



Module 15: Get Support

Participant Guide



Session Focus



In this session, we will talk about:

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

You will also make a new action plan!

Tips:

- ✓ Tell family, friends, and coworkers what you're doing, and why you're doing it. And tell them what kinds of support you would find helpful.
- ✓ Check with your local library, recreation center, fitness center, community center, culture center, or senior center. Ask about local or online groups, classes, and clubs that support your healthy lifestyle.

How To Get Support

Jim's Story

Jim is at risk for type 2 diabetes. He's made healthy changes in his eating and activity habits. But he doesn't always get the support he needs from his family, friends, and coworkers.

At home, his kids complain about missing their favorite foods, like fried potatoes and cookies. His wife dislikes the time Jim spends being active instead of helping with the kids and home. His mom keeps telling him he's just fine the way he is. And some of his coworkers put out candy and share their treats.



Jim asks his family, friends, and coworkers to support his healthy lifestyle.

First, Jim talks with his family and explains to them how much he needs their support. He explains the reasons he is making these lifestyle changes, and he is open about his struggles. He is also specific about the kind of support he needs, such as trying new healthy recipes. Today, his wife helped Jim prepare a healthy new meal. Even though his kids are not very happy about the healthy foods, they are being much more cooperative. And his wife is also more understanding about Jim spending time away from the family to exercise. In fact, the two of them go out dancing sometimes. And the whole family has started playing sports, like basketball or lacrosse, after dinner several times a week.

Jim also has a conversation with his mom. She sees how hard he has been working and is proud of him for changing his lifestyle. She's thinking about changing hers too.

Next, Jim explained to his coworkers how he is changing his eating and activity habits. Many of them were interested because they wanted to try something new too. They decided to offer their candy by request instead of having it in the open and they started sharing healthier options as treats instead.

After a few weeks, Jim also joined an online health community for extra support. He and the other members share tips and cheer each other on. Every week, they offer new fun challenges that match the members' current abilities and time commitments.

How To Get Support



Get Support From Family, Friends, and Coworkers

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 making changes to your daily habits. Or they might not know how to support your efforts. It's up to you to tell them.

Ways To Get Family, Friends, and Coworkers To Support Your Healthy Lifestyle

- Share facts about type 2 diabetes and how to prevent it.
- Tell them why you are trying to live a healthier lifestyle.
- Ask them nicely to support your efforts.
- Give them regular updates on your progress.
- Involve your family in creating new family rules that will help you meet your goals.

How To Get Support

You could also invite them to:

- Be active with you
- Plan healthy meals and get ingredients for them with you
- Cook and eat healthy food with you

Conversation Starters

Starting a conversation may include:

- “I care about my health and want to live a long life. I am working towards improving my health.”
- “I am working hard on living a healthy lifestyle and need help with _____.”

Write some of your own conversation starters here:

How To Get Support



Practice Getting Support

Directions: Work with a partner to practice how you will ask a family, friend, or coworker to support your healthy lifestyle. Think about what you would say. Then, imagine that your partner is someone in your family, a friend, or coworker and practice asking for support. Write some ideas and tips that you found helpful in your conversations.

Helpful Ideas/Tips for Getting Support



How To Get Support

Overcoming Challenges

Your family, friends, and coworkers may not always be supportive of your healthy lifestyle.

- In the left column, write some challenges that you're experiencing or might experience in the future.
- In the right column, write ideas for how you might overcome each challenge.

Challenge	Ways To Overcome
Example: My husband buys chips.	Example: I'll explain to him that I'm trying to eat healthy to prevent type 2 diabetes. I'll ask him to keep his chips at work or try to snack on healthier options when he is at home.

How To Get Support

Get Support From Groups, Classes, and Clubs

Here are some groups, classes, and clubs that could support your healthy lifestyle and ways to find them.

Groups, Classes, and Clubs	Ways To Find Them
Groups <ul style="list-style-type: none">• Online health community• Support group	<ul style="list-style-type: none">• Ask your health care provider.• Check with your local library, recreation center, community center, or senior center.• Contact the American Diabetes Association: 800-DIABETES (800-342-2383).• Contact community groups who provide links to other groups (for example community resource centers).• Contact your local health department.• Look for postings at your gym.• Look in your community newspaper.• Search online or in your phone book.• Start your own! <hr/> <hr/>
Classes and Clubs <p>Healthy eating classes</p> <ul style="list-style-type: none">• Healthy cooking• Healthy meal planning <p>Physical activity clubs</p> <ul style="list-style-type: none">• Archery• Basketball• Biking• Canoeing• Dancing• Hiking• Horseback riding• Lacrosse• Martial arts• Softball• Walking• Weightlifting	
<p>Stress management groups</p> <ul style="list-style-type: none">• Arts & crafts• Book, movie/TV, or podcast discussion• Community service/ volunteering <p>Other community activities</p> <hr/> <hr/>	

How To Get Support

Get Support From Professionals

Here are some professionals who could support you.

Lifestyle coaches can help you adopt and sustain healthy habits.

Nutritionists and dietitians can help you with healthy food and eating habits and concerns. Pharmacists can talk with you about the effects of medicine.

Your primary care provider is likely the person who told you about being at risk for type 2 diabetes. He or she can help you learn about how to prevent this condition and refer you to other professionals.

Psychologists and psychotherapists can help you manage and overcome thoughts, feelings, and behaviors.

Recreational therapists can help you manage daily life and be involved in your community.

Social workers can provide counseling and connect you to support services.

Trainers and exercise physiologists can help you learn how to move your body in order to be healthy.



Plan for Success

Get Support Module

This PST module, “Get Support,” contains suggestions for how to find social support for positive changes and a Support Action Plan that you can tailor and print. Use the link provided to access this optional PST module. If you do not have reliable internet access, please speak with your Lifestyle Coach about alternative ways to access the online materials.

PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Get Support. Make Lasting Changes.

To make sure small steps become true lifestyle changes, you need to build a strong support network. Can you count on friends? Talk to family members? Could a doctor or counselor help you succeed?

Start

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