

The Road to Health Toolkit



Centers for Disease
Control and Prevention
National Center for Chronic
Disease Prevention and
Health Promotion

Participant Guide

Lesson 1: Type 2 Diabetes is Preventable, and Losing Some Weight Can Help

Topic 1: Preventing Type 2 Diabetes—Meeting Angela and Ray

The Williams' Family Story

Meet sister and brother, Angela and Ray Williams



“I see our future...a future without type 2 diabetes.”

Angela, 28
Elementary School Teacher



“With better choices, we can prevent or delay type 2 diabetes.”

Ray, 32
Realtor

Type 2 diabetes does not have to be your destiny.

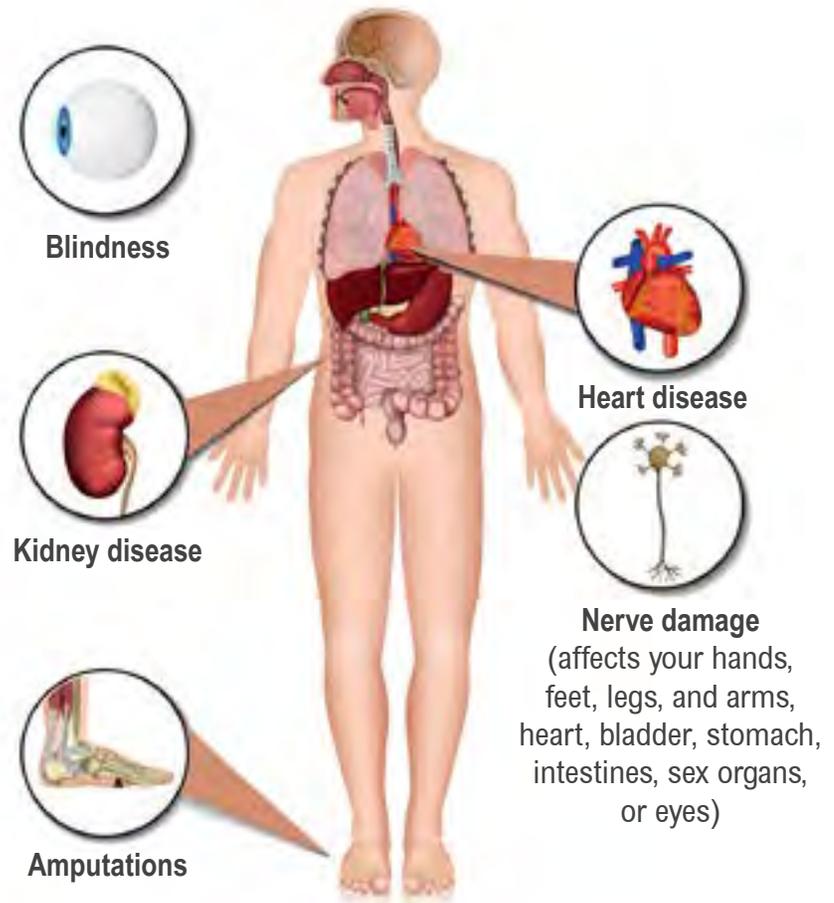
Lesson 1: Type 2 Diabetes is Preventable, and Losing Some Weight Can Help

Topic 2: Diabetes Affects Various Body Organs



“So what is diabetes? It affects your whole body – sometimes you don’t even know you are sick.”

Diabetes Complications



Type 2 diabetes affects our family, but it doesn’t have to hurt my health.

Lesson 1: Type 2 Diabetes is Preventable, and Losing Some Weight Can Help

Topic 3: Type 2 Diabetes Risk Factors and How the Disease Can Be Prevented

Risk Factors of Diabetes



Age 45 or older.



Physically active less than 3 times a week.



Overweight or obese.



Have a parent or sibling with type 2 diabetes.



Had diabetes while you were pregnant (gestational diabetes).



A person who is African American, Hispanic/Latino, Native American, Alaska Native (some Pacific Islander and Asian American persons are also at higher risk).



“Diabetes runs in our family, but I don’t claim it. I’m making small changes to what I eat and do. I’m losing a few pounds and I’m in control.”

Even those of us at high risk can prevent or delay type 2 diabetes.

Lesson 2: Making Healthy Food Choices

Topic 1: Reading Food Labels

Sample Label for Frozen Lasagna

1. Serving Information →

2. Calories →

3. Nutrients →

4. Quick Guide to percent Daily Value (%DV)
• 5% or less is **low**
• 20% or more is **high**

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg 0%	
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



“We have to eat healthier and make better choices. First, I learned to read food labels.”

Source: www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3

Small steps in eating and moving can lead to big rewards.

Lesson 2: Making Healthy Food Choices

Topic 2: Limit Unhealthy Fats



“I found a lot of unhealthy fats in my foods. I’ve made changes to eat healthier fats.”

Cook With Healthy Fats

Ways to avoid unhealthy fats and limit healthy fats when you cook

Instead of...



Eating animal fat and skin

Cook the healthy way!



- Take the skin off chicken before you cook it.
- Trim the fat off meat before you cook it.



Frying or deep-frying in butter or lard



- Grill, roast, sauté, poach, or stir-fry in a small amount of vegetable oil such as olive or canola oil.
- Use olive or canola oil.
- Simmer in water or stock.
- Steam or microwave.

Lesson 2: Making Healthy Food Choices

Topic 2: Limit Unhealthy Fats



“I found a lot of unhealthy fats in my foods. I’ve made changes to eat healthier fats.”

Cook With Healthy Fats

Ways to avoid unhealthy fats and limit healthy fats when you cook

Instead of...



Baking with butter or lard

Cook the healthy way!



Bake with:

- Ground or pureed veggies or fruit with no added sugar.
- Nonfat plain yogurt.
- Vegetable or fruit juice with no added sugar.

Lesson 2: Making Healthy Food Choices

Topic 2: Limit Unhealthy Fats



“I found a lot of unhealthy fats in my foods. I’ve made changes to eat healthier fats.”

Consider ways to replace unhealthy fats in your diet.

Cook With Healthy Fats

Ways to avoid unhealthy fats and limit healthy fats when you cook

Instead of...



Topping foods with cream sauce or butter

Cook the healthy way!



Try these:

- Lemon juice or vinegar.
- Herbs and spices.
- Salsa or hot sauce.
- Plain nonfat yogurt.
- Tomato sauce.
- Low-fat, low-salt salad dressing made with olive oil.

Lesson 2: Making Healthy Food Choices

Topic 3: New Routines for Eating Well Away From Home

Dining Out—Small Steps, Big Changes



Large Fast-Food Meal

	Calories	Fat
Double Cheeseburger	520 cal	26 g
Large Fries	490 cal	20 g
Large Cola	290 cal	0 g
Total	1,300 cal	46 g



Regular Fast-Food Meal

	Calories	Fat
Cheeseburger	300 cal	13 g
Small Fries	220 cal	10 g
Medium Cola	210 cal	0 g
Total	730 cal	23 g



“Value meals may have been a bargain to my wallet, but they weren’t a bargain for my health.”

The real cost of “value meals” is high calories, fat, and salt.

Lesson 2: Making Healthy Food Choices

Topic 4: Using the “Traffic Light” Method to Label Foods



“The least processed form of foods gives me the most control over my ingredients and portions.”

Less processed foods are better choices.



Go Ahead



Apple



Corn



Whole Chicken



Steel Cut Oats



Go Slowly



1-Minute Oats



Canned Chicken



Chicken Pieces



Stop and Limit



Cheese Puffs



Frozen Egg and Cheese Sandwich



Chicken Nuggets



Lesson 2: Making Healthy Food Choices

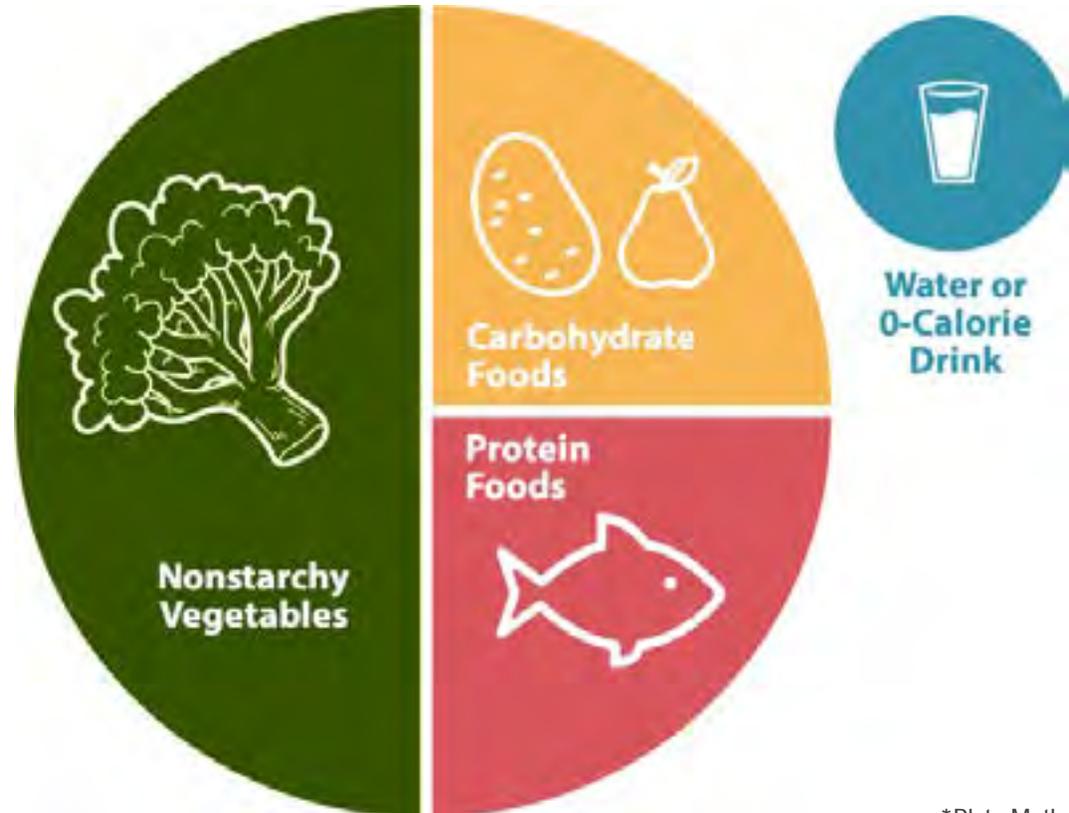
Topic 5: Understanding Proper Portion Sizes



“We’re learning to measure how much food is on our plates.”



“To learn the right size of portions, we use the Plate Method.”



*Plate Method by the American Diabetes Association

Learning portion sizes is easy.

Lesson 2: Making Healthy Food Choices

Topic 6: A Healthy Approach to Carbs



“I choose healthier carbohydrates (starches), and make sure to balance them out with protein, fruits, and vegetables.”

Healthy Carbs

Breakfast



Bowl of whole-grain oatmeal with blueberries and almonds



Whole-grain toast with peanut butter, bananas, and fresh strawberries

Lunch



Whole-grain pasta with broccoli



Whole-grain tortillas with pumpkin, garlic, and black beans

Lesson 2: Making Healthy Food Choices

Topic 6: A Healthy Approach to Carbs



“I choose healthier carbohydrates (starches), and make sure to balance them out with protein, fruits, and vegetables.”

Healthy Carbs

Dinner



Whole-wheat penne pasta with spinach and grilled chicken breast



Baked fish with brown rice and seasonal fruit and vegetables

Choose carbohydrate foods in less processed forms where you get vitamins, minerals, and fiber along with energy.

Lesson 3: Increase Physical Activity

Topic 1: Getting Active

Adults Need:

150 Minutes
Per Week

**of moderate-intensity
physical activity**



“Preventing type 2 diabetes is not just about healthy food choices. I also had to get active. I do physical activity that adds up to at least 30 minutes a day.”



Getting active may help prevent or delay type 2 diabetes.

Lesson 3: Increase Physical Activity

Topic 2: Track Your Activity



“Tracking my activity helps me stick to my goals, and I have made it a part of my daily routine.”

Keeping track of your progress is a great way to stay motivated to exercise.

Date	Minutes	Activity	Pace
Monday	30 minutes	Bike ride around the neighborhood	<input type="checkbox"/> Easy <input checked="" type="checkbox"/> Moderate <input type="checkbox"/> Hard
Tuesday	30 minutes	Walking	<input checked="" type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard
Wednesday	15 minutes	Walking briskly with the dog	<input type="checkbox"/> Easy <input checked="" type="checkbox"/> Moderate <input type="checkbox"/> Hard
Thursday	30 minutes	Zumba on app	<input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input checked="" type="checkbox"/> Hard
Friday	15 minutes	Sweeping the floor	<input checked="" type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard
Saturday	30 minutes	Yard work	<input type="checkbox"/> Easy <input checked="" type="checkbox"/> Moderate <input type="checkbox"/> Hard
Sunday			<input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard
Total Minutes		Weekly Reflection: Write about your wins and challenges for this week.	

Lesson 3: Increase Physical Activity

Topic 3: Challenges and Excuses

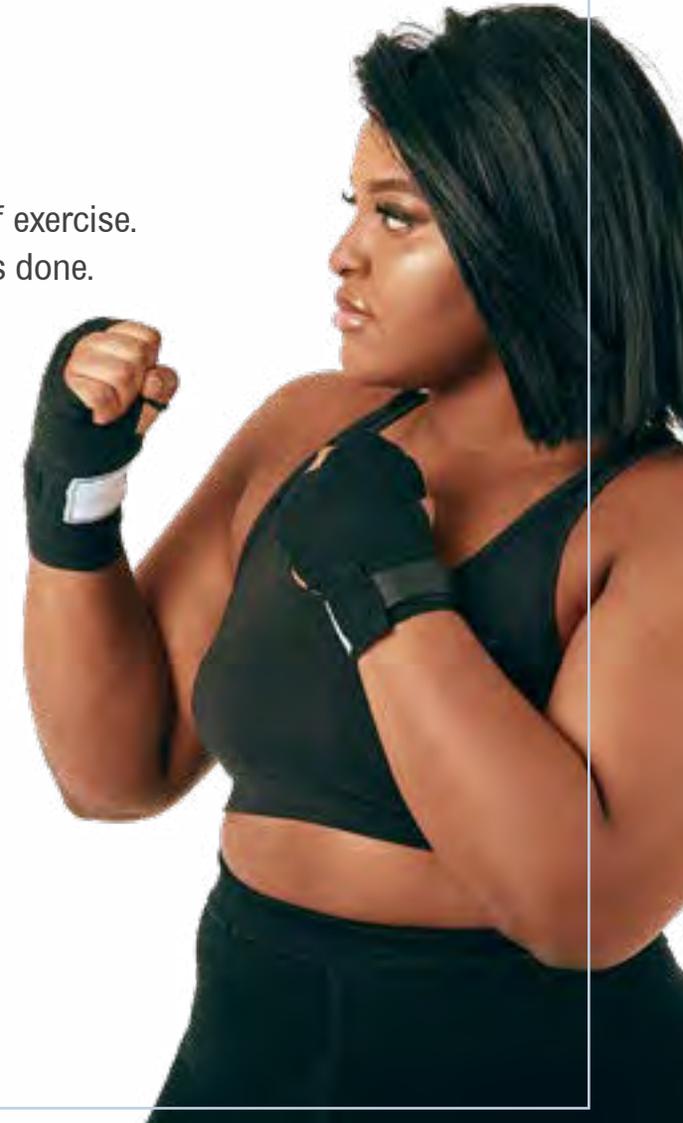


“Making excuses is way too easy. I added one healthy change a month and broke up my physical activity into smaller parts during the day.”

Keeping track of your progress is a great way to stay motivated to exercise.

Overcoming Challenges

- Know your “why.”
- Plan ahead.
- Break up your 150 minutes of exercise.
- Work out while you get things done.
- Download free exercise apps.
- Do free activities.
- Walk in a mall.
- Try another way to be active.
- Ask how to treat an injury.
- Use splints and supports.



Lesson 3: Increase Physical Activity

Topic 4: Finding Time for Physical Activity



“I have learned to sneak in physical activity into my daily routine. I find that it also helps me deal with stress.”

Move often throughout the day and make every movement count.



While Shopping

Park your car farther away.
Carry a basket instead of pushing a cart.



While Getting Around Town

Get off the bus or train one stop early.
Walk briskly.
Ride your bike.
Take the stairs.



While Watching TV

Lift weights.
March in place.
Pedal a stationary bike or walk on a treadmill.



While Doing Tasks or Chores

Put on music and dance.
Walk the dog longer or faster.



While You Socialize

Join a walking club.
Talk on phone while you march in place, walk, or climb stairs.
Push your child or grandchild in a stroller.
Go out dancing with your friend or partner.



At Work

Take a brisk walk during your lunch break.
Take part in a fitness program at work.
Sit on an exercise ball instead of a chair.
Talk to coworkers in person instead of emailing them.
Use a copy machine on the other side of the building.

Lesson 4: Rewards and Setting Goals

Topic 1: Rewards of a Healthier Lifestyle



“Change takes time. I can handle that. The best part is that I can see the rewards!”



“For me, I stopped feeling tired, weak and out of shape.”

My rewards come from the small changes. One at a time.

Lesson 4: Rewards and Setting Goals

Topic 2: Summary of Key Points—Setting Goals



“My road will not include diabetes. It does not have to be my destiny.”



“I take it one choice one day at a time. I’m making my own road to health.”

“Today I will ...,”
“This week I will,”
“This month I will ...”