



Module 24: More About Type 2

Lifestyle Coach Guide



Module Overview

This module gives participants a deeper understanding of type 2 diabetes. Learning more about this condition can motivate participants to prevent it. It can also help them understand how type 2 diabetes is managed.

Participant Learning Objectives

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

- Identify the basics of type 2 diabetes
- Explain how type 2 diabetes is diagnosed
- Explain how type 2 diabetes is managed

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 type 2 diabetes and how it is managed. Here are some sample messages you can send out to participants for this module:
 - 1 Week Prior: “During our next session, we will take a deeper look into type 2 diabetes. You will learn about how type 2 diabetes is diagnosed and managed. See you soon!”
 - 1 to 2 Days Prior: “It’s almost time for our session on reviewing the basics of type 2 diabetes. Bring any questions you have about diabetes management to the session!”
- Optional. Schedule a guest speaker to come and speak to participants about how the person manages type 2 diabetes.

After this session:

- Communicate with your participants via text message, email, app, or social media to continue the conversation on the basics of type 2 diabetes and how to manage it. Here are some examples of messages to post:
 - “Since our last session, are there any questions about type 2 diabetes that you still have? Please post any questions to the group.”
 - “What are some tips you would give someone on managing type 2 diabetes? Please share your tips with the group.”
 - “Do you know anyone with type 2 diabetes? How did his or her life change and what does that person do to manage it? Please share your responses and discuss with other participants on our private social media page.”

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
Basics of Type 2 Diabetes: A Review	Page 5	15 Min
How Type 2 Diabetes Is Managed	Page 7	29 Min
Plan for Success	Page 11	5 Min
Summary and Closing	Page 12	5 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 learn more about type 2 diabetes. 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 the 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:

You’ve been working hard to prevent or delay type 2 diabetes by losing weight and being active. Today, we will learn more about that disease.

We will talk about:

- The basics of type 2 diabetes
- How type 2 diabetes is diagnosed
- How type 2 diabetes is managed

Finally, you will make a new action plan.

DO:

Let participants know that some people who go through the program may still develop type 2 diabetes. Point out that even if they do develop type 2 diabetes, what they learn in this program will help them manage it successfully.



Time Estimate: 15 minutes
Methods: Presentation, Facilitated Discussion

This part of the session concentrates on a basic review of type 2 diabetes. Participants will learn how to find out if they have type 2 diabetes.

The Basics of Type 2 Diabetes (10 minutes)

DISCUSS:

What do you know about type 2 diabetes?

DO:

Use this discussion to gauge the group's understanding of type 2 diabetes. Correct any misconceptions and focus on gaps in knowledge of the basics of type 2 diabetes.

SAY:

Let's start with a review of the key facts. Please turn to "Basics of Type 2 Diabetes" on page 2 in the Participant Guide.



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

DO:

Use the Participant Guide to review what type 2 diabetes is, how it can cause harm, and the risk factors that make a person more likely to get it. Answer any questions.

Participants may ask about type 1 diabetes. Explain that people with type 1 diabetes do not make insulin or make very little insulin.

SAY:

While you can't control all these factors, you can control what you eat and how active you are!

How To Find Out if You Have Type 2 Diabetes (5 minutes)

SAY:

We've reviewed the basics of type 2 diabetes. Now, let's discuss how to find out if you have it.

Most people who are in the early stages of type 2 diabetes don't have any symptoms. So, they don't know they have it.

ASK:

What is the best way to find out if you have it?

ANSWER:

Get your blood sugar tested.

SAY:

Since you are at risk for type 2 diabetes, it's important to get your blood sugar checked on a regular basis. As we discussed in our first session, your health care provider will use the A1C—or hemoglobin (Hb) A1C—test to measure your average blood sugar levels over the past 3 months. This is a commonly used test to diagnose prediabetes and diabetes.

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.

The sooner you find out you have diabetes, the better you can manage it. That way, you can prevent the health problems we just talked about.



Time Estimate: 29 minutes
Methods: Presentation, Facilitated Discussion, Guest Speaker

This part of the session will help participants understand how type 2 diabetes is managed.

Mike and Henry's Story (15 minutes)

SAY:

The goal of managing type 2 diabetes is to keep your blood sugar in a healthy range so you can avoid diabetes complications or stop them from worsening.

Let's look at an example. Please turn to "Mike and Henry's Story" on page 3 in the Participant Guide.



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

DO:

Read (or ask a volunteer to read) the story.

SAY:

Most people with type 2 diabetes have eating and physical activity goals very much like yours. Like you, they are trying to reach and stay at a healthy weight. They may also track their eating and activity.

We are trying to prevent type 2 diabetes through behavior change, but if you do get diabetes, it's not the end of the road. There are a lot of things you can do to manage it. Diabetes self-management education and support (DSMES) services can help you learn how to best manage diabetes.

It's important to go for DSMES services when you first find out you have diabetes so you can learn how to take care of yourself. However, there are three other times DSMES can help you:

- During your yearly follow-up visits with your doctor when checking your progress and getting help to prevent complications.
- When new situations affect the way you take care of yourself, like being diagnosed with a new health condition, change in mobility, depression, or money problems.
- When other life changes occur that affect the way you take care of yourself, like a change in your living situation, your doctors or insurance plan, or your job.

Your doctor can refer you to DSMES services.

DISCUSS:

What worries you the most about the possibility of being diagnosed with type 2 diabetes?

DO:

Allow participants to share their concerns with the whole group.

Participants may share that they worry about:

- Type 2 diabetes medication management
- Overall health
- Daily quality of life
- Types of food they would no longer be able to eat

Emphasize that the main goal is to prevent type 2 diabetes through lifestyle change. Consistently making healthy eating choices and remaining active will help correct the course that would lead to type 2 diabetes and related health complications.

SAY:

Are there any questions or concerns about how type 2 diabetes is managed?

DO:

Answer any questions or concerns participants may have.

DISCUSS:

How would your life change if you had type 2 diabetes?



For a virtual session, encourage participants to use the group chat feature to type their answers in the web conferencing tool.

DO:

Share the following (if not mentioned by participants):

- You would need to track your blood sugar.
- You would have to take medicine.
- You would need to have more provider visits and lab tests.
- You could develop serious health problems, like heart disease, kidney disease, and blindness.

DISCUSS:

What will you do to prevent type 2 diabetes?

DO:

Inform participants that in order to prevent type 2 diabetes, participants might work harder to meet their eating and physical activity goals and track their food and activity.

Guest Speaker (optional) (14 minutes)

DO:

Invite a guest speaker who has type 2 diabetes to describe (in a positive, non-scary way) the reality of managing diabetes. Invite participants to ask questions.



For a virtual session, invite the guest speaker to the video conferencing tool for the presentation.



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 the basics of type 2 diabetes and how it is managed.

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 plan.



Time Estimate: 5 minutes

SAY:

Please look at “Life With Type 2 Diabetes” on page 4 in your Participant Guide. Between now and our next session, think about how your life would change if you had type 2 diabetes. What will you do to prevent it? Write down your thoughts in your Participant Guide.

DISCUSS:

Do you have any questions about anything we talked about today?

SAY:

Do you know anyone with type 2 diabetes? If you do know someone with type 2 diabetes, ask that person how his or her life changed and what that person does to manage it. Please share your responses and discuss with other participants on our private social media page.

Next time, we’ll talk about the things you tried at home, including your action plan. We will also talk about the role carbohydrates play in relation to type 2 diabetes.

Thank you for coming to this session.

Remember to bring your Participant Guide and Action Plan Journal to the next session.

End of meeting.