



PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Lifestyle Coach Training Guide

[More About Carbs](#)

More About Carbs

Session Focus

Learning more about carbohydrates can help prevent or delay type 2 diabetes. This module gives participants a deeper understanding of carbs.

Participant Learning Objectives

By the end of the session, participants will:

- ▶ Recognize the link between carbs and type 2 diabetes
- ▶ Identify the various types of carbs
- ▶ Describe a healthy approach to carbs
- ▶ Explain how to find the amount of carbs in food

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
- A variety of carbs: some healthy (oats, brown rice, lentils), and some not healthy (candy, cookies, cake)**
- Carb-counting apps and websites**

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 Review Page 6 10 Min
- Objectives Page 7 2 Min
- Carbs and Type 2 Diabetes Page 7 5 Min
- Types of Carbs Page 8 15 Min
- A Healthy Approach to Carbs Page 9 10 Min
- Carbs by the Numbers Page 10 8 Min
- Plan for Success Page 11 5 Min
- Summary and Closing Page 12 5 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 carbohydrates, also known as carbs.</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>▶ SAY: Understanding carbohydrates can help you prevent or delay type 2 diabetes. Today, we will talk about:</p> <ul style="list-style-type: none"> ■ The link between carbs and type 2 diabetes ■ Types of carbs ■ A healthy approach to carbs ■ How to find the amount of carbs in food <p>Finally, you will make a new action plan.</p>
	<p>Carbs and Type 2 Diabetes (5 minutes)</p>
	<p>▶ SAY: Let's start by talking about the link between carbs and type 2 diabetes.</p> <p>You need carbs to be healthy. Your body breaks down or converts most carbs into glucose.</p> <p>▶ ASK: What is glucose?</p> <p>ANSWER: A type of sugar</p> <p>▶ SAY: The more carbs you eat, the higher your blood sugar will be.</p> <p>In people <u>without</u> type 2 diabetes, sugar leaves their blood and goes into their cells. This sugar gives their cells energy.</p>

Notes to Coach	Carbs and Type 2 Diabetes
<p>To learn more about type 2 diabetes, see the handouts that go with the <i>More About T2</i> module.</p>	<p>▶ ASK: What hormone in the body helps sugar leave the blood and enter the cells?</p> <p>ANSWER: Insulin</p> <p>▶ SAY: In people <u>with</u> type 2 diabetes, the body doesn't make or use insulin well. So sugar builds up in their blood instead of going into their cells. That means the cells don't get enough energy.</p> <p>As you know, high blood sugar can cause many health problems over time.</p>
	<p>Types of Carbs (15 minutes)</p>
	<p>▶ SAY: We've discussed the link between carbs and type 2 diabetes. Now let's talk about the various <u>types</u> of carbs. Please look at "Types of Carbs" on pages 3 to 5 of this module's handouts.</p> <p>↗ DO: Use the handout to discuss the three main types of carbs: starches, sugars, and fiber.</p>

Notes to Coach	A Healthy Approach to Carbs (10 minutes)
<p>To learn more about healthy eating, see the handouts that go with the <i>Eat Well to Prevent T2</i> module.</p> <p>.....</p> <p>This activity is optional.</p> <p>Healthy carbs are low in calories, fat, and sugar; high in fiber and water; and high in vitamins, minerals, and protein.</p> <p>.....</p>	<p>▶ SAY: We've discussed the various types of carbs. Now we'll talk about how to deal with carbs in everyday life.</p> <p>Let's look at an example. Please turn to "Desmond's Story" on page 6.</p> <p>↗ DO: Read (or ask a volunteer to read) the story.</p> <p>▶ SAY: Let's talk more about a healthy approach to carbs. Please look at "A Healthy Approach to Carbs" on page 7.</p> <p>↗ DO: Use the handout to discuss how to make your plate, choose carbs wisely, and make healthy swaps.</p> <p>.....</p> <p>✳ ACTIVITY: Sorting Carbs</p> <p>↗ DO: Bring in a variety of carbs: some healthy (oats, brown rice, lentils), and some not healthy (candy, cookies, cake). Put them on a desk or table.</p> <p>Ask participants to sort the items by how healthy they are. Have participants work together as a class. Or break them into small groups.</p> <p>.....</p>

Notes to Coach	Carbs by the Numbers (8 minutes)
<p>To learn more about measuring food and making sense of food labels, see the handouts that go with the <i>Track Your Food</i> module.</p>	<ul style="list-style-type: none"> ▶ SAY: We've discussed a healthy approach to carbs. Now let's talk about how to find the <u>amount</u> of carbs in food. Please turn to "Carbs by the Numbers" on pages 8 and 9. ↗ DO: Use the handout to discuss reading food labels and other ways to find the amount of carbs in food. Look at some examples of one serving of carbs. If you'd like, share carb-counting apps and websites. ▶ SAY: Ask your healthcare provider if you should count your carbs each day. If the answer is yes, ask what your daily target should be.

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 carbs.</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="155 1094 237 1184" data-label="Image"> </div> <p data-bbox="133 1234 448 1276">Thing to Try at Home:</p> <ul data-bbox="133 1304 331 1402" style="list-style-type: none"> ■ My Carbs ■ Action Plan 	<p data-bbox="574 520 1383 678">▶ SAY: Please look at “My Carbs” on page 10. Between now and our next session, write some of <u>your</u> favorite carbs. Decide if each item is healthy. If it’s not, write a healthy swap.</p> <p data-bbox="574 701 1110 743">↗ DO: Answer questions as needed.</p> <p data-bbox="574 766 1390 844">▶ SAY: We have come to the end of our meeting. Today, we learned more about carbohydrates. We discussed:</p> <ul data-bbox="610 869 1266 1098" style="list-style-type: none"> ■ The link between carbs and type 2 diabetes ■ Types of carbs ■ A healthy approach to carbs ■ How to find the amount of carbs in food <p data-bbox="574 1121 1403 1199">💬 DISCUSS: Do you have questions about anything we talked about today?</p> <p data-bbox="574 1226 1416 1304">▶ SAY: Next time, we’ll talk about the things you tried at home, including your action plan. We’ll also talk about ___.</p> <p data-bbox="574 1331 1419 1409">Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p data-bbox="574 1436 873 1478">Meeting adjourned.</p>