



Module 15: Get Support

Lifestyle Coach Guide



Module Overview

Getting support from other people is an important part of having the resources needed to make lasting changes. This module teaches participants how to get support for their healthy lifestyle.

Participant Learning Objectives

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

- Identify how to get support from family, friends, and coworkers; groups, classes, and clubs; and health care and other professionals

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 upcoming session on getting support. Here are some sample messages you can send to participants for this module:
 - 1 Week Prior: “It can be tough to engage in a healthy lifestyle without support. Our next session will provide the tips you need for getting support. I am looking forward to lots of discussion on this topic!”
 - 1 to 2 Days Prior: “Our next session on getting support is coming up! We will discuss how getting support from the people in your life is important to achieving and maintaining a healthy lifestyle.”
- If applicable, set up the appropriate number of virtual breakout rooms in your web conferencing tool so that there will be two participants per group for the “Practice Getting Support” group activity.

During this session:

- Compile a list of local or online support groups, classes, and clubs that participants might be interested in that support a healthy lifestyle.

After this session:

- Encourage participants to view the “Get Support” Personal Success Tool module (www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=14) if they are able to access it.
- Communicate with your participants via email, text message, app, or social media to continue the conversation on getting support. Here are some examples of messages to post:
 - “Remember! Getting support from those around you is a great way to maintain your healthy lifestyle. What ways have you gotten support since our last class?”
 - “Have you used any of the tips since our last class for starting the conversation about asking for support from family, friends, or coworkers? What worked or didn’t work so well?”
- On the group’s social media page, post the compiled list of local groups, classes, and clubs that participants shared during the discussion on getting support from groups, classes, and clubs.

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 Review	Page 3	5 Min
Session Focus	Page 4	1 Min
How To Get Support	Page 5	44 Min
Plan for Success	Page 14	5 Min
Summary and Closing	Page 16	4 Min

Welcome and Review



Time Estimate: 5 minutes
Method: Facilitated Discussion

SAY:

Welcome back, everyone! This is the [current session number] meeting of [name of program].

Today, we are going to talk about getting support for your healthy lifestyle.

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.

DO:

Briefly summarize previous session.

DISCUSS:

What questions do you have for me about what we talked about last time?

SAY:

Let's talk about how things went with the action plan you made last time.

DISCUSS:

What went well? What didn't go well?

SAY:

Now let's talk about how it went with the other things you tried at home.

DISCUSS:

What went well? What didn't go well?



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 participants to view.

SAY:

Let’s face it—it’s not easy to make lasting changes to your lifestyle. Fortunately, you don’t have to do it alone.

Getting support for your healthy lifestyle is an important part of making sure you have what you need to make changes you can stick to.

Today, we will talk about how to get support from family, friends, and coworkers; groups, classes, and clubs; and health care and other professionals.

Finally, you will make your new action plan.

Think about a time you had a big job to do. Who made it easier? How? We’ll talk about how to get these kinds of supports for your lifestyle change. How about people who meant well but weren’t really helpful? What did that look like? We’ll talk about how to manage that too.



Time Estimate: 44 minutes
Methods: Presentation, Facilitated Discussion

This part of the session focuses on the importance of getting support from family, friends, and coworkers to help support a healthy lifestyle.

Jim's Story (10 minutes)

SAY:

You've been working hard to make healthy changes to your lifestyle. Your family, friends, and coworkers can have a big impact on those efforts, for better or for worse.

Let's start by talking about some ways that family, friends, and coworkers might get in the way of your healthy lifestyle. This is not always on purpose, but it happens.

Let's look at an example. Please look at "Jim's Story" on page 2 in the Participant Guide.



For a virtual session, use the screen share feature to display "Jim's Story" from the Participant Guide for all participants to view.

DO:

Read (or ask a volunteer to read) the first two paragraphs of the story.

DISCUSS:

Jim's family, friends, and coworkers were unaware that they were doing things unsupportive to Jim's healthy lifestyle. How might your family, friends and coworkers unknowingly create obstacles in your healthy lifestyle?

DO:

Share the following (if not mentioned by participants):

- Buy and cook unhealthy items
- Complain about the healthy items you buy and cook
- Eat unhealthy items and offer them to you
- Invite you to do things that involve sitting or lying around
- Make it hard for you to find time to be active
- Decline to do active things with you
- Tell you you're fine the way you are, so you don't need to change
- Make it difficult for you to say no by offering you a dish they made for you
- Make unhelpful comments about how and what you're eating

SAY:

Now let's turn this around.

DISCUSS:

What are some ways family, friends, and coworkers could support your healthy lifestyle?

DO:

Share the following (if not mentioned by participants):

- Agree to do active things with you
- Buy and cook healthy items
- Grow and share healthy fruits and vegetables
- Eat and share healthy items
- Encourage you to stick to your healthy lifestyle
- Invite you to do healthy things
- Praise you for being active and/or eating healthy foods
- Tell you you're making great progress

SAY:

It can be challenging to begin a new healthy lifestyle, but finding ways to get support from your family, friends, and coworkers can make it easier to maintain.

Your family, friends, and coworkers care about you and want you to be well. But they might not understand what you're doing or why you're doing it. Or they might not know how to support your efforts. It's up to you to tell them.

Please look back at “Jim’s Story” on page 2 in the Participant Guide.



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

DO:

Read (or ask a volunteer to read) the rest of Jim’s story.

DISCUSS:

Jim found ways to reach out to his family, friends, and coworkers so they could understand his journey. How could you get family, friends, and coworkers to support your healthy lifestyle?

Get Support From Family, Friends, and Coworkers (5 minutes)

SAY:

Please look at “Get Support from Family, Friends, and Coworkers” on page 3 in the Participant Guide.



For a virtual session, use the screen share feature to display “Get Support from Family, Friends, and Coworkers” from the Participant Guide for all participants to view.

DO:

Review the ideas for reaching out to family, friends, and coworkers for support. Discuss those ideas not mentioned in the previous discussion.

Direct participants to the conversation starters at the bottom of the page.

SAY:

Here are a couple of examples of ways to start the conversation with family, friends, and coworkers.

DISCUSS:

What are some other ways you can think of to start off the conversation with a family member, friend, or coworker?

DO:

Encourage participants to write down their ideas in the space provided at the bottom of the page.

Share the following (if not mentioned by participants):

- I don't feel great. I'm tired and exhausted all the time. I need to take care of myself.
- I want to feel more confident.
- I don't feel like I'm in control of what I eat.
- I need to set a good example for my children.



Practice Getting Support (Optional) (10 minutes)

SAY:

Getting support from family, friends, and coworkers takes practice. Let's practice right now. Please look at "Practice Getting Support" on page 5 in the Participant Guide.



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

SAY:

We are going to practice ways to ask a family member, friend, or coworker to support your healthy lifestyle. Each of you will think about something you would say. Then, we can act it out with a partner, imagining your partner as your family member, friend, or coworker. Use the ideas we discussed from "Get Support From Family, Friends, and Coworkers" on page 3 of the Participant Guide. Then, you will write down some ideas and tips you used in your practice that were helpful when asking for support so you can use them later in real conversations.

DO:

Share group assignments and begin small group meetings. Give participants an exact time to meet back as a whole group.

When participants return, conduct a short debrief. Ask for volunteers to share their tips and ideas for what went well during the role plays.



Overcoming Challenges (5 minutes)

SAY:

We know that it's possible that some of our family, friends, and coworkers may not be receptive to and supportive of our healthy lifestyle. Let's talk about what those challenges are and how we can overcome them.

Please look at "Overcoming Challenges" on page 6 in the Participant Guide.



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

DISCUSS:

What are some challenges when a family member, friend, or coworker isn't being supportive? These can be challenges that you're experiencing now or ones you might experience in the future.



For a virtual session, encourage participants to use a digital whiteboard or the group chat feature to type their answers. Or have them "raise their hand" in the web conferencing tool if the option exists.

DISCUSS:

If a family member, friend, or coworker is not supportive, what tips can we use to overcome that challenge?

DO:

Share the following (if not mentioned by participants):

- Explain your reason for living a healthy lifestyle.
- Share key facts about the negative effects of not following a healthy lifestyle.
- Share the consequences of developing type 2 diabetes.
- Share key facts about the positive effects of having a healthy lifestyle.
- Get active with a coworker, neighbor, or friend who wants to do so.
- Acknowledge that some people are not going to understand and find ways to manage the stress of being around them.



Get Support From Groups, Classes, and Clubs (9 minutes)



For a virtual session, use the screen share feature to display “Get Support From Groups, Classes, and Clubs” from the Participant Guide for all participants to view.

SAY:

One way to get support from others in your community is to join a support group. Some support groups meet in person. Others connect online.

Support groups are for people who share a common issue. There are support groups for people who have lost a child, for people with cancer, and for people with a spouse who drinks too much. There are also support groups for people like you—who want to lower their risk of type 2 diabetes and have a healthy lifestyle.

Support group members share facts, ideas, and feelings. They listen to and encourage each other.

Another way to get support from others in your community is to join an online health community. There are health communities for people with a range of lifestyle goals. Members share tips and stories, enjoy friendly competition, and cheer each other on.

Another way to get support from others in your community is to take a class or join a club. This lets you learn about and practice healthy habits with like-minded people.

DO:

Compile a list of the local or online support groups, classes, and clubs that participants mention during this discussion to post on the group’s social media page.



DISCUSS:

What are some classes and clubs that could support your healthy eating habits?

And what are some classes and clubs that could support your healthy activity habits?

What about some classes or clubs that could help you manage stress?

What are some ways to find groups, classes, and clubs that support your healthy lifestyle?

DO:

Share the following (if not mentioned by participants):

Classes and clubs that support healthy eating habits include those for:

- Healthy cooking
- Healthy meal planning

Classes and clubs that support healthy activity habits include those for:

- Dancing
- Softball
- Walking

Classes and clubs that support stress management include those for:

- Arts and crafts
- Community service/volunteering
- Being physically active

Ways to find groups, classes, and clubs that support your healthy lifestyle include:

- Asking your health care provider
- Contacting community groups
- Searching online

SAY:

Some community groups can also connect you with health care services, transportation assistance, financial help, and more.



Get Support From Professionals (5 minutes)

SAY:

We've talked about how to get support from family, friends, and coworkers and from others in your community. Now let's talk about how to get support from professionals—people who have specialized training.

Please look at “Get Support From Professionals” on page 8 in your Participant Guide.



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

DO:

Review the list of professionals who could support your healthy lifestyle habits. Discuss briefly.

SAY:

I also hope you'll always feel free to ask me for support.



Time Estimate: 5 minutes

SAY:

Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.

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 to your new routines? Are you ready for a new routine?

Also keep in mind what we discussed today about getting support.

As you try out and practice 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.
- Create times to repeat and practice your new routines.

If you are ready to add another routine, complete these 3 steps:

1. Identify what current routine needs to change or stop.
2. Plan a new routine that helps you make a positive change that will stick.
3. List cues or hints for when to use your new routine.

DO:

Give participants a few minutes to make their action plans.

SAY:

Please look at the PST module, “Get Support,” on page 9 in the Participant Guide.

I encourage everyone to review this optional module using the provided link. It contains suggestions for how to find social support for positive changes and a Support Action Plan that you can tailor and print. If you do not have reliable internet access, please speak with me about alternative ways to access the online materials.

Later in the week, I will send out a reminder about this PST module.

DO:

Tell participants to follow the link provided to access the “Get Support” module, if they are able. 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.

www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=14

Demonstrate how to navigate to the Personal Success Tool module while sharing your screen.



Time Estimate: 4 minutes

SAY:

Between now and the next session, I'd like you to continue adding challenges to the "Overcoming Challenges" chart on page 6 in the Participant Guide. In the left column, write down the challenges you encounter as you try to maintain your healthy lifestyle. In the right column, write how you will get support and overcome these challenges.

I'd also like you to reread "Get Support From Groups, Classes, and Clubs" on page 7. Think about trying some of these ideas! I will also be posting the list of groups, classes, and clubs we discussed today.

DO:

Answer questions as needed.

SAY:

We have come to the end of our meeting. Today, we discussed getting support for your healthy lifestyle. We talked about how to get support from family, friends, and coworkers; groups, classes, and clubs; and health care and other professionals.

DISCUSS:

Do you have questions about anything we talked about today?

SAY:

Next time, we'll talk about the things you tried at home, including 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.