

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Lifestyle Coach Training Guide

Program Overview



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

Program Overview

Acknowledgments

The Centers for Disease Control and Prevention (CDC) Division of Diabetes Translation developed the Prevent T2 Lifestyle Change Program. Prevent T2 is a yearlong lifestyle change program for people at risk of developing type 2 diabetes. Prevent T2 was developed following a comprehensive review of over 25 years of scientific research on behavioral strategies that have been shown to be effective in preventing or delaying the onset of type 2 diabetes.

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Program focus

The Prevent T2 Lifestyle Change Program is a yearlong program designed for people with prediabetes. It is also designed for people who are at high risk for type 2 diabetes and want to lower their risk.

Program goals

Prevent T2 helps participants achieve moderate weight loss by eating well and being active.

By the end of the first six months, the goal is for participants to:

- ▶ Lose at least 5 to 7 percent of their starting weight
- ▶ Get at least 150 minutes of physical activity each week, at a moderate pace or more

By the end of the second six months, the goal is for participants to:

- ▶ Keep off the weight they have lost
- ▶ Keep working toward their goal weight, if they haven't reached it
- ▶ Lose more weight if they wish
- ▶ Keep getting at least 150 minutes of activity each week

Program structure

In order to achieve CDC recognition, your program must last for a full year and complete at least 22 modules.

We suggest meeting:

- ▶ Once a week for four months (sessions 1 to 16)
- ▶ Every other week for two months (sessions 17 to 20)
- ▶ Once a month for six months (sessions 21 to 26)

You can follow a different schedule, if you prefer. But you must complete at least 16 sessions in the first 6 months and another 6 sessions in the second six months.

Your role as a lifestyle coach

Your role is to help participants set goals, track their eating and activity, assess their progress, and solve problems. Along the way, you need to collect data and write it in your Lifestyle Coach Log.

Set the tone

Foster a supportive and respectful group culture. Encourage participants to share their thoughts and feelings. But don't pressure them to do so. Make sure all participants get a chance to speak.

Engage participants

Avoid lecturing. Instead, use teaching strategies that engage participants. Do the hands-on activities listed in the Lifestyle Coach Training Guides. When it's time to review a handout, ask for volunteers to read it to the group. Or ask them questions about it.

Participants differ in their tastes, beliefs, and interests. Tailor the program to your particular group as much as you can.

Keep an eye on the time

Make sure to cover key content within the one-hour time frame. Keep a watch or clock handy. If a discussion is going on too long, table it for another time, such as after the session.

To help you stay on track, the Lifestyle Coach Training Guides suggest how many minutes to spend on each section. They also label some activities "optional."

Support participants

Some participants may face personal barriers to lifestyle change. For instance, a participant may have trouble reading and writing. They may be able to track their eating and activity in other ways, such as recording their voice or taking a photo. Suggest they ask a friend or family member to help them fill in forms. Or do it yourself.

Another participant may have trouble reaching their fitness goal because of painful arthritis. Help them find ways they can be active, such as swimming, yoga, or Tai Chi.

Other participants may face environmental barriers to lifestyle change. For instance, they may have limited access to healthy food, transportation, childcare, a safe place to walk, technology, time, and healthcare. Help participants work through these barriers.

Participants' role

At home, participants are required to:

- ▶ Track their minutes of activity each day (starting after the *Track Your Activity* module)
- ▶ Write their minutes of activity in their Fitness Log

During sessions, participants are required to:

- ▶ Bring their Participant Notebook
- ▶ Show you their Fitness Log (starting after the *Track Your Activity* module)
- ▶ Weigh in
- ▶ Write their weight in their Weight Log

At home, participants are encouraged to:

- ▶ Track their food each day (starting after the *Track Your Food* module)
- ▶ Track more details about their activity each day (starting after the *Get More Active* module)
- ▶ Do the things you ask them to try at home

During sessions, participants are encouraged to:

- ▶ Arrive on time
- ▶ Turn off their cell phones
- ▶ Participate

Modules

Prevent T2 has 26 modules. In order to achieve CDC recognition, your program must complete at least 22 of these modules. Please see the chart below for details.

First six months of program

You must present all 16 of these modules within the first six months. *Introduction to the Program* must come first. Otherwise, there is no required order. However, we recommend that you present the next six modules in the order listed, since they provide the foundation upon which the rest of the curriculum is based. And we recommend presenting *Stay Motivated to Prevent T2* at the six-month mark.

| Module names | Descriptions |
|-----------------------------|--|
| Introduction to the Program | This module sets the stage for the entire Prevent T2 course. Presented at the first session. |
| Get Active to Prevent T2 | This module provides the core principles of getting active. Recommended at the second session. |
| Track Your Activity | This module provides the core principles of tracking activity. Recommended at the third session. |
| Eat Well to Prevent T2 | This module provides the core principles of healthy eating. Recommended at the fourth session. |
| Track Your Food | This module provides the core principles of tracking food. Recommended at the fifth session. |
| Get More Active | This module provides the core principles of increasing activity level. Recommended at the sixth session. |

First six months of program

| Module names | Descriptions |
|-------------------------------------|--|
| Burn More Calories Than You Take In | This module provides the core principles of caloric balance. Recommended at the seventh session. |
| Shop and Cook to Prevent T2 | This module teaches participants how to buy and cook healthy food. |
| Manage Stress | This module teaches participants how to reduce and deal with stress. |
| Find Time for Fitness | This module teaches participants how to find time to be active. |
| Cope with Triggers | This module teaches participants how to cope with triggers of unhealthy behaviors. |
| Keep Your Heart Healthy | This module teaches participants how to keep their heart healthy. |
| Take Charge of Your Thoughts | This module teaches participants how to replace harmful thoughts with helpful thoughts. |
| Get Support | This module teaches participants how to get support for their healthy lifestyle. |
| Eat Well Away from Home | This module teaches participants how to stay on track with their eating goals at restaurants and social events. |
| Stay Motivated to Prevent T2 | This module helps participants reflect on their progress and keep making positive changes over the next six months. Recommended at the six-month mark. |

Last six months of program

You must present at least six of these 10 modules during the last six months. *Prevent T2—for Life!* must come last. Otherwise, there is no required order.

| Module names | Descriptions |
|-----------------------------|--|
| When Weight Loss Stalls | This module teaches participants how to start losing weight again when their weight loss slows down or stops. |
| Take a Fitness Break | This module teaches participants how to overcome barriers to taking a 2-minute fitness break every 30 minutes. |
| Stay Active to Prevent T2 | This module teaches participants how to cope with some challenges of staying active. |
| Stay Active Away from Home | This module teaches participants how to stay on track with their fitness goals when they travel for work or pleasure. |
| More About T2 | This module gives participants a deeper understanding of type 2 diabetes. |
| More About Carbs | This module gives participants a deeper understanding of carbohydrates. |
| Have Healthy Food You Enjoy | This module teaches participants how to have healthy food that they enjoy. |
| Get Enough Sleep | This module teaches participants how to cope with the challenges of getting enough sleep. |
| Get Back on Track | This module teaches participants what to do when they get off track with their eating or fitness goals. |
| Prevent T2—for Life! | This module helps participants reflect on their progress and keep making positive changes over the long term. Presented at the last session. |

Lifestyle Coach Training Guides

Each module has a Lifestyle Coach Training Guide that includes the following sections:

Session Focus

This tells what the session is about.

Participant Learning Objectives

This tells what participants will learn by the end of the session.

Materials Checklist

This lists the items you will need for the session. It also lists optional items. Items that are unique to that session appear in blue, bold text.

Things to Do

This tells what to do before the session. It also tells what to do as each participant arrives and after the session is over.

Module Outline

This tells the page number of each section. It also suggests how many minutes to spend on each section.


Lifestyle Coach Script

This is meant merely as a starting point. Please use your own words.

Each script has the following sections:

Notes to Coach

Under this heading, you'll find helpful information, such as prompts for discussion questions.

When you see , write the indicated text on a flip chart or white board, if you are using one. We suggest you do this before the session starts.

Welcome and Review

As participants arrive, greet and weigh them individually. Log their weight and minutes of activity (starting after the *Track Your Activity* module). Hand out materials. Then ask participants to sit down.

Review the main points of the previous session and take questions from the group. Then participants share how things are going for them.

Objectives

Outline the session's key topics.

Session topic (varies)

Present material on a certain topic. Participants engage in group activities. For instance, they may share their thoughts and feelings, brainstorm, role-play, or discuss handouts.

Some modules call for participants to eat or do physical activity during the session. Check with your organization to make sure it's OK to do these activities.

Plan for Success

Participants make a new action plan.

Summary and Closing

Tell participants what you would like them to try at home. Review the main points of the session. Take questions from the group. Finally, tell participants the topic of the next session, and remind them to bring their Participant Notebook.

Participant Notebooks

At the first session, give each participant a Participant Notebook. Make a notebook for yourself too.

Each Participant Notebook should be a large 3-ring binder that includes the following tabbed sections:

- ▶ Participant Guides (further divided by module)
- ▶ Fitness Logs
- ▶ Food Logs
- ▶ Weight Log
- ▶ Action Plan Journal
- ▶ Other Materials

Participants should take their Participant Notebook home with them and bring it to each session. If someone forgets to bring their notebook, ask them to look on with another participant.

Participant Guide

Each module has a Participant Guide that contains handouts. Some handouts are for participants to use during sessions. Others are for participants to use at home.

You can hand out all the Participant Guides at the very first session. Or you can hand them out one at a time (one guide per session).

Fitness Log

Participants must use their Fitness Log each day to track their minutes of activity (starting after the *Track Your Activity* module). The activity must be of at least a moderate pace. They are encouraged to write down other details about their activity.

Participants must show you their Fitness Log at the start of each session. Record the minutes of activity in your Lifestyle Coach Log.

Food Log

Participants are encouraged to use their Food Log to track their eating (starting after the *Track Your Food* module). They don't need to show you their Food Log.

Weight Log

At each session, weigh participants in private and tell them how much they weigh. Record the weight in your Lifestyle Coach Log. Participants must record this number in their Weight Log.

Action Plan Journal

Participants are encouraged to make a new action plan during each session and to try it at home.

Other Materials

Here are some other participant materials.

- **Program Meeting Schedule.** Fill this out. Give it to participants before the program starts, or at the first session.
- **Quick Guide.** This provides tips for weight loss. Give it to participants at your discretion.
- **Ready, Set, Quit!** This provides tips for how to quit smoking. Give it to participants at your discretion.
- **To Learn More.** This provides a list of resources for preventing type 2 diabetes. Give it to participants at your discretion.
- **Certificate of Completion.** Fill this out. Give it to participants at the last session if you wish.

Optional activities

Here are some optional activities to consider. Discuss them with your organization to see if they make sense for your group.

Please note: Your organization does not need to do these activities in order to achieve CDC recognition. But doing them may indirectly help your organization achieve that status by increasing attendance and adherence among participants.

Prescreen participants for program readiness (optional)

If you wish, you can prescreen participants, either in person or via telephone. This lets you tell potential participants about Prevent T2 before they sign up and identify people who are not yet ready for the program.

Hold make-up sessions (optional)

If you wish, you can offer make-up sessions. These let participants make up any sessions that they missed. These sessions may be shorter than the original sessions, but should cover the key content. Make-up sessions must be offered on a different day and not at a later time the same day.

Connect outside of sessions (optional)

Participants can connect outside of session time—or even after the program is over—for support, learning, and fun. Make sure everyone is invited to participate, but no one feels pressured to do so. You can participate, if you wish. So can participants' family members.

You can facilitate this connection by forming a social network and by setting up get-togethers.

Form a social network

There are a number of ways to form a social network. For instance, you could:

- ▶ Distribute a list of participants' phone numbers and email addresses (if participants agree)
- ▶ Form a listserv
- ▶ Form a closed Facebook group
- ▶ Link participants via behavior trackers, such as MyFitnessPal.com

Set up get-togethers

There are a number of options for get-togethers. For instance, participants could:

- ▶ Shop for healthy food
- ▶ Cook and eat a healthy meal
- ▶ Have a healthy picnic
- ▶ Go for a walk or hike
- ▶ Play soccer or kickball
- ▶ Walk or run a 3K or 5K together

Please note: These get-togethers cannot replace session content. They just enhance it.