

Eat well. Good food in the right amounts does so much more for you than just helping you lose the pounds; it helps you feel better and even think better. **All good things!**

Some basics to get started:



Choose these foods and drinks **more often**:



Non-starchy vegetables such as peppers, mushrooms, asparagus, broccoli, and spinach

Fruits

Lean protein such as fish, chicken, turkey, tofu, eggs, and yogurt

Whole grains such as quinoa, brown rice, and steel cut oatmeal



Choose these foods and drinks **less often**:



Processed foods such as packaged snacks, packaged meat, chips, granola bars, sweets, and fast foods

Trans fat, found in things such as margarine, snack food, packaged baked goods, and many fried foods

Sugary drinks such as fruit juice, sports drinks, and soda

cdc.gov/diabetes/prevent-type-2/guide-prevent-type2-diabetes.html

“But I (or My Family) Already Have Diabetes”

Diabetes Self-Management Education and Support

- Diabetes self-management education and support (DSMES) services help people successfully manage their diabetes and live a healthy life
- Address knowledge, skills, and tools
- Lifestyle Coaches can serve as a bridge to DSMES services for individuals and families in need

DSMES Resources

- American Diabetes Association (ADA) and Association of Diabetes Care and Education Specialists (ADCES) online locator tools
- CDC resources
 - DSMES Toolkit
 - Webinar recordings
 - National Standards for DSMES

Links available at:

cdc.gov/diabetes/managing/education.html

Questions?

Please submit in the chat box.

Send questions after the webinar to:
DDT_DiabetesWebinar@cdc.gov



National DPP Customer Service Center

The screenshot shows the homepage of the National Diabetes Prevention Program Customer Service Center. At the top left is the CDC logo with the text "Centers for Disease Control and Prevention" and "CDC 24/7: Saving Lives, Protecting People™". To the right is a search bar with a "Search" button and a "Login" link. Below the search bar is a navigation menu with links for "Home", "About Us", "Resource Topics", "Contact Us", and "Calendar". The main heading is "National Diabetes Prevention Program Customer Service Center". Below this is a welcome message: "Welcome to the National Diabetes Prevention Program (National DPP) Customer Service Center! The purpose of the National DPP Customer Service Center is to provide organizations easy access to information and resources about prediabetes and the National DPP. Organizations can access training materials, toolkits, and videos; ask questions; and receive technical assistance related to all aspects of the program. Individuals or members of the general public seeking more general information should visit the CDC's National DPP website: <https://www.cdc.gov/diabetes/prevention/index.html>." Below the welcome message are two tabs: "RESOURCES" (selected) and "DISCUSSIONS". Under "RESOURCES", there are six cards: "Learning about the National DPP", "Receiving and Maintaining CDC Recognition", "Delivering the Lifestyle Change Program", "Marketing and Recruitment for the National DPP", "Lifestyle Coach Training and Practice", and "Data Reporting for the Lifestyle Change Program". To the right of the resource cards is an "Announcements" section with a card titled "Keep Them Coming Back: Resources for Coaches to Enroll and Retain Participants in Lifestyle Change Programs". This card includes a small image of a webpage, the text "Discover how to connect to new tools from the National Diabetes Prevention Program in this free webinar!", the date and time "Tuesday June 23, 2:00 PM - 3:00 PM EST", and a "Register Now" button. Below the announcement is a section for "CDC Coronavirus Pages" with sub-links for "(Current Updates)", "For professionals", and "Community resources".

nationaldppcsc.cdc.gov/s/