



# Module 1: Introduction to the Program

## Participant Guide



# Session Focus



## In this session, we will talk about:

- The program's goals and structure
- The basics of type 2 diabetes
- How to make your first action plan
- Setting your 6-month goals

# Program Overview

## Prediabetes



Prediabetes means that your blood sugar is higher than normal. But it's not high enough for type 2 diabetes.

- More than 1 in 3 American adults has prediabetes.
- More than 8 in 10 people with prediabetes don't know they have it.

If you have prediabetes, you are more likely to:

- Get diabetes
- Get heart disease
- Have a stroke

The good news is that losing weight and being active can cut your risk of getting type 2 diabetes by more than half.

What are some of the benefits you would like to gain by losing weight and being more active?

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Source: Centers for Disease Control and Prevention

## PreventT2 Goals



PreventT2 is a yearlong program. It's designed for people with prediabetes. It's also for people who are at high risk for type 2 diabetes and want to lower their risk.

### PreventT2 Program Goals

By the end of the first 6 months, PreventT2 program goals are to:

- Lose at least 5% of your starting weight, OR
- Lose at least 4% of your starting weight and log an average of 150 minutes of activity each week, OR
- Lose at least 4% of your starting weight and attend at least 17 sessions, OR
- Lower your HbA1C by 0.2%.

By the end of the second 6 months, program goals are to:

- Keep off the weight you've lost
- Keep working toward your weight or HbA1C goals, if you haven't reached them
- Lose more weight if you wish, but no more than 1 to 2 pounds a week
- Keep getting at least 150 minutes of activity each week

Losing weight can help you:

- Prevent or delay type 2 diabetes
- Reduce sleep problems, arthritis, and depression
- Lower your blood pressure and cholesterol levels
- Reduce risk of heart disease and stroke
- Feel better

Being more active can help you:

- Prevent or delay type 2 diabetes
- Feel more energized
- Sleep better
- Feel better
- Improve memory, balance, and flexibility
- Lower your blood pressure and cholesterol levels
- Lower your risk of heart attack and stroke
- Lower your stress level
- Strengthen your muscles and bones

### All About A1C

You can learn more about HbA1C by visiting the CDC's *All About Your A1C* web page at [www.cdc.gov/diabetes/diabetes-testing/prediabetes-a1c-test.html](http://www.cdc.gov/diabetes/diabetes-testing/prediabetes-a1c-test.html).



## Alice's Story

Alice was not expecting to hear from her doctor that she was at high risk of developing type 2 diabetes. She felt scared. However, when she learned that she could join a program to help her take charge of her health and lower her risk of type 2 diabetes, she was interested in learning more.

That interest quickly faded as she began to feel overwhelmed thinking about the changes she would have to make. How would she fit physical activity into her busy schedule? How could she afford to buy fresh fruits and vegetables? How would she be able to fit in at family gatherings if she must eat differently? These efforts seemed almost impossible.

After joining the program, she began to see that there were reasonable changes she could make and work into her schedule. Alice learned that making small, positive changes in her day-to-day life was possible. Although the larger goal could seem difficult sometimes, taking small steps helped her stay on the right path.

For example, Alice had a busy schedule, so she took small steps in physical activity to reach her goal. At first, she began with 15 minutes of brisk walking every other day. Now, she jogs during those 15 minutes and does 1 set of pushups in the evening. She also learned that using canned and frozen vegetables in her meals is a step she can afford.

Finally, Alice learned to adjust her eating patterns at family gatherings so she can still enjoy the foods she loves and participate with family. For her, smaller meals have led to good results! As Alice began to see her success, her motivation and confidence grew. She knew she could maintain it for many years and ideally throughout her life.

# Program Structure

Program Handouts:

- Action Plan Journal
- Activity Log
- Food Log
- Weight Log
- Program Meeting Schedule
- To Learn More

Before each session, you will meet with your coach to provide your current weight and discuss any questions or needs you have.

Starting in a couple of weeks, you'll also share your Activity Log with your coach. This log will help you track your total minutes of activity for each week.

Your coach will keep a record of your weight and activity minutes, and so will you. This will track your progress.

During group time, we'll talk about how to:

- Eat well
- Be active
- Change your lifestyle

It can be challenging to change your lifestyle. But we'll work through those challenges together. You'll also have the chance to share your thoughts, feelings, and experiences—but only if you want to.

## Personal Success Tool (PST) Modules

The Personal Success Tool (PST) modules are on the National Diabetes Prevention Program website. These modules are interactive motivational tools to help you keep what you've learned fresh in your mind. They will also help you to apply what you've learned in your daily life, bringing your changes and your progress into reality.

These modules include fun videos, quizzes, games, and other resources that will help you along your journey. You can complete the modules on a computer, smartphone, tablet, or any other devices with internet access. If you do not have reliable internet access, please speak with your Lifestyle Coach about alternative ways to access the online materials.

After completing some of your sessions, you will be encouraged to complete a PST module to help you build on what you have learned.

You can review the Personal Success Tool - Participant Overview handout for more information: [www.cdc.gov/diabetes-prevention/media/pdfs/legacy/PST\\_ParticipantOverview\\_508.pdf](http://www.cdc.gov/diabetes-prevention/media/pdfs/legacy/PST_ParticipantOverview_508.pdf)

# Basics of Type 2 Diabetes



When you eat, your body breaks down food into glucose, a type of sugar.

In people without type 2 diabetes, a hormone called insulin helps sugar leave the blood and enter the cells. This gives the cells energy.

In people with type 2 diabetes, the body doesn't make or use insulin well. So, sugar builds up in the blood instead of going into the cells. And the cells don't get enough energy.

Type 2 diabetes can harm your:

- Heart and blood vessels, which can lead to heart attacks and strokes
- Nerves
- Kidneys, which can lead to kidney failure
- Eyes, which can lead to blindness
- Feet, which can lead to amputation
- Gums
- Skin

You are more likely to get type 2 diabetes if you:

- Are too heavy (overweight or obese)
- Spend a lot of time sitting or lying down
- Have a parent or sibling with type 2 diabetes
- Are African American, Hispanic, Native American, or Asian American
- Are 45 or older. This may be because people tend to be less active and gain weight as they age. But type 2 diabetes is also on the rise among young people.
- Had diabetes while you were pregnant (gestational diabetes)

# Your 6-Month Goals



Here are my personal goals for the PreventT2 program:

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## Activity Goal

In the next 6 months, I will get at least 150 minutes of activity each week at a medium or moderate pace or more.

## Weight Goal

I weigh \_\_\_\_\_ pounds.

In the next 6 months, I will:

Lose at least \_\_\_\_\_ (4/5/6/7) percent of my body weight

Lose at least \_\_\_\_\_ pounds

Reach \_\_\_\_\_ pounds

# Weight Loss by the Numbers



One goal of this program is to lose at least 4 to 5 percent of your starting weight in the next 6 months. For instance, if you weighed 200 pounds, you would lose 8 to 10 pounds. The chart on the next two pages shows how many pounds you need to lose in order to reach your goal. To use the chart:

1. Place your finger at the top of the blue column that says “Wt.” This stands for your starting weight. Move your finger down until you find the number of pounds you weigh now.
2. Move your finger to the right. Stop when you reach the column that shows what percentage (4%, 5%, 6%, or 7%) of your starting weight you want to lose.
3. Look at the number in the white box your finger is pointing to. That’s the number of pounds you need to lose in order to reach your goal.

# Weight Loss by the Numbers

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
130	5	7	8	9	156	6	8	9	11
131	5	7	8	9	157	6	8	9	11
132	5	7	8	9	158	6	8	9	11
133	5	7	8	9	159	6	8	10	11
134	5	7	8	9	160	6	8	10	11
135	5	7	8	9	161	6	8	10	11
136	5	7	8	10	162	6	8	10	11
137	5	7	8	10	163	7	8	10	11
138	6	7	8	10	164	7	8	10	11
139	6	7	8	10	165	7	8	10	12
140	6	7	8	10	166	7	8	10	12
141	6	7	8	10	167	7	8	10	12
142	6	7	9	10	168	7	8	10	12
143	6	7	9	10	169	7	8	10	12
144	6	7	9	10	170	7	9	10	12
145	6	7	9	10	171	7	9	10	12
146	6	7	9	10	172	7	9	10	12
147	6	7	9	10	173	7	9	10	12
148	6	7	9	10	174	7	9	10	12
149	6	7	9	10	175	7	9	11	12
150	6	8	9	11	176	7	9	11	12
151	6	8	9	11	177	7	9	11	12
152	6	8	9	11	178	7	9	11	12
153	6	8	9	11	179	7	9	11	13
154	6	8	9	11	180	7	9	11	13
155	6	8	9	11	181	7	9	11	13

# Weight Loss by the Numbers

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
182	7	9	11	13	208	8	10	12	15
183	7	9	11	13	209	8	10	13	15
184	7	9	11	13	210	8	11	13	15
185	7	9	11	13	211	8	11	13	15
186	7	9	11	13	212	8	11	13	15
187	7	9	11	13	213	9	11	13	15
188	8	9	11	13	214	9	11	13	15
189	8	9	11	13	215	9	11	13	15
190	8	10	11	13	216	9	11	13	15
191	8	10	11	13	217	9	11	13	15
192	8	10	12	13	218	9	11	13	15
193	8	10	12	14	219	9	11	13	15
194	8	10	12	14	220	9	11	13	15
195	8	10	12	14	221	9	11	13	15
196	8	10	12	14	222	9	11	13	16
197	8	10	12	14	223	9	11	13	16
198	8	10	12	14	224	9	11	13	16
199	8	10	12	14	225	9	11	14	16
200	8	10	12	14	226	9	11	14	16
201	8	10	12	14	227	9	11	14	16
202	8	10	12	14	228	9	11	14	16
203	8	10	12	14	229	9	11	14	16
204	8	10	12	14	230	9	12	14	16
205	8	10	12	14	231	9	12	14	16
206	8	10	12	14	232	9	12	14	16
207	8	10	12	14	233	9	12	14	16

# Weight Loss by the Numbers

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
234	9	12	14	16	260	10	13	16	18
235	9	12	14	16	261	10	13	16	18
236	9	12	14	17	262	10	13	16	18
237	9	12	14	17	263	11	13	16	18
238	10	12	14	17	264	11	13	16	18
239	10	12	14	17	265	11	13	16	19
240	10	12	14	17	266	11	13	16	19
241	10	12	14	17	267	11	13	16	19
242	10	12	15	17	268	11	13	16	19
243	10	12	15	17	269	11	13	16	19
244	10	12	15	17	270	11	14	16	19
245	10	12	15	17	271	11	14	16	19
246	10	12	15	17	272	11	14	16	19
247	10	12	15	17	273	11	14	16	19
248	10	12	15	17	274	11	14	16	19
249	10	12	15	17	275	11	14	17	19
250	10	13	15	18	276	11	14	17	19
251	10	13	15	18	277	11	14	17	19
252	10	13	15	18	278	11	14	17	19
253	10	13	15	18	279	11	14	17	20
254	10	13	15	18	280	11	14	17	20
255	10	13	15	18	281	11	14	17	20
256	10	13	15	18	282	11	14	17	20
257	10	13	15	18	283	11	14	17	20
258	10	13	15	18	284	11	14	17	20
259	10	13	16	18	285	11	14	17	20

# Weight Loss by the Numbers

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
286	11	14	17	20	312	12	16	19	22
287	11	14	17	20	313	13	16	19	22
288	12	14	17	20	314	13	16	19	22
289	12	14	17	20	315	13	16	19	22
290	12	15	17	20	316	13	16	19	22
291	12	15	17	20	317	13	16	19	22
292	12	15	18	20	318	13	16	19	22
293	12	15	18	21	319	13	16	19	22
294	12	15	18	21	320	13	16	19	22
295	12	15	18	21	321	13	16	19	22
296	12	15	18	21	322	13	16	19	23
297	12	15	18	21	323	13	16	19	23
298	12	15	18	21	324	13	16	19	23
299	12	15	18	21	325	13	16	20	23
300	12	15	18	21	326	13	16	20	23
301	12	15	18	21	327	13	16	20	23
302	12	15	18	21	328	13	16	20	23
303	12	15	18	21	329	13	16	20	23
304	12	15	18	21	330	13	17	20	23
305	12	15	18	21	331	13	17	20	23
306	12	15	18	21	332	13	17	20	23
307	12	15	18	21	333	13	17	20	23
308	12	15	18	22	334	13	17	20	23
309	12	15	19	22	335	13	17	20	23
310	12	16	19	22	336	13	17	20	24
311	12	16	19	22	337	13	17	20	24

# Weight Loss by the Numbers

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
338	14	17	20	24	364	15	18	22	25
339	14	17	20	24	365	15	18	22	26
340	14	17	20	24	366	15	18	22	26
341	14	17	20	24	367	15	18	22	26
342	14	17	21	24	368	15	18	22	26
343	14	17	21	24	369	15	18	22	26
344	14	17	21	24	370	15	19	22	26
345	14	17	21	24	371	15	19	22	26
346	14	17	21	24	372	15	19	22	26
347	14	17	21	24	373	15	19	22	26
348	14	17	21	24	374	15	19	22	26
349	14	17	21	24	375	15	19	23	26
350	14	18	21	25	376	15	19	23	26
351	14	18	21	25	377	15	19	23	26
352	14	18	21	25	378	15	19	23	26
353	14	18	21	25	379	15	19	23	27
354	14	18	21	25	380	15	19	23	27
355	14	18	21	25	381	15	19	23	27
356	14	18	21	25	382	15	19	23	27
357	14	18	21	25	383	15	19	23	27
358	14	18	21	25	384	15	19	23	27
359	14	18	22	25	385	15	19	23	27
360	14	18	22	25	386	15	19	23	27
361	14	18	22	25	387	15	19	23	27
362	14	18	22	25	388	16	19	23	27
363	15	18	22	25	389	16	19	23	27

# Weight Loss by the Numbers

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
390	16	20	23	27	416	17	21	25	29
391	16	20	23	27	417	17	21	25	29
392	16	20	24	27	418	17	21	25	29
393	16	20	24	28	419	17	21	25	29
394	16	20	24	28	420	17	21	25	29
395	16	20	24	28	421	17	21	25	29
396	16	20	24	28	422	17	21	25	30
397	16	20	24	28	423	17	21	25	30
398	16	20	24	28	424	17	21	25	30
399	16	20	24	28	425	17	21	26	30
400	16	20	24	28	426	17	21	26	30
401	16	20	24	28	427	17	21	26	30
402	16	20	24	28	428	17	21	26	30
403	16	20	24	28	429	17	21	26	30
404	16	20	24	28	430	17	22	26	30
405	16	20	24	28	431	17	22	26	30
406	16	20	24	28	432	17	22	26	30
407	16	20	24	28	433	17	22	26	30
408	16	20	24	29	434	17	22	26	30
409	16	20	25	29	435	17	22	26	30
410	16	21	25	29	436	17	22	26	31
411	16	21	25	29	437	17	22	26	31
412	16	21	25	29	438	18	22	26	31
413	17	21	25	29	439	18	22	26	31
414	17	21	25	29	440	18	22	26	31
415	17	21	25	29	441	18	22	26	31

# Plan for Success

## Commit to Change Module and Personalized Pledge

This “Commit to Change” module highlights today’s concepts and has testimonial videos and information about the program’s ability to help you succeed. It ends with a pledge that you can create with your own personal goals and then sign and print.

### Commit to Change Module

**PREVENT T2**  
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Congratulations on taking the first step!

You're on your way to a healthier you just by deciding to take part in your CDC-recognized diabetes prevention lifestyle change program.

Are you ready to get active, get healthy, and prevent type 2 diabetes?

Let's go!

[www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=1](http://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=1)

# Plan for Success

## Personalized Pledge



Commit to yourself. Commit to your goals.  
Commit to a healthier lifestyle.

Now that you've identified your goals for the program, take the first steps toward eating well, getting active, and improving your health.

Are you ready to change your life?

I am ready!

[www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=1](http://www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=1)