



# Module 26: Prevent Type 2 for Life!

## Lifestyle Coach Guide



# Module Overview

Keeping a healthy lifestyle going can help prevent or delay type 2 diabetes. This module helps participants reflect on their progress and keep making positive changes over the long term.

## Participant Learning Objectives

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

- Reflect on how far they've come since they started this program
- Explain how to keep their healthy lifestyle going once this program ends
- Set their goals for the next 6 months

## 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 keeping their healthy lifestyle going after the program. Here are some sample messages you can send out to participants for this module:
  - 1 Week Prior: "Our last session is coming up! We will reflect on how far you have come in this journey and set some long-term goals. See you soon!"
  - 1 to 2 Days Prior: "It is almost time for our final session to reflect on this journey. See you soon!"
- If preparing a group progress report, email or mail it to participants so they can review it during the session.
- If preparing individual progress reports, email or mail them to participants so they can review them during the session.
- Let participants know that you would like some of them to share some testimonials about their journey through the PreventT2 lifestyle change program. Ask participants to email you if they would like to share their testimonials during the last session.
- If you are inviting a guest speaker to this session, provide the speaker with suggested talking points specific to the needs of the group. You will also want to share access to the conferencing tool as appropriate.

## During this session:

- If there are any participants who want to discuss their individual progress report, schedule a day/time to meet with them privately.

## After this session:

- Communicate with your participants via email, text message, app, or social media to continue the conversation on how to keep a healthy lifestyle after the program. Include messages on how to keep up with goals for the upcoming months. Here are some examples of messages to post:
  - “Since our final session, how have you maintained your healthy lifestyle after the program? Have you faced any challenges? Please share your wins and challenges with the group.”
  - “What is one goal you have achieved since our last meeting? Please share with the group.”
  - “Are there any routines you have included in your day that are helping you maintain your healthy lifestyle? Share any tips with the group.”

## 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	1 Min
Session Focus	Page 4	1 Min
Look How Far You've Come!	Page 5	19 Min
Keep Up the Good Work!	Page 9	19 Min
Your Goals for the Next 6 Months	Page 12	5 Min
Plan for Success	Page 14	5 Min
Summary and Closing	Page 15	10 Min



Time Estimate: 1 minute  
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 how to keep your healthy lifestyle going over the long term. 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:**

Keeping your healthy lifestyle going over the long term can help you prevent or delay type 2 diabetes. Today, we will talk about:

- How far you’ve come since you started this program
- How to keep your healthy lifestyle going once this program ends
- Your goals for the next 6 months

Finally, you will make a new action plan.



Time Estimate: 19 minutes  
Methods: Presentation, Facilitated Discussion

This part of the session allows participants to reflect on their journey throughout the type 2 diabetes program. Begin by asking how far participants have come since they started the program. Then, use the questions provided to guide the discussion.

## **SAY:**

Let's start by talking about how far you've come since you started this program a year ago. Throughout this year, I've been asking you for notes about what you have accomplished, from changing what you eat to increasing your activity to overcoming challenges.

## **DO:**

Display the updated collection of testimonials and notes you received from participants before this session. Review a variety of accomplishments, asking for details from those willing to share.



For a virtual session, use screen sharing to display the group's accomplishments.

## **DISCUSS:**

I'd like to take a couple minutes for thoughts on our progress. Who would like to share what you learned that was key to your progress? What questions do you have for me or each other?



For a virtual session, encourage participants to use a digital whiteboard or the group chat feature to type their answers.

## DO:

Facilitate the conversation to encourage sharing and support among members.

## Group Progress Report (optional; 5 minutes)

## DO:

Hand out a report that summarizes the group's total progress in the program.

The report could include:

- Pounds the group has lost (starting total body weight minus most recent total body weight)
- Percent of body weight the group has lost (pounds the group has lost divided by total starting weight)
- Minutes of activity per week the group has gained (most recent total minutes minus starting total minutes)

## SAY:

Let's look at how much progress you've made as a group.



For a virtual session, use screen sharing to display the report.

## DO:

Explain the report.

Encourage participants to share personal achievements or proudest moments throughout the program. Participants can write their achievements on sticky notes and add them to a flip chart or whiteboard as they share with the group.



For a virtual session, encourage participants to use a digital whiteboard or the group chat feature to share their responses.

## SAY:

Take a moment to look at all we have accomplished in this program. It's pretty amazing.

## Individual Progress Report (optional; 10 minutes)

## DO:

Hand out a report to each participant that describes that person's progress so far. Explain the report. Use a flip chart or white board, if you wish.

The report should include:

- Pounds the person has lost (starting body weight minus most recent body weight)
- Percent of body weight the person has lost (pounds the person has lost divided by starting weight)
- Minutes of activity per week the person has gained (most recent minutes minus starting minutes) starting total minutes)



If your group is meeting virtually, consider scheduling one-on-one time with each participant over the phone or on a video call to review individual reports. You can also email or mail the report in advance and review during the session.

## SAY:

This report is just for you. No one else will see it.

Are there any general questions?

## DO:

Inform participants that those who volunteered to give their testimonials will have the opportunity to share with the group at this time.



For a virtual session, use the spotlight feature in the video conferencing tool to enlarge the video of each participant as the person gives a testimonial.

## SAY:

Let's get started with our first testimonial. This has been a long journey for each of you.

## DO:

Call on participants who volunteered to share their journey. Ask the following questions to guide the conversation:

- What has kept you motivated during this journey?
- What has been the most challenging time for you during this process?
- What strategies did you personally use to stay on track with your healthy eating?
- What were your healthy go-to meals?
- What would you tell someone who was starting this same program?

Be sure to engage the group by asking if anyone else had a similar or different experience.

Allow participants 3 minutes to share before moving to the next activity.



Time Estimate: 19 minutes

Methods: Presentation, Facilitated Discussion,  
Guest Speaker

This part of the session allows participants to reflect on and discuss how to keep a healthy lifestyle after the program ends.

## Edward's Story (5 minutes)

### SAY:

You've come so far since you started this program. And you've overcome many challenges along the way. Your next challenge is to keep your healthy lifestyle once this program ends. Let's look at an example. Please look at "Edward's Story" on page 2 in the Participant Guide.



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

### DO:

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

### DISCUSS:

Have any of you lost weight in the past, only to gain it back?

### ASK:

So why is it important to keep your healthy lifestyle going over the long term?

### ANSWER:

If you don't sustain your healthy habits, you can lose the progress you've made. Your risk of type 2 diabetes can go up again.

**SAY:**

Let's go back to the story.

**DO:**

Read (or ask a volunteer to read) the last three paragraphs of the story.

**DISCUSS:**

How about you? How will you get support once this program ends?

And how will you stay motivated once this program ends?

**SAY:**

Write your responses on page 2 in the Participant Guide.

**DO:**

Tell participants that they can get support and stay motivated by staying connected to the social network that was created prior to the class.

## Become a Program Champion (1 minute)

**SAY:**

You can also become a Program Champion for the PreventT2 program by giving your own testimonials for future classes or even becoming a guest speaker. As a guest speaker, you can share your experiences and give advice to future students.

**DO:**

Highlight how to become a Program Champion and the DSMES resource in the Participant Guide.

## Guest Speaker (optional; 10 minutes)

### DO:

Present a guest speaker who has participated in PreventT2. Ask the speaker to describe how to get support and stay motivated once the program ends. 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  
Methods: Presentation, Facilitated Discussion

This part of the session allows participants to plan their goals for the next 6 months.

## **SAY:**

Now let's write down your next steps. Please look at "Your Goals for the Next 6 Months" on page 4 in your Participant Guide.

You again have activity and weight loss goals.

As you can see, your activity goal for the next 6 months is unchanged—to get at least 150 minutes of activity each week at a moderate pace or more.

But you may want to revise your weight goal. Let's fill it out together.

First, fill in what you weigh now. That's the weight we discussed before this session.

Next, decide if you want to lose weight or maintain your weight in the next 6 months. Mark your choice in your Participant Guide.

- If your goal is to lose weight, write the weight you will reach.
- If your goal is to maintain your weight, write the weight you will stay at.

## **DO:**

Help participants fill in their weight goals.

## **SAY:**

Now, let's look back at your personal goals from our midpoint session. Review your progress and, if you need to, update or create new goals that will be your focus after the program.

## **DO:**

Allow participants to share their personal goals that were meaningful to them throughout the program.

After the participants have shared, use the “Skills To Live By” list in the Participant Guide on page 5 to discuss the healthy lifestyle skills they learned in the program.

## **SAY:**

Continue to make healthy food choices and be more active to achieve your goals and keep your A1C levels in a healthy range. You’ve learned many healthy lifestyle skills in this program. I urge you to keep using these skills in the months and years to come. If you need to review any of these skills, refer to your Participant Guide.



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 keeping your healthy lifestyle after the program is complete.

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: 10 minutes

## **SAY:**

We have come to the end of PreventT2. Today, we discussed how keeping your healthy lifestyle going can help you prevent or delay type 2 diabetes. We talked about:

- How far you've come since you started the program
- How to keep your healthy lifestyle going once the program ends
- Your goals for the next 6 months

## **DISCUSS:**

Do you have any questions about anything at all?

## **SAY:**

And now it's time to celebrate!

## **DO:**

Hold a small celebration. Here are some ideas:

- Eat healthy snacks.
- Give each participant a group photo.
- Give certificates of completion.
- Have a round of applause.
- Toast with sparkling water.



For a virtual session, hold the small celebration by having participants bring their own healthy snacks and drinks, email certificates of completion ahead of time, and include music to celebrate.

End of meeting.