



Lifestyle Coach Training Guide

[More About T2](#)

More About T2

Session Focus

This module gives participants a deeper understanding of type 2 diabetes. Learning more about this disease can motivate participants to prevent it. It can also help them manage type 2 diabetes if they go on to develop it.

Participant Learning Objectives

By the end of the session, participants will:

- ▶ Identify the basics of type 2 diabetes
- ▶ Explain how to find out if you have type 2 diabetes
- ▶ Explain how to manage type 2 diabetes

Materials Checklist

You will need:


- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser
- Blood glucose meter**
- Devices for injecting insulin, such as a syringe or a pen**
- Guest speaker who has type 2 diabetes**

Things to Do

Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it in their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

Module Outline

Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and ReviewPage 6 10 Min
- ObjectivesPage 72 Min
- Basics of Type 2 Diabetes: A Review.....Page 7 10 Min
- How to Find out If You Have
Type 2 DiabetesPage 85 Min
- How to Manage Type 2 Diabetes.....Page 923 Min
- Plan for Success.....Page 115 Min
- Summary and ClosingPage 125 Min




Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ SAY: Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to learn more about type 2 diabetes.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↗ DO: Briefly summarize previous session.</p> <p>💬 DISCUSS: Does anyone have any questions for me about what we talked about last time?</p> <p>▶ SAY: Let’s talk about how things went with the action plan you made last time.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p> <p>▶ SAY: Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p>

Notes to Coach	Objectives (2 minutes)
<p>Some people who go through the program may still develop type 2 diabetes. As needed, point out that even if they do develop type 2 diabetes, what they learn in this program will help them successfully manage type 2 diabetes.</p>	<p>► SAY: You’ve been working hard to prevent or delay type 2 diabetes by losing weight and being active. Today, we will learn more about that disease. We’ll talk about:</p> <ul style="list-style-type: none"> ■ The basics of type 2 diabetes ■ How to find out if you have type 2 diabetes ■ How to manage type 2 diabetes <p>Finally, you will make a new action plan.</p>
	<p>Basics of Type 2 Diabetes: A Review (10 minutes)</p> <p>► SAY: Let’s start with a review of the key facts. Please turn to “Basics of Type 2 Diabetes” on page 3 of this module’s handouts.</p> <p>↗ DO: Use the handout to review what type 2 diabetes is, how it can harm you, and the risk factors that make you more likely to get it.</p>

Notes to Coach	How to Find out If You Have Type 2 Diabetes (5 minutes)
	<p>▶ SAY: We've reviewed the basics of type 2 diabetes. Now let's discuss how to find out if you have it.</p> <p>Most people who are in the early stages of type 2 diabetes don't have any symptoms. So they don't know they have it.</p> <p>▶ ASK: What is the best way to find out if you have it?</p> <p>ANSWER: Get your blood sugar checked.</p> <p>▶ SAY: Since you are at risk for type 2 diabetes, it's important to get your blood sugar checked by a healthcare provider on a regular basis. That's because the sooner you find out you have it, the better you can manage it. That way, you can prevent the health problems we just talked about.</p>

Notes to Coach	How to Manage Type 2 Diabetes (23 minutes)
	<p>▶ SAY: The goal of managing type 2 diabetes is to keep your blood sugar in a healthy range.</p> <p>Let's look at an example. Please turn to "Mike and Henry's Story" on page 4.</p> <p>↗ DO: Read (or ask a volunteer to read) the story.</p> <p>▶ SAY: Most people with type 2 diabetes have eating and fitness goals very much like yours. Like you, they are trying to reach and stay at a healthy weight. They may also track their eating and activity.</p> <p>Unlike you, most people with type 2 diabetes check their own blood sugar daily or weekly. And they track the results.</p> <p>↗ DO: If you'd like, show participants a blood glucose meter.</p> <p>▶ SAY: Many people with type 2 diabetes also take medicine to control their blood sugar. Some take pills. Others inject medicine.</p> <p>↗ DO: If you'd like, show participants some devices for injecting insulin, such as a syringe or a pen.</p> <p>▶ SAY: People with type 2 diabetes visit their healthcare provider often. They also have many lab tests. In addition to getting their blood sugar checked, they need to get their blood pressure, cholesterol, kidneys, eyes, and feet checked on a regular basis.</p>

Notes to Coach	How to Manage Type 2 Diabetes
<p>If they had type 2 diabetes, participants might need to track their blood sugar, take medicine, and have more provider visits and lab tests.</p> <p>In order to prevent type 2 diabetes, participants might work harder to meet their eating and fitness goals and track their food and activity.</p> <p>.....</p> <p>This activity is optional.</p> <p>.....</p>	<p> DISCUSS: How would <u>your</u> life change if you had type 2 diabetes?</p> <p>What will you do to prevent type 2 diabetes?</p> <p>.....</p> <p> ACTIVITY: Guest Speaker</p> <p> DO: Present a guest speaker who has type 2 diabetes. Ask the speaker to describe (in a positive, non-scary way) what it's like to manage diabetes. Invite participants to ask questions.</p> <p>.....</p>

Notes to Coach	Plan for Success (5 minutes)
	<p>► SAY: Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we learned today about type 2 diabetes.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"> ■ Realistic ■ Doable ■ Specific ■ Flexible <p>Remember to focus on behaviors. And try to have fun!</p> <p>↙ DO: Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (5 minutes)
<div data-bbox="159 1094 240 1184" data-label="Image"> </div> <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ Life With Type 2 Diabetes ■ Action Plan 	<p>▶ SAY: Please look at “Life With Type 2 Diabetes” on page 5. Between now and our next session, think about how <u>your</u> life would change if you had type 2 diabetes. What will <u>you</u> do to prevent it? Write down your thoughts.</p> <p>↗ DO: Answer questions as needed.</p> <p>▶ SAY: We have come to the end of our meeting. Today, we learned more about type 2 diabetes. We talked about:</p> <ul style="list-style-type: none"> ■ The basics of type 2 diabetes ■ How to find out if you have type 2 diabetes ■ How to manage type 2 diabetes <p>💬 DISCUSS: Do you have questions about anything we talked about today?</p> <p>▶ SAY: Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about ____.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p>Meeting adjourned.</p>