



Module 1: Introduction to the Program

Lifestyle Coach Guide



Module Overview

This introductory module sets the stage for PreventT2, a proven program to prevent or delay type 2 diabetes in people at high risk.

Participant Learning Objectives

By the end of this session, participants will be able to:

- Identify the goals and structure of PreventT2
- Identify the basics of type 2 diabetes
- Explain how to make an action plan
- Set goals and plan basic actions

Things To Do

In addition to the Session Checklist, you will also want to do the following:

Before this session:

- Communicate with your participants via email, text message, app, or social media to prepare and motivate them for this first session of the PreventT2 lifestyle change program. Here are some sample messages you can send out to participants for this module:
 - 1 Week Prior: “Welcome, everyone! Our first PreventT2 session begins in one week. At this important first session, you will be receiving a lot of information about the entire program including how our program is structured and what you can expect as a participant. Mark your calendar! I am excited to meet all of you very soon!”
 - 1 to 2 Days Prior: “Our first PreventT2 session is right around the corner! This is an informative session about our program that you don’t want to miss. I look forward to working with all of you!”
- For a virtual session, if a printed copy of the Participant Guide is preferred, arrange for each participant to receive a Participant Guide notebook through delivery or pickup. If providing printed copies of the Participant Guide is not an option, you may provide an electronic version through email.

Before this session: (continued)

- For a virtual session, send participants a copy of the Personal Success Tool - Participant Overview and remind them to have it available during class.
- If applicable, set up the appropriate number of virtual breakout rooms in your web conferencing tool in advance so that there will be two participants in each group.

During this session:

- For an in-person session, provide participants with a copy of the Personal Success Tool - Participant Overview.

After this session:

- Remind participants to view the Commit to Change Personal Success Tool module. www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=1
- Communicate with your participants via email, text message, app, or social media to continue the conversation on the introduction to PreventT2. Here are some examples of messages to post:
 - “Congratulations on joining PreventT2 and completing your first session. Feel free to use this space to share your thoughts, questions, and concerns. We are all here to help each other.”
 - “Don’t forget to review the Commit to Change Personal Success Tool module. www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=1”

Session Content

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to receive weigh-in information and to consult with participants privately, if needed, at the start of each session.

Welcome and Introduction	Page 4	15 Min
Session Focus	Page 6	1 Min
Program Overview	Page 7	25 Min
Basics of Type 2 Diabetes	Page 15	5 Min
Your 6-Month Goals	Page 16	7 Min
Plan for Success	Page 19	5 Min
Summary and Closing	Page 24	2 Min



Time Estimate: 15 minutes
Methods: Facilitated Discussion,
Group Activity

SAY:

Welcome to the first meeting of [name of organization] lifestyle change program, a proven program to prevent or delay type 2 diabetes in people at high risk. It was developed by the Centers for Disease Control and Prevention (CDC).

We'll start by introducing ourselves. My name is _____. I'm so excited to be working with you over the next year!

DO:

Briefly tell the class about your background. If there is more than one coach, both may share. Share your title or role in your organization, the clinical area in which you work (if applicable), and your experience with diabetes prevention and/or the PreventT2 program.



Icebreaker: 10 minutes

DO:

Participants will do this activity in pairs. If using virtual group breakout rooms, share group assignments and begin small group meetings.



If dividing participants into pairs is not possible for a virtual session, have participants conduct the activity by introducing themselves to the whole group. You can also do a different icebreaker if you prefer.

Welcome and Introduction

SAY:

Let's get to know each other a little. With your partner, take turns asking each other these two questions:

- What is your name?
- Why did you join this program?

SAY:

You will have 2 minutes to learn about your partner. When we come back together as a whole group, be ready to introduce your partner to the rest of our group and tell us why your partner joined this program.

DO:

Give participants a time to meet back as a whole group. Then, dismiss them to work in their groups.

SAY:

Now take about 30 seconds each to introduce your partner to the group and share with us why they joined the program.

DO:

Call on participants to introduce their partners briefly.

SAY:

Thank you all for sharing why you're here. I'm glad you are here! Your motivations for being here are really good reasons to be a part of this program!



Session Focus



Time Estimate: 1 minute
Method: Presentation

SAY:

Please look at “Session Focus” on page 1 in the Participant Guide.



For a virtual session, use the screen share feature to display “Session Focus” from the Participant Guide for all the participants to view.

SAY:

During this first session, we will discuss the PreventT2 program. We’ll talk about:

- The program’s goals and structure
- The basics of type 2 diabetes
- How to make your first action plan
- Setting your 6-month goals

Let’s start with an overview of the program.



Time Estimate: 25 minutes

Methods: Presentation, Facilitated Discussion

This part of the session reviews what prediabetes is and gives participants the goals expected for the first 6 months and second 6 months of the program. It also reviews the “small steps, big changes” concept encouraged throughout the program, as well as provides an overview of the tools and resources that participants will use.

Prediabetes (5 minutes)

SAY:

Let's start with an overview of the program. PreventT2 is designed for people with prediabetes. It's also for people who are at high risk for type 2 diabetes and want to lower their risk. Please look at “Prediabetes” on page 2 in the Participant Guide.



For a virtual session, use the screen share feature to display “Prediabetes” from the Participant Guide for all participants to view.

DO:

Use the information about prediabetes to discuss what it is, the number of people who have it, related health problems, and how to lower risk.

SAY:

Now, I want to talk briefly about the benefits of staying healthy. Let's recall some of the benefits you may have mentioned during the icebreaker.

DO:

Elicit benefits of staying healthy from participants and make a list.



For a virtual session, use an online whiteboard or Word document to record the list of benefits mentioned by participants.

SAY:

Take a moment to think about how taking care of ourselves benefits not only us but also those around us. When we maintain good health, we can enjoy more moments with our loved ones and contribute positively to their lives.

DO:

Engage in a group discussion about the benefits of staying healthy.



For a virtual session, ensure video and sound will be available for participants to watch the video in real time.

ASK:

Now, let's add to the list of benefits we've already discussed. What are other benefits to you for losing weight and staying in good health? What are some specific ways in which you have seen these benefits in your own life or in the lives of others?

ANSWER:

Answers from participants may include:

- Being there for family milestones
- Being able to be active with my kids
- Living a longer life
- Being healthy fights off disease
- Feeling better

PreventT2 Goals (5 minutes)

SAY:

Now let's talk about the goals of this program. Please look at "PreventT2 Goals" on page 3 in the Participant Guide.



For a virtual session, use the screen share feature to display "PreventT2 Goals" from the Participant Guide for all participants to view.

SAY:

Let's talk about the specific goals we have set for this program, which will help you reach your personal goals.

DO:

Read (or ask a volunteer to read) the goals for the first and second 6 months of the program.

ASK:

What does losing 4 to 5 percent of your starting weight mean? How can this weight be lost safely?

ANSWER:

It means losing 4 to 5 pounds for every 100 pounds you weigh now. So, if you weigh 200 pounds, you would lose 8 to 10 pounds. Losing weight slowly and evenly, about 1 to 2 pounds per week, is the most successful, and safest, approach. Healthy weight loss includes making healthy food choices and being more physically active.

SAY:

For the physical activity goal, the activity should require at least a medium effort, which we call moderate intensity. Don't be discouraged by the 150-minute total. That's only 30 minutes 5 days a week.

ASK:

What are some moderate activities?

ANSWER:

Moderate activities include biking, brisk walking, and dancing.

SAY:

You can be successful by meeting only one of these goals, but I hope you try to reach all three. For example, you may not be able to lose 5% of your body weight, but by eating well and being more active, you may be able to lower your HbA1C, or just A1C. You have options to be successful.

ASK:

What is HbA1C?

ANSWER:

The A1C, or hemoglobin (Hb) A1C, test is one of the commonly used tests to diagnose prediabetes and diabetes. It's a simple blood test that measures your average blood sugar levels over the past 3 months.

A normal A1C level is below 5.7%, a level of 5.7% to 6.4% indicates prediabetes, and a level of 6.5% or more indicates diabetes. Within the prediabetes range, the higher your A1C, the greater your risk is for developing type 2 diabetes.

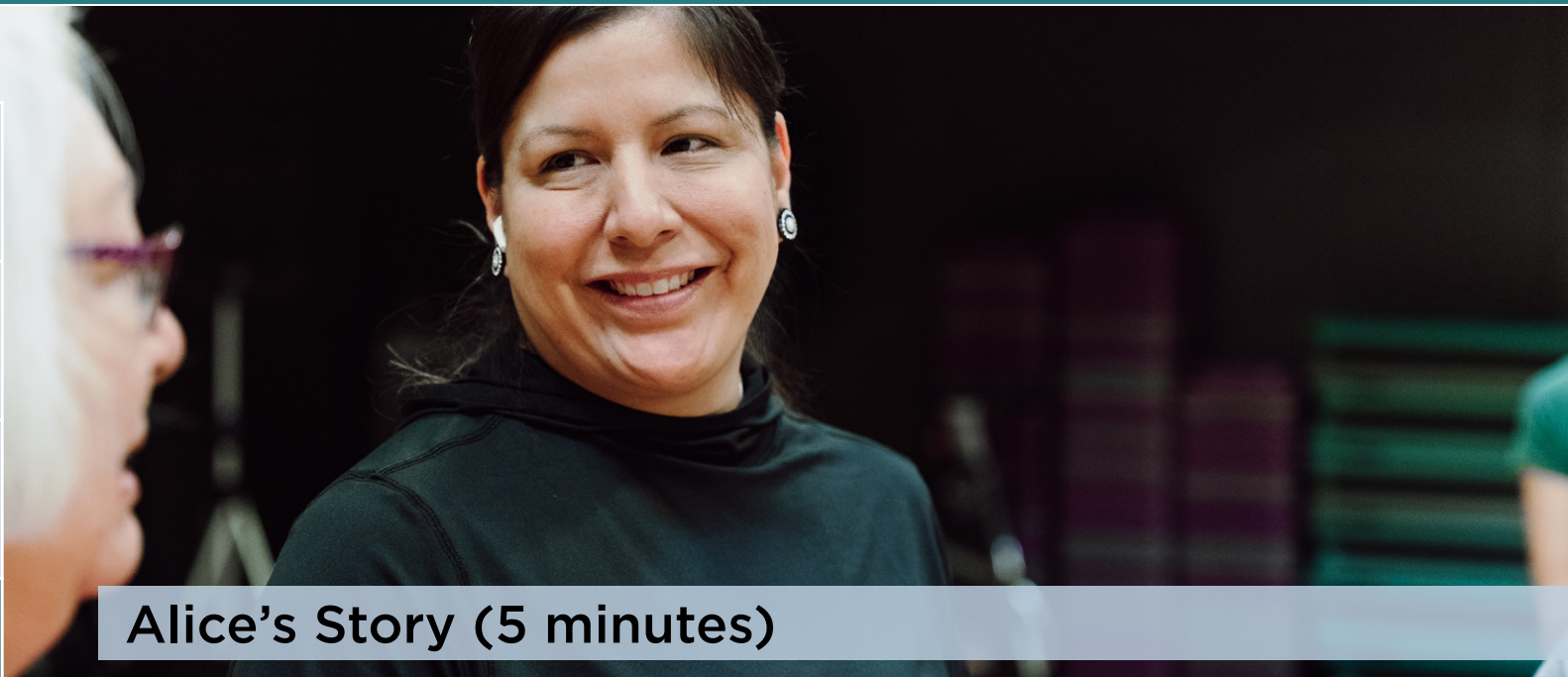
DO:

Allow time for questions but remind participants that specific medical questions should be directed to their primary care physician. Note for participants that a link to more information, CDC's All About Your A1C page, is included in their Participant Guides.

www.cdc.gov/diabetes/diabetes-testing/prediabetes-a1c-test.html

SAY:

Now let's read "Alice's Story" to get a sense of how reaching these goals can be possible!



Alice's Story (5 minutes)

DO:

Use “Alice’s Story” in the Participant Guide to discuss the benefits of losing weight and getting more active.

SAY:

Please look at “Alice’s Story” on page 4 of the Participant Guide.



For a virtual session, use the screen share feature to display “Alice’s Story” from the Participant Guide for all participants to view.

DO:

Read (or ask a volunteer to read) “Alice’s Story.”

DISCUSS:

“How are your feelings or thoughts similar to what Alice was feeling in the beginning of the story? What feelings do you have about the Prevent T2 Program?”

SAY:

This program emphasizes that small steps lead to big changes. Taking small steps is a manageable way to make great strides toward achieving larger goals. For example, walking for 15 minutes on your lunch break twice this week might be a good place to start. Maybe next week you walk for 15 minutes three times a week during your lunch break, plus do 10 arm curls with exercise bands, weights, or cans of food.

DISCUSS:

How does this approach sound to you? What do you think will make it easier? What concerns do you have?

SAY:

Don't get too stuck on the idea that these small steps aren't enough. Each time you achieve a small goal, you're making positive changes toward reaching your bigger long-term goals. Small changes in our routines are manageable. When you've stayed with a change long enough and feel more change can be made, take another step forward.

Program Structure (5 minutes)

DO:

Now let's talk about the structure of the program.

SAY:

Your Participant Guide and handouts are important items. Please bring them to every session.

DO:

Discuss these resources briefly. Show participants each section.

SAY:

Please look at the Program Meeting Schedule.

DO:

Discuss briefly. If relevant, tell participants about makeup sessions, social networks, and get-togethers. Answer questions as needed.

SAY:

Before each session, you will provide your current weight to me, and we can also spend some one-on-one time discussing any questions or needs you have.

Starting in a couple of weeks, you'll also share your Activity Log with me. That's where you'll write down your total minutes of activity for each week.

I'll keep a record of your weight and activity minutes, and so will you. This will help us track your progress.

In our group time, we'll talk about how to:

- Eat well
- Be active
- Change your lifestyle

It can be challenging to change your lifestyle. But we'll work through those challenges together. You'll also have the chance to share your thoughts, feelings, and experiences—but only if you want to.

Personal Success Tool (PST) Modules (5 minutes)

SAY:

I want to take a few minutes to introduce the Personal Success Tool or PST modules that we will be using throughout the program. Please look at the Personal Success Tool - Participant Overview. This provides you with a general overview of the modules.



For a virtual session, use the screen share feature to display the National DPP PST modules website for all participants to view.

DO:

Show the National DPP PST modules website so all participants can see where the PST modules are located online. If participants do not have reliable access to the internet, suggest they use resources in their community where public online access is available, such as libraries or community centers.

<https://www.cdc.gov/diabetes-prevention/php/lifestyle-change-resources/pst-modules.html>

SAY:

The Personal Success Tool (PST) modules are available on the National Diabetes Prevention Program website. These modules are interactive motivational tools to help you keep what you've learned fresh in your mind. They will also help you to apply skills you've learned to your daily life, supporting your changes and your progress. These modules are fun and include videos, quizzes, games, and other resources that will help you along your journey. You can complete the modules on a computer, smartphone, tablet, or any other devices with internet access. Talk to me lifestyle coach if you do not have access to the internet.

After some of your sessions, you will be encouraged to complete a module to help you build on what you have learned. For example, at the end of today's session, I will be telling you about the first module, "Commit to Change."



Time Estimate: 5 minutes
Method: Presentation

This section defines what type 2 diabetes is, how it can harm you, and its risk factors.

SAY:

The goal of this program is to prevent or delay type 2 diabetes. So, let's go through some of the basics of that condition. Please look at "Type 2 Diabetes" on page 6 in the Participant Guide.



For a virtual session, use the screen share feature to display "Type 2 Diabetes" from the Participant Guide for all participants to view.

DO:

Use the Participant Guide to discuss what type 2 diabetes is, how it can harm people, and the risk factors that make people more likely to get it.

Participants may ask about type 1 diabetes. Explain that people with type 1 diabetes do not make insulin at all.

SAY:

While you can't control all these factors, you can manage your weight and how active you are!



Time Estimate: 7 minutes
Methods: Presentation, Facilitated Discussion

This section gives participants the opportunity to set their first 6-month physical activity and weight goals.

SAY:

Now let's talk about your next steps. Please look at "Your 6-Month Goals" on page 7 in the Participant Guide.



For a virtual session, use the screen share feature to display "Your 6-Month Goals" from the Participant Guide for all participants to view.

SAY:

First, let's take just a moment to think about those reasons you mentioned for joining PreventT2. Record these personal goals in the space provided on "PreventT2 Goals" in the Participant Guide. Think about what this new version of yourself looks like, feels like, or is doing differently.

DO:

Give participants a few minutes to write their personal goals. Help participants with the wording of their personal goals if needed.

ASK:

What is your 6-month activity goal?

ANSWER:

To get at least 150 minutes of activity each week at a moderate pace.

SAY:

Before you can set your 6-month weight goal, you need to decide what percentage of your starting weight to lose. Again, the goal of this program is to lose at least 4 to 5 percent of your starting weight over the next 6 months.

Please look at the “Weight Loss by the Numbers” chart on pages 9–14 in the Participant Guide. Let’s say you weigh 200 pounds now. Please find that number in the blue column.



For a virtual session, use the screen share feature to display “Weight Loss by the Numbers” from the Participant Guide for all participants to view.

ASK:

If your goal is to lose 5% of your weight, how many pounds would you need to lose?

ANSWER:

10 pounds

DO:

Explain as needed.

ASK:

And how many pounds would you need to lose if your goal is to lose 4% of your weight?

ANSWER:

8 pounds

DO:

Explain and go through more examples as needed.

SAY:

Now please find your starting weight. That's the number I recorded with you earlier. You do not have to say this out loud. Just look at it.

Next, decide what percentage of your weight you will lose over the next 6 months: 4 or 5%.

Then find how many pounds you'll need to lose to reach that goal.

DO:

Explain as needed.

SAY:

Let's look at "Your 6-Month Goals" on page 7 again. Fill in:

- What you weigh now
- What percentage of your weight you will lose
- How many pounds you will lose

Then subtract that number from your current weight to get your goal weight. Fill that in where it says "Reach ___ pounds."

DO:

Explain as needed.



Time Estimate: 5 minutes

SAY:

To help you succeed in this program, you will make a new action plan at each session. The goal of the action plan is to try out new routines that can become habits over time. When new routines become habits, they will be much easier to follow.

Please turn to your Action Plan Journal. Let's review the "Tips for Making Your Action Plan" on page 1.



For a virtual session, use the screen share feature to display the "Tips for Making Your Action Plan" for all participants to view.

SAY:

Before you begin, ask yourself this question: **What new version of yourself are you trying to create?** For example, you might say that you want to be more active so you can keep up with your kids or grandkids.

Now that you've reminded yourself of why you want to create new habits, let's review how to create an action plan to help you build a new helpful routine:

Step 1, **Figure out what needs to change.** The first step is finding a routine to change for the better.

Step 2, **Plan a new routine.** Starting a new routine helps you make a positive change that will stick. Be specific and realistic. Plan small changes to your routines instead of big changes that are hard to stick with.

DISCUSS:

What are some ways to do this? For example, you may know that taking the elevator isn't the best habit for you. Your plan could be to use the stairs instead.

Who has already figured out something that needs to change?

Now, let's come up with a new routine to help make this change stick.

SAY:

Step 3 is to **find a cue or hint for when to use your new routine**. Your cue could be one of these:

- A specific time or place
- A feeling or emotion
- Other people in your life
- An action right before or right after a regular routine

DISCUSS:

What are some ways to do this?

Here are two examples to share if needed:

- I know it is time to do this new routine at the start of the workday and when I come back to work from lunch [Note cues include a time, place, and action preceding the routine].
- I know it is time to do this routine when afternoon drowsiness hits me [Note the emotional state].

SAY:

Some other things to keep in mind as you make your action plan are:

- **Make your new routine easy and the old one harder.** Change your environment to support the new routine. Add or remove visual hints, such as adding a picture of you walking the dog on your phone screen or putting the kids' snacks in the cupboard.
- **Decide how you can make this new routine more rewarding.** Connect a new routine to something fun, like only listening to your favorite band when taking the stairs, keeping track of the number of floors climbed, or doing your activity with a friend. Consider long-term rewards after meeting goals, like new walking shoes or a healthy meal out at your favorite restaurant.
- **Create opportunities to repeat and practice your new routine until it becomes automatic.** I am going to add a stair climb every day just before my morning coffee break.



For a virtual session, use the screen share feature to display the Action Plan Journal for all participants to view.

DO:

If participants need help getting started, approach the 3 steps like a SMART goal—**S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound. Also consider Powerful Questioning strategies that use open-ended questions to help participants discover details about themselves that play a role in behaviors and choices. Asking, for example, “What would it mean for you to reach this goal?” can powerfully impact their commitment and progress toward that goal. Also consider asking about strengths, “What personal strengths did you tap into that helped you reach this goal?” to build confidence.

First, make sure the participant is ready to answer Powerful Questions. Then be mindfully present, curious, and direct. Follow your instincts as the discussion progresses and be comfortable with silence as you pause to allow participants to reflect.

SAY:

Let's look at your Action Plan Journal, page 3.

First, pick what new version of yourself you are trying to create. This should help remind you of why you want to create new routines to lower your risk of type 2 diabetes.

DO:

Explain as needed and allow time for questions.

SAY:

Next, identify what routine needs to change or stop. Then plan a new routine that helps you make a positive change that will stick. Also, list cues or hints for when to use your new routine. Your cues can be a specific place or time, people, emotions, or another routine. Also list any challenges you might face and ways to overcome these challenges.

As you try out your new routine, make sure to add in the following to make it automatic:

- Make your new routine easy and the old one harder to follow.
- Build in a healthy reward (remind people of the healthy rewards brainstormed earlier).
- Create times to repeat and practice your new routine.

DO:

Explain as needed. Give participants a few minutes to make their action plan.

SAY:

Please look at the “Commit to Change Module and Personalized Pledge” on pages 15-16 in the Participant Guide.

I encourage everyone to review this “Commit to Change” module. This interactive module highlights today's concepts and has testimonial videos and information about the program's ability to help you succeed. It ends with a pledge that you can create with your own personal goals and then sign and print if able.

DO:

Tell participants to follow the links provided to access the “Commit to Change” module and “Personalized Pledge.”

“Commit to Change” module: www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=1

“Personalized Pledge”: www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=1

The “Commit to Change” and “Personalized Pledge” handouts are available for your use if you prefer to write your answers rather than use the online modules.



Demonstrate how to navigate to the PST module while sharing your screen.



Time Estimate: 2 minutes

SAY:

Between now and the next session, please start your action plan. Check off each action you complete.

DO:

Answer questions as needed.

SAY:

We have come to the end of our meeting. Today we discussed PreventT2. We talked about:

- The program's goals and structure
- The basics of type 2 diabetes

You also set your 6-month goals and made your first action plan. I'm so proud of you!

DISCUSS:

Do you have questions about anything we talked about today?

SAY:

At the next session, we'll discuss how things went with your action plan. We'll also talk about [include specific topics that will be presented in the next session].

Thank you for coming to this session. Remember to bring your Participant Guide and Action Plan Journal to the next session.

End of meeting.