

The evidence is in: People who regularly come to lifestyle change group sessions and stay committed to a CDC-recognized National Diabetes Prevention lifestyle change program (LCP) 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 for weekly sessions and encourage them to stick with the LCP, even when it shifts to monthly meetings. Still, some drop off when “life gets in the way.” The National DPP Retention 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 RETENTION TOOL?

This tool is a web-based resource for LCP coaches to use with their participants. Each of the eight modules reinforces LCP content in a tailored and timely way. You’ll send your participants links to the modules, one at a time, to match your lesson implementation. You and your participants can access this web-based tool on smartphones (iPhone and Android), tablets, or computers. Participants will find encouraging messages, responses tailored for them, 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 RETENTION TOOL

The retention tool is designed to follow the order of the PreventT2 curriculum, but you can use this tool with any curriculum you use for a CDC-recognized LCP. If you use the PreventT2 curriculum, the schedule below shows the weeks you should send each of the tool modules and the module topics. If you prefer to teach the PreventT2 curriculum in a different order or are using a curriculum other than PreventT2, make sure to use the module that corresponds to the session topic and ignore the week number.

You do not need to follow the order listed below—just make sure to **send the link to the module with the corresponding session topic**. Use the **Schedule and Planning Worksheet** (separate document) to help you plan when to send each link and what messages to include.

Please send the link to each tool module after the related session.

SCHEDULE WHEN USING THE PREVENTT2 CURRICULUM		
Send Module After:	Session Topic	Tool Module Content
Week 1	Introduction to the Program	<ul style="list-style-type: none"> Information about the program’s efficacy, tailored to the participants’ age group Links to testimonial videos A pledge participants can tailor, print, and sign www.cdc.gov/diabetes/programs/preventt2/week1-quiz.html
Week 2	Get Active	<ul style="list-style-type: none"> Quiz to reinforce content from the session Suggested physical activities, tailored to participant goals and preferences www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html

SCHEDULE WHEN USING THE PREVENTT2 CURRICULUM

Send Module After:	Session Topic	Tool Module Content
Week 3	Track Your Activity	<ul style="list-style-type: none"> ▪ Concrete steps that encourage participants to track physical activity ▪ Option to select everyday activities to meet weekly 150-minute goal www.cdc.gov/diabetes/programs/preventt2/week3-quiz.html
Week 4	Eat Well	<ul style="list-style-type: none"> ▪ Reminders of steps to adopt better eating habits ▪ Responses to the participants' excuses for not eating healthier ▪ Tips for choosing healthier food, whether eating at home or out www.cdc.gov/diabetes/programs/preventt2/week4-quiz.html
Week 5	Track Your Food	<ul style="list-style-type: none"> ▪ Rationale for keeping a food log to double weight loss ▪ Tool to choose a personalized way to improve food tracking www.cdc.gov/diabetes/programs/preventt2/week5-quiz.html <p><i>You can also send participants:</i></p> <ul style="list-style-type: none"> ▪ A renewed pledge to update, print, and sign www.cdc.gov/diabetes/programs/preventt2/pledge2.html
Week 14	Get Support	<ul style="list-style-type: none"> ▪ Suggestions for how to find social support for positive changes ▪ A Support Action Plan the participant can tailor and print www.cdc.gov/diabetes/programs/preventt2/week14-quiz.html
Week 16	Stay Motivated to PreventT2	<ul style="list-style-type: none"> ▪ Tailored suggestions for steps to stay motivated ▪ Ideas for beating self-defeating thoughts www.cdc.gov/diabetes/programs/preventt2/week16-quiz.html <p><i>You can also send participants:</i></p> <ul style="list-style-type: none"> ▪ A renewed pledge to update, print, and sign www.cdc.gov/diabetes/programs/preventt2/pledge3.html
Week 18 (4 weeks after last weekly session)	[Does not correspond to specific session]	<ul style="list-style-type: none"> ▪ Habits of people who reach their goals ▪ Reminders to continue tracking and seeking support ▪ An encouraging send-off! www.cdc.gov/diabetes/programs/preventt2/week18-quiz.html

WHAT THIS TOOL MEANS FOR YOU

As a lifestyle coach, you recognize the value of encouraging words, interactive exercises, timely prompts, and materials tailored to the individual. This tool is designed to offer participants a positive experience, supporting the ideas you have conveyed in your sessions.

You can be confident this tool is based on evidence and behavioral science principles. Participants like yours helped test and refine the modules. We expect that participants who use the tool may overcome the challenges that cause some participants to drop out.

Using the tool with your participants will take only a few minutes each time you use a module. We suggest you complete these four steps, described in more detail below:

- 1. Try the tool yourself.**
- 2. Introduce the tool during session 1.**
- 3. Tailor and send text or email prompts with links to new modules, as scheduled.**
- 4. Be ready to help participants who use the tool.**

4 EASY STEPS TO HELP PARTICIPANTS USE THE TOOL

- 1. Try the tool yourself.** Before the first session, play around with the tool. Review each module, try the games or quizzes, make sure you can view the videos (in the Week 1 module), and familiarize yourself with the customizable pledges. Consider how LCP participants may respond to the tool, what questions they may have, and what obstacles you can help them overcome. They have signed up for the LCP because they want to succeed. This tool is one more way to help participants reach their goals. Your comfort with the tool will make it easier for them to use it.
- 2. Introduce the tool during session 1.** You may want to mention:
 - The retention tool is a web-based tool to help you stick with the program.
 - It's easy to access on a smartphone, tablet, laptop, or desktop computer, and it offers only encouragement. Use it to watch videos of program participants like you or create and print a pledge.
 - Over the next few weeks, I will email or text you a link to a new module that supports you in putting into practice what you've learned in the sessions.

If there is a screen in the room, you can show the link and what the access point looks like.

- 3. Tailor and send text or email prompts with links to new modules, as scheduled.** Use the Schedule and Planning Worksheet (separate document) to help you plan when to send each link and what messages to send. You may want to set up reminders to yourself to send out each module. Tailor one or more of the messages below—or create your own—to accompany the modules you send. You may want to create a special message for the Week 18 link, telling participants that this is the last module.

Optional message to send Week 1: *Congrats on making it through Week 1 of the lifestyle change program! Check out the Week 1 module [insert link] with videos, a personalized pledge, and other resources to help you commit to a healthier lifestyle. At next week's session [insert date if you like], you can let us know how it worked for you.*

Optional messages to send for Weeks 2–5:

- *Is life getting in the way of your new healthy habits? Try this week's module to help you stay committed [insert link].*
- *Don't forget to check out this week's online module to learn more about the topics we discussed [insert link].*
- *Here is this week's module that supports our group discussion [insert link]. Have fun with it!*

Optional message to send Week 14: *I'm glad many of you have tried the online tool. We all need support to help us stick to our goals. Try this week's module that can help you develop a Support Action Plan [insert link]. Need help? Call or text me.*

You can create a group for sending out a mass email. To protect privacy, put participants' email addresses in the BCC line. For texting, send a separate text to each participant—and not to a group.

- 4. Be ready to help participants who use the tool.** Listen for participants' experiences with the tool. You may stay a few minutes after the early sessions to help them with it and engage other participants to lend a hand. You can help increase everyone's confidence if you encourage the "early adopters" to help with problem-solving for group members who may have found the tool challenging.

Thank you for taking the time and effort to make this tool available and helping participants see its value in reaching their goals!