



Module 1: Introduction to the Program

Participant Guide



Session Focus



In this session, we will 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

Program Overview

Prediabetes



Prediabetes means that your blood sugar is higher than normal. But it's not high enough for type 2 diabetes.

- More than 1 in 3 American adults has prediabetes.
- Nine out of 10 people with prediabetes don't know they have it.

If you have prediabetes, you are more likely to:

- Get diabetes
- Get heart disease
- Experience a stroke

The good news is that losing weight and being active can cut your risk of type 2 diabetes in half.

What are some of the benefits to you of losing weight and staying in good health?

Source: Centers for Disease Control and Prevention

PreventT2 Goals



PreventT2 is a yearlong program. It's 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.

PreventT2 Program Goals

By the end of the first 6 months, PreventT2 program goals are to:

- Lose at least 5 percent of your starting weight,
- Lose at least 4 percent of your starting weight and log an average of 150 minutes of activity each week, OR
- Lower your HbA1C by 0.2 percent.

By the end of the second 6 months, program goals are to:

- Keep off the weight you've lost
- Keep working toward your weight or HbA1C goals, if you haven't reached them
- Lose more weight if you wish, but no more than 1 to 2 pounds a week
- Keep getting at least 150 minutes of activity each week

Losing weight can:

- Prevent or delay type 2 diabetes
- Ease sleep problems, arthritis, and depression
- Lower your blood pressure and cholesterol level
- Make you feel better about yourself

Getting more active can:

- Prevent or delay type 2 diabetes
- Give you more energy
- Help you sleep better
- Improve your memory, balance, and flexibility
- Lift your mood
- Lower your blood pressure and cholesterol
- Lower your risk of heart attack and stroke
- Lower your stress level
- Strengthen your muscles and bones

All About A1C

You can learn more about HbA1C by visiting the CDC's *All About Your A1C* web page.

Source: www.cdc.gov/diabetes/managing/managing-blood-sugar/a1c.html



Alina's Story

Alina Nguyen was not expecting to hear from her doctor that she was in danger of developing type 2 diabetes. She felt scared. However, when she learned that she could join a program to help her take charge of her health and lower her risk of type 2 diabetes, she was relieved.

That relief quickly faded as she began to feel overwhelmed thinking about the changes she would have to make. How would she fit exercise into her busy schedule? How could she afford to buy fresh fruits and vegetables making minimum wage? How would she be able to eat and fit in at family gatherings if she must eat differently? These efforts seemed almost impossible.

After joining the program, she began to see that there were in fact changes she could make to her lifestyle that she could stick to and were realistic. Alina learned that adopting small, positive changes in her day-to-day life was achievable, and that although the larger goal can seem far-off at times, taking small steps keeps her on the right path.

For example, because of Alina's busy schedule, she continues to make small steps in physical activity to reach her goal. At first, she began with 15 minutes of brisk walking every other day. Now, she jogs during those 15 minutes and does 1 set of pushups in the evening. She also learned that using canned and frozen vegetables in her meals is a step she can afford.

Finally, Alina learned to adapt her eating patterns at family gatherings so she can still enjoy the foods she loves and participate with family. For her, smaller meals have led to big results! As Alina began to see her success, her motivation and confidence climbed, and she knew she could stay in it for the long haul.

Program Structure

Program Handouts:

- Action Plan Journal
- Activity Log
- Food Log
- Weight Log
- Program Meeting Schedule
- To Learn More

Before each session, you will meet with your coach to provide your current weight and discuss any questions or needs you have.

Starting in a couple of weeks, you'll also share your Activity Log with your coach. This log will help you track your total minutes of activity for each week.

Your coach will keep a record of your weight and activity minutes, and so will you. This will track your progress.

During 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

The Personal Success Tool (PST) modules are 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 what you've learned in your daily life, bringing your changes and your progress into reality.

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.

After completing some of your sessions, you will be encouraged to complete a module to help you build on what you have learned.

You can review the Personal Success Tool - Participant Overview handout for more information.

www.cdc.gov/diabetes/prevention/pdf/PST_ParticipantOverview_508.pdf

Basics of Type 2 Diabetes



When you eat, your body breaks down food into glucose, a type of sugar.

In people without type 2 diabetes, a hormone called insulin helps sugar leave the blood and enter the cells. This gives the cells energy.

In people with type 2 diabetes, the body doesn't make or use insulin well. So, sugar builds up in the blood instead of going into the cells. And the cells don't get enough energy.

Type 2 diabetes can harm your:

- Heart and blood vessels, which can lead to heart attacks and strokes
- Nerves
- Kidneys, which can lead to kidney failure
- Eyes, which can lead to blindness
- Feet, which can lead to amputation
- Gums
- Skin

You are more likely to get type 2 diabetes if you:

- Are too heavy (overweight or obese)
- Spend a lot of time sitting or lying down
- Have a parent or sibling with type 2 diabetes
- Are African American, Hispanic, Native American, or Asian American
- Are 45 or older. This may be because people tend to be less active and gain weight as they age. But type 2 diabetes is also on the rise among young people.
- Had diabetes while you were pregnant (gestational diabetes)

Your 6-Month Goals



Here are my personal goals for the PreventT2 program:



Activity Goal

In the next 6 months, I will get at least 150 minutes of activity each week at a medium or moderate pace or more.

Weight Goal

I weigh _____ pounds.

In the next 6 months, I will:

Lose at least _____ (4/5/6/7) percent of my body weight

Lose at least _____ pounds

Reach _____ pounds

Weight Loss by the Numbers



One goal of this program is to lose at least 4 to 5 percent of your starting weight in the next 6 months. For instance, if you weighed 200 pounds, you would lose 8 to 10 pounds. The chart on the next two pages shows how many pounds you need to lose in order to reach your goal. To use the chart:

1. Place your finger at the top of the blue column that says “Wt.” This stands for your starting weight. Move your finger down until you find the number of pounds you weigh now.
2. Move your finger to the right. Stop when you reach the column that shows what percentage (4%, 5%, 6%, or 7%) of your starting weight you want to lose.
3. Look at the number in the white box your finger is pointing to. That’s the number of pounds you need to lose in order to reach your goal.

Weight Loss by the Numbers

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
130	5	7	8	9	156	6	8	9	11
131	5	7	8	9	157	6	8	9	11
132	5	7	8	9	158	6	8	9	11
133	5	7	8	9	159	6	8	10	11
134	5	7	8	9	160	6	8	10	11
135	5	7	8	9	161	6	8	10	11
136	5	7	8	10	162	6	8	10	11
137	5	7	8	10	163	7	8	10	11
138	6	7	8	10	164	7	8	10	11
139	6	7	8	10	165	7	8	10	12
140	6	7	8	10	166	7	8	10	12
141	6	7	8	10	167	7	8	10	12
142	6	7	9	10	168	7	8	10	12
143	6	7	9	10	169	7	8	10	12
144	6	7	9	10	170	7	9	10	12
145	6	7	9	10	171	7	9	10	12
146	6	7	9	10	172	7	9	10	12
147	6	7	9	10	173	7	9	10	12
148	6	7	9	10	174	7	9	10	12
149	6	7	9	10	175	7	9	11	12
150	6	8	9	11	176	7	9	11	12
151	6	8	9	11	177	7	9	11	12
152	6	8	9	11	178	7	9	11	12
153	6	8	9	11	179	7	9	11	13
154	6	8	9	11	180	7	9	11	13
155	6	8	9	11	181	7	9	11	13

Weight Loss by the Numbers

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
182	7	9	11	13	208	8	10	12	15
183	7	9	11	13	209	8	10	13	15
184	7	9	11	13	210	8	11	13	15
185	7	9	11	13	211	8	11	13	15
186	7	9	11	13	212	8	11	13	15
187	7	9	11	13	213	9	11	13	15
188	8	9	11	13	214	9	11	13	15
189	8	9	11	13	215	9	11	13	15
190	8	10	11	13	216	9	11	13	15
191	8	10	11	13	217	9	11	13	15
192	8	10	12	13	218	9	11	13	15
193	8	10	12	14	219	9	11	13	15
194	8	10	12	14	220	9	11	13	15
195	8	10	12	14	221	9	11	13	15
196	8	10	12	14	222	9	11	13	16
197	8	10	12	14	223	9	11	13	16
198	8	10	12	14	224	9	11	13	16
199	8	10	12	14	225	9	11	14	16
200	8	10	12	14	226	9	11	14	16
201	8	10	12	14	227	9	11	14	16
202	8	10	12	14	228	9	11	14	16
203	8	10	12	14	229	9	11	14	16
204	8	10	12	14	230	9	12	14	16
205	8	10	12	14	231	9	12	14	16
206	8	10	12	14	232	9	12	14	16
207	8	10	12	14	233	9	12	14	16

Weight Loss by the Numbers

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
234	9	12	14	16	260	10	13	16	18
235	9	12	14	16	261	10	13	16	18
236	9	12	14	17	262	10	13	16	18
237	9	12	14	17	263	11	13	16	18
238	10	12	14	17	264	11	13	16	18
239	10	12	14	17	265	11	13	16	19
240	10	12	14	17	266	11	13	16	19
241	10	12	14	17	267	11	13	16	19
242	10	12	15	17	268	11	13	16	19
243	10	12	15	17	269	11	13	16	19
244	10	12	15	17	270	11	14	16	19
245	10	12	15	17	271	11	14	16	19
246	10	12	15	17	272	11	14	16	19
247	10	12	15	17	273	11	14	16	19
248	10	12	15	17	274	11	14	16	19
249	10	12	15	17	275	11	14	17	19
250	10	13	15	18	276	11	14	17	19
251	10	13	15	18	277	11	14	17	19
252	10	13	15	18	278	11	14	17	19
253	10	13	15	18	279	11	14	17	20
254	10	13	15	18	280	11	14	17	20
255	10	13	15	18	281	11	14	17	20
256	10	13	15	18	282	11	14	17	20
257	10	13	15	18	283	11	14	17	20
258	10	13	15	18	284	11	14	17	20
259	10	13	16	18	285	11	14	17	20

Weight Loss by the Numbers

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
286	11	14	17	20	312	12	16	19	22
287	11	14	17	20	313	13	16	19	22
288	12	14	17	20	314	13	16	19	22
289	12	14	17	20	315	13	16	19	22
290	12	15	17	20	316	13	16	19	22
291	12	15	17	20	317	13	16	19	22
292	12	15	18	20	318	13	16	19	22
293	12	15	18	21	319	13	16	19	22
294	12	15	18	21	320	13	16	19	22
295	12	15	18	21	321	13	16	19	22
296	12	15	18	21	322	13	16	19	23
297	12	15	18	21	323	13	16	19	23
298	12	15	18	21	324	13	16	19	23
299	12	15	18	21	325	13	16	20	23
300	12	15	18	21	326	13	16	20	23
301	12	15	18	21	327	13	16	20	23
302	12	15	18	21	328	13	16	20	23
303	12	15	18	21	329	13	16	20	23
304	12	15	18	21	330	13	17	20	23
305	12	15	18	21	331	13	17	20	23
306	12	15	18	21	332	13	17	20	23
307	12	15	18	21	333	13	17	20	23
308	12	15	18	22	334	13	17	20	23
309	12	15	19	22	335	13	17	20	23
310	12	16	19	22	336	13	17	20	24
311	12	16	19	22	337	13	17	20	24

Weight Loss by the Numbers

Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
338	14	17	20	24	364	15	18	22	25
339	14	17	20	24	365	15	18	22	26
340	14	17	20	24	366	15	18	22	26
341	14	17	20	24	367	15	18	22	26
342	14	17	21	24	368	15	18	22	26
343	14	17	21	24	369	15	18	22	26
344	14	17	21	24	370	15	19	22	26
345	14	17	21	24	371	15	19	22	26
346	14	17	21	24	372	15	19	22	26
347	14	17	21	24	373	15	19	22	26
348	14	17	21	24	374	15	19	22	26
349	14	17	21	24	375	15	19	23	26
350	14	18	21	25	376	15	19	23	26
351	14	18	21	25	377	15	19	23	26
352	14	18	21	25	378	15	19	23	26
353	14	18	21	25	379	15	19	23	27
354	14	18	21	25	380	15	19	23	27
355	14	18	21	25	381	15	19	23	27
356	14	18	21	25	382	15	19	23	27
357	14	18	21	25	383	15	19	23	27
358	14	18	21	25	384	15	19	23	27
359	14	18	22	25	385	15	19	23	27
360	14	18	22	25	386	15	19	23	27
361	14	18	22	25	387	15	19	23	27
362	14	18	22	25	388	16	19	23	27
363	15	18	22	25	389	16	19	23	27

Weight Loss by the Numbers

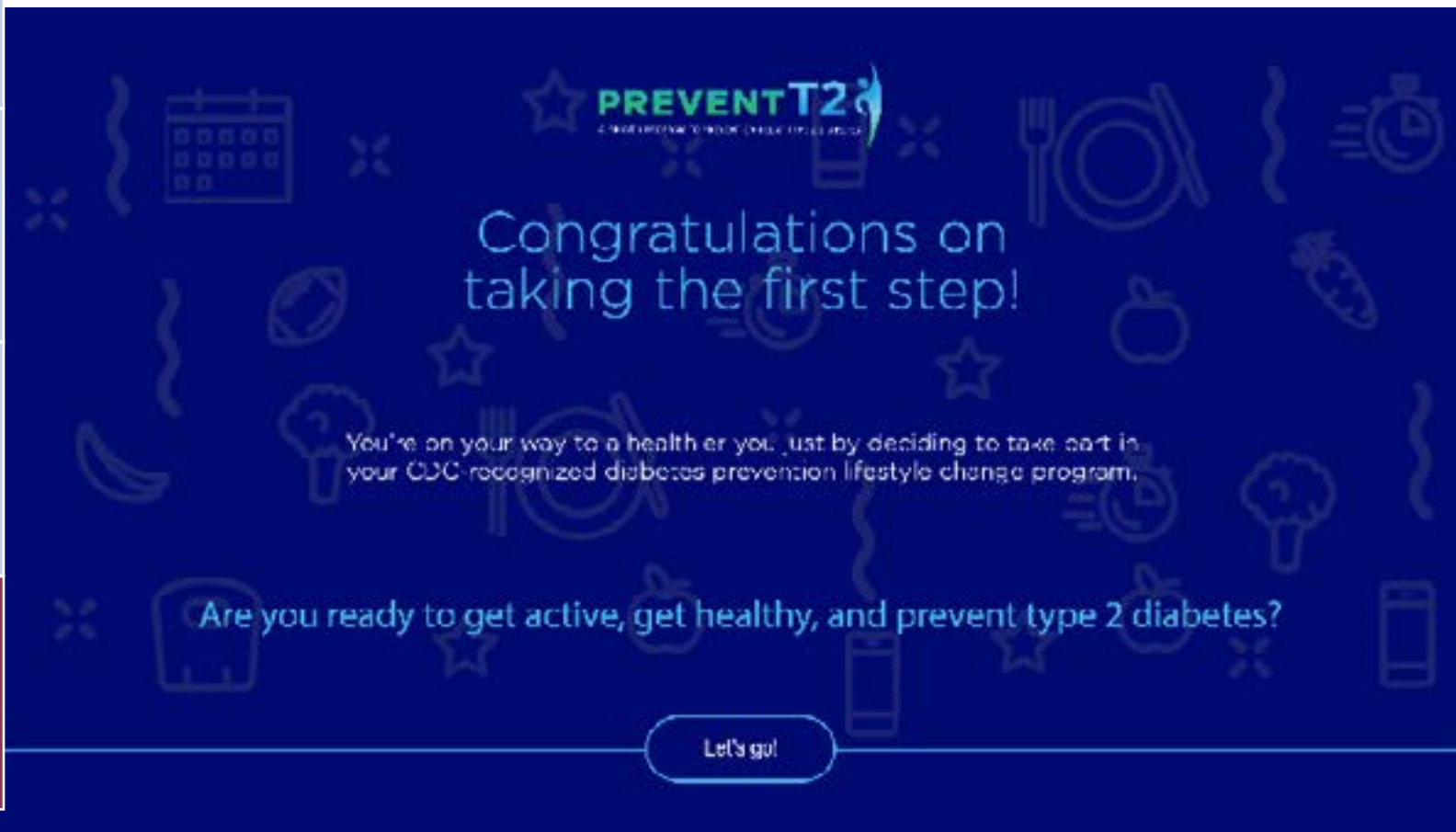
Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
390	16	20	23	27	416	17	21	25	29
391	16	20	23	27	417	17	21	25	29
392	16	20	24	27	418	17	21	25	29
393	16	20	24	28	419	17	21	25	29
394	16	20	24	28	420	17	21	25	29
395	16	20	24	28	421	17	21	25	29
396	16	20	24	28	422	17	21	25	30
397	16	20	24	28	423	17	21	25	30
398	16	20	24	28	424	17	21	25	30
399	16	20	24	28	425	17	21	26	30
400	16	20	24	28	426	17	21	26	30
401	16	20	24	28	427	17	21	26	30
402	16	20	24	28	428	17	21	26	30
403	16	20	24	28	429	17	21	26	30
404	16	20	24	28	430	17	22	26	30
405	16	20	24	28	431	17	22	26	30
406	16	20	24	28	432	17	22	26	30
407	16	20	24	28	433	17	22	26	30
408	16	20	24	29	434	17	22	26	30
409	16	20	25	29	435	17	22	26	30
410	16	21	25	29	436	17	22	26	31
411	16	21	25	29	437	17	22	26	31
412	16	21	25	29	438	18	22	26	31
413	17	21	25	29	439	18	22	26	31
414	17	21	25	29	440	18	22	26	31
415	17	21	25	29	441	18	22	26	31

Plan for Success

Commit to Change Module and Personalized Pledge

This “Commit to Change” 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.

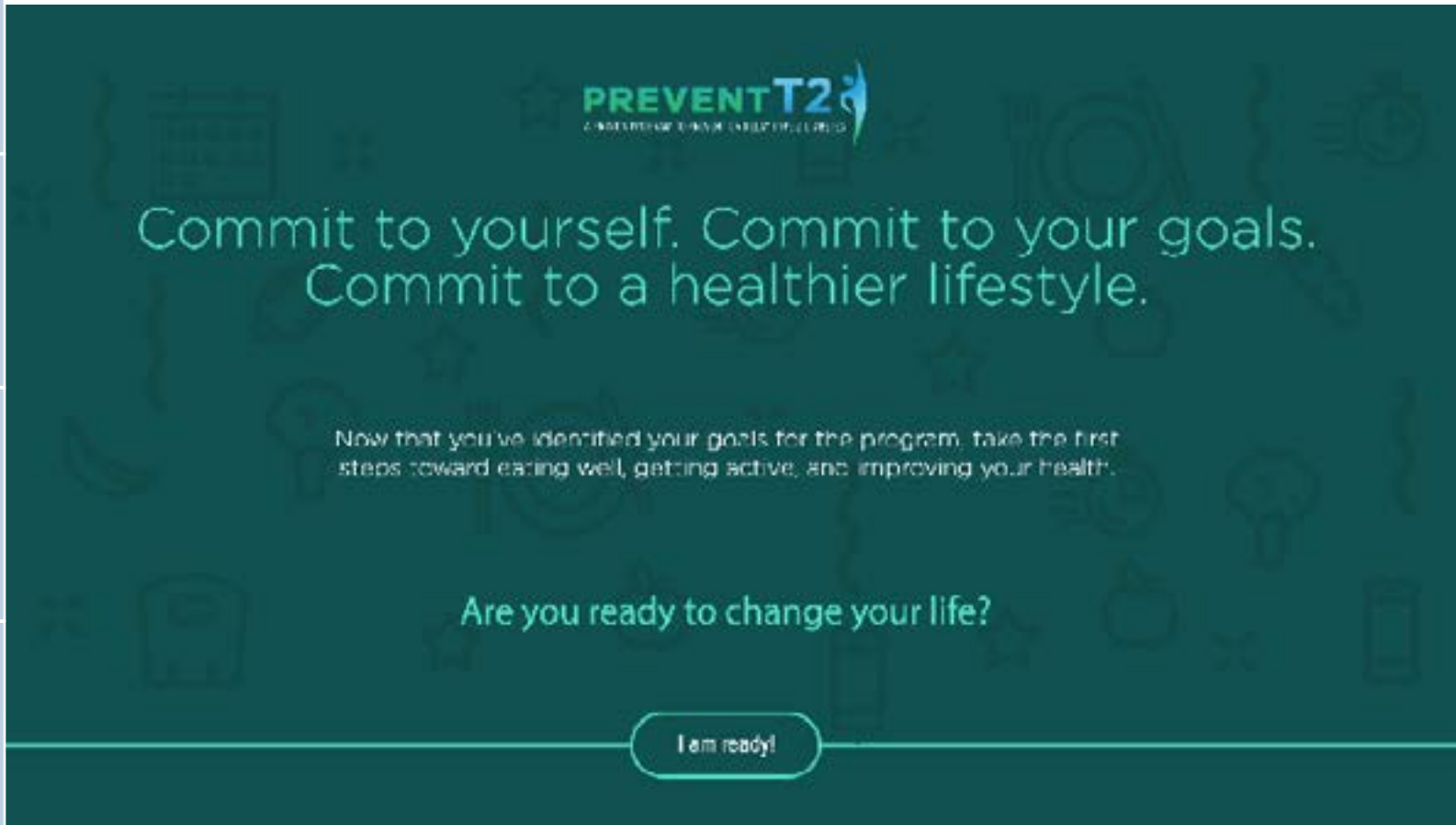
Commit to Change Module



www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=1

Plan for Success

Personalized Pledge



www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=1



Module 2: Get Active To Prevent Type 2

Participant Guide



Session Focus



Getting active can help you to prevent or delay type 2 diabetes.

In this session, we will talk about:

- Some benefits of getting active
- Some ways to get active

You will also make a new action plan!

Tips:

- ✓ Try to be a little more active this week.
- ✓ Try lots of different activities. You're sure to find at least one that you enjoy.



Benefits of Getting Active

Being active can lower your risk of type 2 diabetes in two ways:

1. You burn more calories from the food you eat.
2. It lowers your blood sugar. It does this by making your cells better able to use insulin to take up blood sugar.

What are calories?

Calories are a measure of energy. You get them from food and drink.

We will talk more about calories, as well as how to measure and track your food in upcoming sessions.

What are some personal ways that physical activity will benefit you?

Getting Active

Teo's Story

Teo is at risk for type 2 diabetes. His doctor urges him to lose 20 pounds and work up to at least 150 minutes of activity each week.

Teo and his wife have five children. The kids all play sports, and he spends a lot of time driving them to events. Teo also works full time. On weekends, he works a second, part-time job. When he has some free time, he likes to watch basketball on TV, but he rarely plays it. He spends a lot of time sitting.



What suggestions do you have for Teo? How can he get more active?

Ways to Get Active

There are so many ways to get active. You're sure to find at least one activity that you enjoy. Here are just a few ideas.

- ☐ After you read a book for five minutes, get up and move a little.
- ☐ Dance to your favorite music.
- ☐ Pace the sidelines at your children's or grandchildren's sports events.
- ☐ Play actively with your children or pets for 15 to 30 minutes a day.
- ☐ Replace Sunday drives with Sunday walks.
- ☐ Run or walk briskly when you do errands or shop.
- ☐ Start a new active hobby, such as biking or hiking.
- ☐ Take a walk after dinner with your family or by yourself.
- ☐ Track your steps with a pedometer. Work up to 10,000 steps or more a day.
- ☐ Walk around whenever you talk on the phone.
- ☐ Walk up and down escalators instead of riding them.
- ☐ Walk your dog each day.
- ☐ When you watch TV, stand up and move or do chores during the ads.



One small step toward getting active that I will commit to this week is:

Sources:

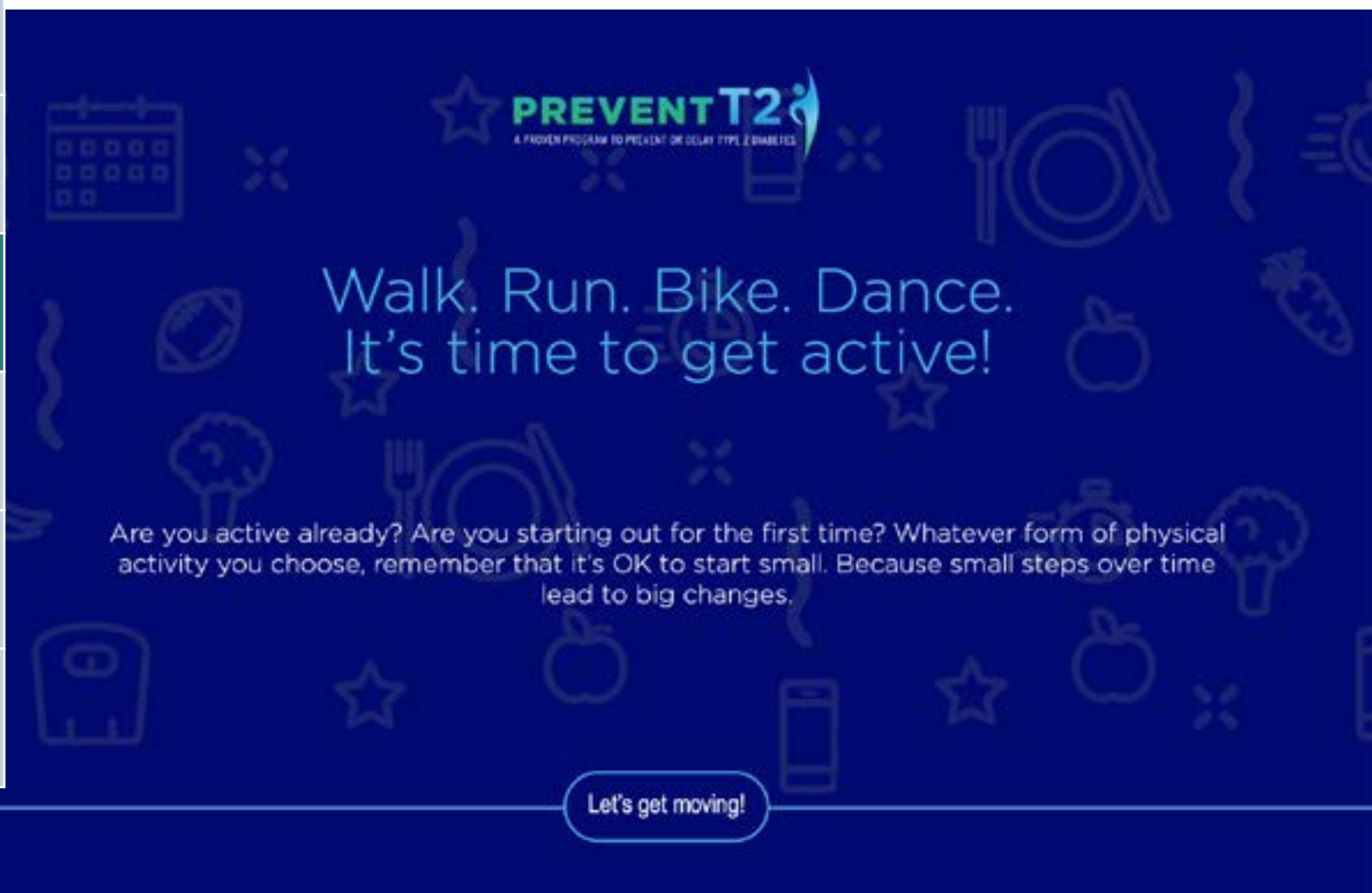
American College of Sports Medicine, "Reducing Sedentary Behaviors: Sit Less and Move More" (www.acsm.org/docs/default-source/files-for-resource-library/reducing-sedentary-behaviors-sit-less-and-move-more.pdf?sfvrsn=4da95909_2).

Heart Foundation, "Sit Less, Move More" (www.heartfoundation.org.au/Heart-health-education/Sit-less-move-more).

Plan for Success

Get Active Module

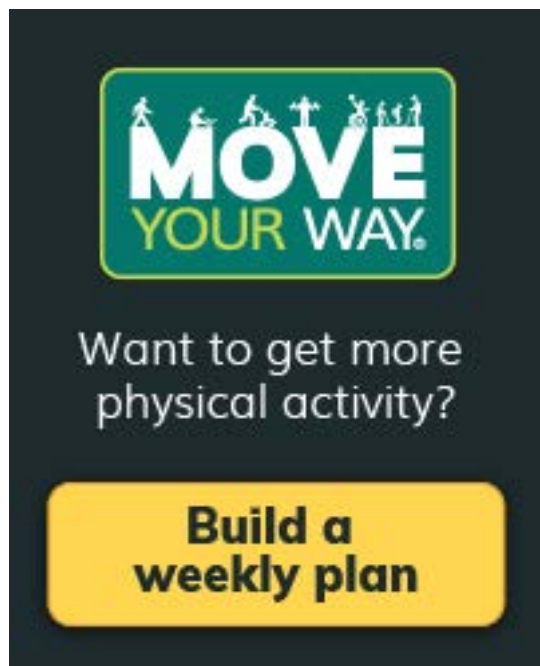
This “Get Active” module contains a quiz, suggested physical activities based on your preferences, and tailored feedback on your activity level and readiness to change.



www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html

Plan for Success

Move Your Way® Activity Planner



Ready to get more active this week?

Use this planner to set goals, choose activities you want to do, and get tips to help you stay motivated. When you're done, print your plan to track activity throughout the week.

health.gov/moveyourway/activity-planner

Are You Ready to Get Active?



Check off any statement that is true for you. If you check off one or more items, make sure to see your health care provider **BEFORE** you get active.

- ☐ I am over 50, and I haven't been active in a long time. I am planning to be very active.
- ☐ I am pregnant. My health care provider hasn't given me the OK to get active.
- ☐ I get very out of breath when I am even slightly active.
- ☐ I have a heart problem. My health care provider wants to keep an eye on my activity.
- ☐ I have bone or joint problems that make it hard for me to do things like fast walking.
- ☐ I have chest pain that started within the last month.
- ☐ I tend to pass out or fall down when I get dizzy.
- ☐ During or right after a workout, I often have pain or pressure in my neck, left shoulder, or arm.
- ☐ My health care provider wants me to take medicine for high blood pressure or a heart problem.
- ☐ I have a health problem or other issue not listed here that might need attention if I get active.

Source: American Heart Association (www.heart.org/idc/groups/heart-public/@wcm/@mwa/documents/downloadable/ucm_432990.pdf).

Be Active, Be Safe

If you get hurt, you may need to take a break from being active. Follow these tips to work out safely.

- ❑ Physical activity at a medium or moderate pace is safe for most people. However, if you have a chronic health condition or have been inactive, have a disability, or are overweight, discuss physical activity with your doctor before beginning.
- ❑ Dress for the activity. Wear the right shoes and clothes. Use safety gear as needed.
- ❑ Drink water before, during, and after your workout, even if you don't feel thirsty.
- ❑ Listen to your body. Slow down or stop if you feel very tired, sick, or faint or if your joints hurt.
- ❑ Learn how to exercise appropriately considering your age, fitness level, skill level, and health status.
- ❑ Start small and find a balance that works for you. Spread your activity out during the week so you don't have to do it all at once. Or break it up into small chunks of time during the day.
- ❑ Warm up before you work out. Cool down after you work out. Take 5 to 10 minutes for each.
- ❑ Choose activities involving minimum risk.
- ❑ Work with the weather. Work out indoors if it's too hot or too cold. If you get too hot, you may get a headache or a fast heartbeat. You may feel dizzy, sick to your stomach, or faint.
- ❑ Use good form when strength training.
- ❑ If you have to take a break from your physical activity routine due to an illness, start back slowly and work back up to your usual level of activity.



Sources:

U.S. Department of Health and Human Services, “Physical Activity Guidelines for Americans, 2nd edition” (www.health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf).

CDC, “Physical Activity Basics” (www.cdc.gov/physicalactivity/basics/index.htm).

Overcoming Challenges

It can be challenging to get active. Here are some common challenges and ways to overcome them. Write your own ideas in the “Other Ways to Overcome” column. Check off each idea you try.



Challenge	Ways to Overcome	Other Ways to Overcome
It's too hot, cold, or wet outside.	☐ Work out indoors. ☐ Dress for the weather. ☐ Swim in hot weather. ☐ Join an online exercise group.	☐ _____ ☐ _____ ☐ _____
I don't have childcare.	☐ Be active with your kids. ☐ Swap childcare with a friend. ☐ Ask friends or family to help out. ☐ Use childcare at the gym.	☐ _____ ☐ _____ ☐ _____
I don't have a car.	☐ Work out in your own home or area. ☐ Join or form an online exercise group.	☐ _____ ☐ _____ ☐ _____

Overcoming Challenges

Challenge	Ways to Overcome	Other Ways to Overcome
I don't have time.	To fit in activity anytime: ☐ Break your 150 minutes into smaller chunks. ☐ Park your car farther away from the place you want to go. ☐ Get off the bus or train one stop early. Walk the rest of the way. ☐ Take stairs instead of the elevator. ☐ Use a fitness app. To fit in activity at home: ☐ Walk your dog briskly. ☐ Sweep or mop your floor briskly. ☐ Wash your car briskly. ☐ Stretch, do sit-ups, or pedal a stationary bike while you watch TV. ☐ Mow your lawn with a push mower or rake leaves. ☐ Plant and care for a vegetable or flower garden. To fit in activity at work: ☐ Take a brisk walk during your coffee or lunch break. Ask a friend to go with you. ☐ Take part in an exercise program at work. ☐ Join a nearby gym. Go before or after work, or during your lunch break. ☐ Join the office softball team or walking group. ☐ Use a copy machine on the other side of the building.	☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____

Overcoming Challenges

Challenge	Ways to Overcome	Other Ways to Overcome
I feel embarrassed.	☐ Work out in your own home. ☐ Work out with a friend.	☐ _____ ☐ _____ ☐ _____
My area is not safe.	☐ Work out in your own home. ☐ Work out at a gym or community center.	☐ _____ ☐ _____ ☐ _____
It costs too much.	☐ Do free activities like walking. ☐ Buy workout clothes and equipment on sale. ☐ Look for free fitness classes at your library or community center, or online.	☐ _____ ☐ _____ ☐ _____
It's boring.	☐ Dance. ☐ Play with your kids. ☐ Work out with a friend. ☐ Use a fitness app. ☐ Listen to music, watch TV, or talk on the phone while you are active. ☐ Keep trying new things until you find something you like.	☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____

Overcoming Challenges

Challenge	Ways to Overcome	Other Ways to Overcome
It's painful or tiring.	☐ Ask your health care provider which activities are right for you. ☐ Work out safely. ☐ Work out at the time of day you have the most energy. ☐ Walk slowly or swim. ☐ Do yoga or tai chi.	☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____
It messes up my hair.	☐ Work out in a cool place. ☐ Try new hair products and styles.	☐ _____ ☐ _____ ☐ _____



Module 3: Track Your Activity

Participant Guide



Session Focus



Tracking, or self-monitoring, can help you keep up with your physical activity goals. This module provides detailed instruction on how to track activity.

In this session, we will talk about:

- The purpose of tracking
- How to track your activity

You'll also get a chance to review different ways to track your food and give it a try.

You will also make a new action plan!

Tips:

- ✓ Use your Activity Log to track your minutes of activity each day.
- ✓ Show it to your coach at the start of each session.
- ✓ Track activity of at least a medium, or moderate, pace. That means you can talk through the activity, but you can't sing through it.
- ✓ Include everyday activities like sweeping the floor briskly or mowing the lawn.

Purpose of Tracking

Why Do We Track Activity?

What are some things you track?

We weigh ourselves to track our progress toward meeting our 6-month weight goal. And we track progress toward our 6-month activity goal—to get at least 150 minutes of activity each week.

Both goals (weight loss and activity) help you lower your risk of type 2 diabetes.

How To Track Your Activity

Practice Tracking

What are some ways to time your activity?

- Watch
- Clock
- Timer
- Fitness tracker
- Smart-phone app
- Computer app



Recording Your Activity

Besides using your Activity Log, what are some other ways to record your minutes of activity?

- Notebook
- Spreadsheet
- Fitness tracker
- Smartphone app
- Computer app
- Voice recording



Ultimately, you'll want to record your minutes in your Activity Log.





Chris's Story

Tracking is easy, but life's challenges can make it difficult to stay active and keep tracking.

Chris is experiencing some of life's challenges. They are preventing him from being as active as he would like.

Chris used to not have any trouble staying fit and being active. As his kids have gotten older, he spends more time watching them be active, instead of being active with them. Work has changed, too. Sitting behind a desk or in his car makes being active challenging. When he does walk during lunch or help out during the kids' soccer practice, he can never remember to record that activity. Most often, he just runs out of time before it's time for bed.

What advice do you have for Chris?

How to Overcome Challenges



Directions: It can be challenging to track your activity. Here are some common challenges and ways to overcome them. Work with your group to record additional challenges in the left column in “Add Your Own.” Then, brainstorm new ideas for overcoming these challenges in the “Ways to Overcome” column. Check off each idea you try in the future.

Challenge	Ways to Overcome
I'm too busy.	☐ Make time to track. ☐ Remember why you are tracking—to lower your risk of type 2 diabetes! ☐ _____ ☐ _____ ☐ _____
I have trouble reading and writing.	☐ Record your voice with a smartphone or another device. ☐ Ask your coach, friends, or family members to write your minutes on your Activity Log. ☐ _____ ☐ _____ ☐ _____
I keep forgetting.	☐ Make tracking part of your daily routine. ☐ Put a reminder on your phone or computer. ☐ Set a timer. ☐ Leave yourself notes where you'll see them. ☐ Ask friends and family to remind you. ☐ _____ ☐ _____ ☐ _____

How to Overcome Challenges



Challenge	Ways to Overcome
I don't like to track.	☐ Post your results on the wall or online. ☐ Give yourself a small (non-food) reward for meeting your activity goals. ☐ Compete with a friend. See who can do the most minutes of activity. ☐ Try smartphone and computer apps. ☐ _____ ☐ _____ ☐ _____
ADD YOUR OWN.	☐ _____ ☐ _____ ☐ _____
ADD YOUR OWN.	☐ _____ ☐ _____ ☐ _____
ADD YOUR OWN.	☐ _____ ☐ _____ ☐ _____

Plan for Success

Track Your Activity Module

This “Track Your Activity” module helps you identify daily activities that count toward your 150 minutes of activity each week. This module also helps you with challenges along the way.



www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=3



Module 4: Eat Well To Prevent Type 2

Participant Guide



Session Focus



Eating well can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- How the food you eat can help prevent or delay type 2 diabetes
- Using the plate method to balance the food groups
- Processed food and its role in your eating patterns
- Building on your strengths

You will also make a new action plan!

Tips:

- ✓ Choose foods that include fiber, vitamins, and minerals, which are found in vegetables, whole grains, and fruit.
- ✓ Make small changes to adjust the amount of processed foods in your diet.
- ✓ Work toward incorporating more nutrients and fewer calories in your diet.

Key Points to Remember:

- Use the “Diabetes Plate Method” as a guide to create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates.
- Make sure your meal has a good proportion of vegetables, not too much fat, and not too many starchy foods.
- Identify your strengths and find ways to build on them to make eating well a little easier.



Build a Healthy Meal

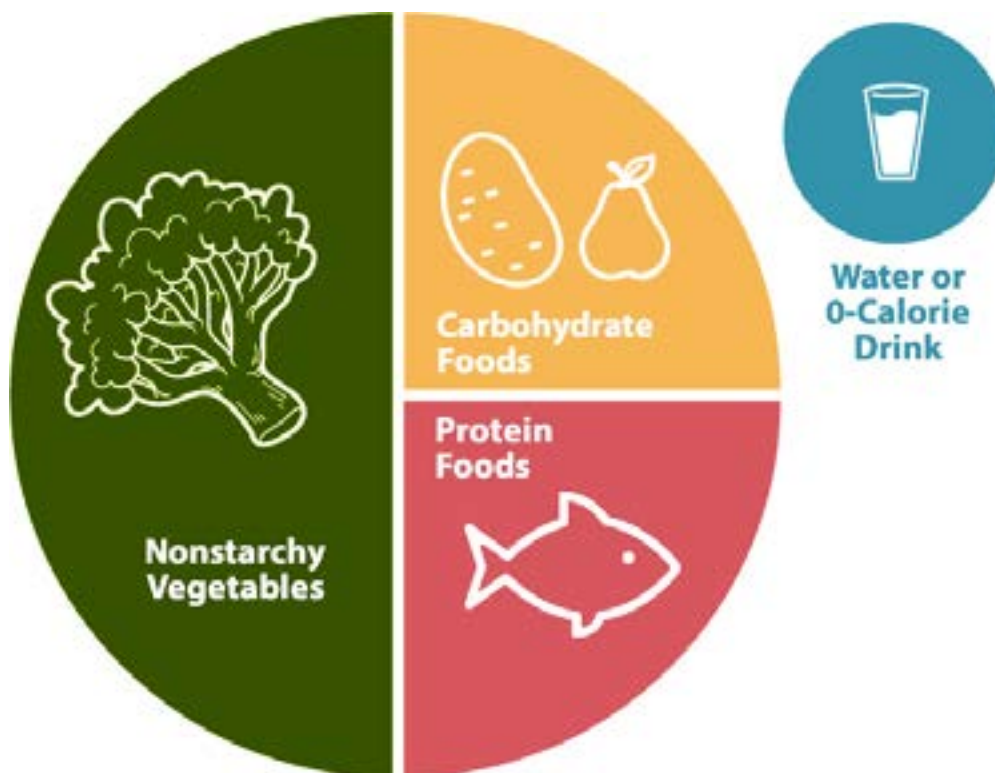
My Plate

What does your meal look like? Use the image below or a paper plate to illustrate your meal. Draw lines to separate how much protein, vegetables, starches/carbohydrates make up your plate. Label each section.



Diabetes Plate Method

The Diabetes Plate Method is a visual way to create a healthy meal. Using this method, you can serve up meals with a healthy balance of vegetables, protein, and carbohydrates—without any counting, calculating, weighing, or measuring.



*Plate Method by
the American
Diabetes Association

Here's a starting point:

- Aim to make half of your plate non-starchy veggies (such as broccoli, lettuce, peppers). Non-starchy veggies typically have fewer carbohydrates and calories than starchy veggies (such as corn, potatoes, sweet potatoes, peas).
- Keep your grains and starchy foods (such as potatoes, oatmeal) in one quarter of the plate.
- Protein foods (such as chicken, lean meat, fish) can go in the other quarter.

All of your eating might not be from a plate! Think about how other foods fit into your day.

- A small amount of dairy (1 cup of skim milk)
 - Remember:
 - Dairy provides protein and calcium.
 - Dairy provides carbohydrates (milk, yogurt).
- A small amount of fruit (one apple, half a banana, half cup of berries)
 - Remember:
 - Fruit provides carbohydrates.
- A drink that has low or no calories (water, sparkling water, coffee without sugar)

Other Healthy Plates

Breakfast	Lunch	Dinner
		
Acai fruit smoothie bowl with berries and fresh fruits	Two chicken salad wraps	Shrimp with mixed vegetables
		
Oatmeal with apple slices, almonds, honey, and cinnamon	Black beans crust pizza with corn, spinach, tomatoes, black beans and red onion	Pan roasted Cajun seasoned salmon, served with organic steamed vegetables, bell peppers, squash, carrots, and zucchini

Eating Well

Understanding Processed Foods

What's the difference?



A processed food is one that's been altered from its original form.

Less Processed



More Processed

Apple 	Peeled Apple 	Applesauce 	Apple Juice 
Steak 	Ground Beef 	Beef Chili in a Can 	Packaged Lunch Meat 

Less Processed



More Processed

Whole Chicken	Chicken Pieces	Canned Chicken	Chicken Nuggets
			
Steel Cut Oats	Old Fashioned Oats	1-Minute Oats	Instant Oatmeal Packets
			



Eating Well Strategies

Tips:

- Know what foods are high in sugar, fat, and salt—often found in processed foods.
- Know what foods to eat more, and which ones to limit.
- Choose foods that include fiber, vitamins, and minerals, found in vegetables, whole grains, and fruit.
- Choose less processed meat, chicken, fish, and dairy more often.
- Choose leaner cuts of meat and chicken.



Smart Swaps:

You can make small changes to adjust the amount of processed foods in your diet. Here's a chart to help you choose smart swaps:

Less Processed



More Processed

Whole Grain Crackers
and Cheese Slices



Cheese-Flavored
Crackers



Cheese Puffs



Less Processed



More Processed

Piece of Fruit 	Canned Fruit 	Fruit Juice 
Coffee Brewed at Home 	Mocha Latte at Coffee Shop 	Can of Mocha Latte 
Scrambled Eggs with Vegetables and Herbs 	Cheese and Veggie Frittata 	Frozen Egg and Cheese Sandwich 
Tap Water with a Lime Wedge 	Sparkling or Fizzy Lime-Flavored Soda Water from Can/Bottle 	Sugar-Sweetened Soda/Pop with Lime Flavoring 

Here is one strategy I can try this week: _____

Foods To Choose

Non-Starchy Veggies	Grains and Starchy Foods	Protein Foods	Dairy Foods	Fruit	Drinks
• Asparagus • Broccoli • Cabbages like green cabbage or bok choy • Carrots • Celery • Cucumbers • Leafy greens like collard greens, kale, and mustard greens • Lettuces • Mushrooms • Okra • Onions • Peppers • Tomatoes • Radishes, including daikon • Squash like bitter melon, spaghetti squash, and zucchini • Water chestnuts	• 100% corn tortillas • 100% whole grain cereal • 100% whole wheat bread • Black beans • Black-eyed peas • Pinto beans • Kidney beans • Garbanzo beans • Lima beans • Brown rice • Dried peas • Lentils • Oatmeal • Popcorn • Potatoes • Pumpkin • Yams	• Eggs • Fish and seafood such as salmon, cod, mackerel, sardines, tuna, shrimp, and so on • Lean meat (lean ground beef, chicken and turkey without skin, pork loin) • Nuts (moderate portion)	• Cheese (moderate portion) • Milk • Yogurt • Milk substitutes such as soy, almond, rice, oat, and so on	• Apples • Bananas • Pears • Peaches • Apricots • Oranges • Grapefruit • Blueberries • Strawberries • Cherries • Grapes • Mangoes • Papayas • Plantains	• Coffee without sugar • Sparkling water • Tea without sugar • Water



Foods To Choose

Non-Starchy Veggies	Grains and Starchy Foods	Protein Foods	Dairy Foods	Fruit	Drinks
- Low in calories, fat, and sugar - High in fiber	Vary in calories, fat, sugar, and fiber	- High in protein - Vary in calories - Low in sugar - Low in fiber	- Vary in calories - Provide vitamins, minerals, and protein - Low in fiber - Vary in fat content - Provide carbohydrates (milk, yogurt), protein, and calcium	- Fairly low in calories - Provides vitamins and minerals - Full of fiber and water - Higher in sugar than veggies - Provides carbohydrates	- High in water - Vary in calories, protein, vitamins, minerals, and sugar - Rarely contain fiber

About Whole Grains and Fiber

- Many whole grains are good sources of dietary fiber.
- We all need fiber.
- Most refined grains contain little or no fiber.
- Fiber can help you feel full, so you'll be satisfied with fewer calories.
- The key to regular healthy bowel movements is through fiber in your diet.
- Dietary fiber can help you improve blood cholesterol levels and lower your risk of heart disease, stroke, obesity, and even type 2 diabetes.



Foods To Limit

Sweet, salty, and fatty foods are high in calories. Most of them are low in vitamins, minerals, and protein. And they're often low in fiber. Plus, sweet foods are high in sugar.

Sweet Foods

- Sweetened beverages like sodas, sweet tea, sports drinks, and fruit-flavored drinks
- Candy
- Cookies, cakes, and other baked desserts
- Honey
- Ice cream, milkshakes, and coffee drinks
- Maple syrup
- Sugar



Salty Foods



- Processed snack foods like chips, pretzels, snack mixes, and crackers
- French fries
- Processed foods like bread, pizza, tacos, canned soups, and sauces often have “hidden” salt
- Processed meat like bacon, sausage, and ham
- Salt you add at the table

Fatty Foods

- Butter
- Creamy salad dressing
- Deep fried foods (French fries)
- Fatty meat (bacon, bologna, regular ground beef)
- Full-fat dairy like ice cream, cheese, whole milk, and cream
- Processed foods like lard, shortening, or palm oils often have “hidden” fats



Make Your Plate



Directions: Using what you learned today, build a dinner plate for yourself based on your favorite meal. Include foods that you would really enjoy eating! Draw lines to separate your portion sizes. Then, write what foods will be included in each portion.

When you have completed your own plate, share your ideas with your partner. Discuss the changes you will be making from your usual meal, and what you may not be willing to change.



How To Build on Strengths

Strength	Ways to Build on Strength	Why? How will this help me?
I like raw vegetables better than cooked vegetables.	• Grow your own veggies and fruit. • Buy veggies and fruit in season. • Get creative with salads.	Eating vegetables gives you vitamins, minerals, and fiber that keep you healthy. They also give you fiber to keep you regular and reduce risk of several health conditions.
I like to cook healthy meals for my family, but I don't have a lot of time for planning.	• Get help. Include your family in meal preparation such as cleaning, prepping, or cutting up produce. • Plan your weekly meals so you can cook a meal that works based on the time you have and what you have on hand. • Consider prepared vegetables from salad bars or the frozen section, which can be reasonable options.	Healthy eating to prevent diabetes is healthy for the whole family!
I do pretty good all day except for _____ [breakfast, lunch, dinner, snacks].	• Think about what makes certain parts of the day and certain food choices easier. • Think about what makes certain meals or parts of the day harder for you. • Try to be especially mindful of what is going on during and around this meal and time of day. • Consider if you're waiting too long between meals or snacks to eat. • Observe if you're feeling rushed and finding it easier to choose something quick. • Notice if you're eating out of boredom. • Think about whether the meal options or the environment you are in are influencing your choices	Paying attention to your daily routines and patterns can give you insights that make it easier for you to decide what changes to make and how.
I like to cook, but I'm not sure how to cook healthy.	• Learn new cooking methods and recipes from websites, shows, and videos. • Cut down on added salt, sugar, and fat (like butter or oil) in cooking, and limit/measure salt. • Try preparing your favorite foods in new ways — roasting vegetables, grilling fish, or baking potatoes. • Get cooking tips from friends.	You can eat healthier when you cook at home.

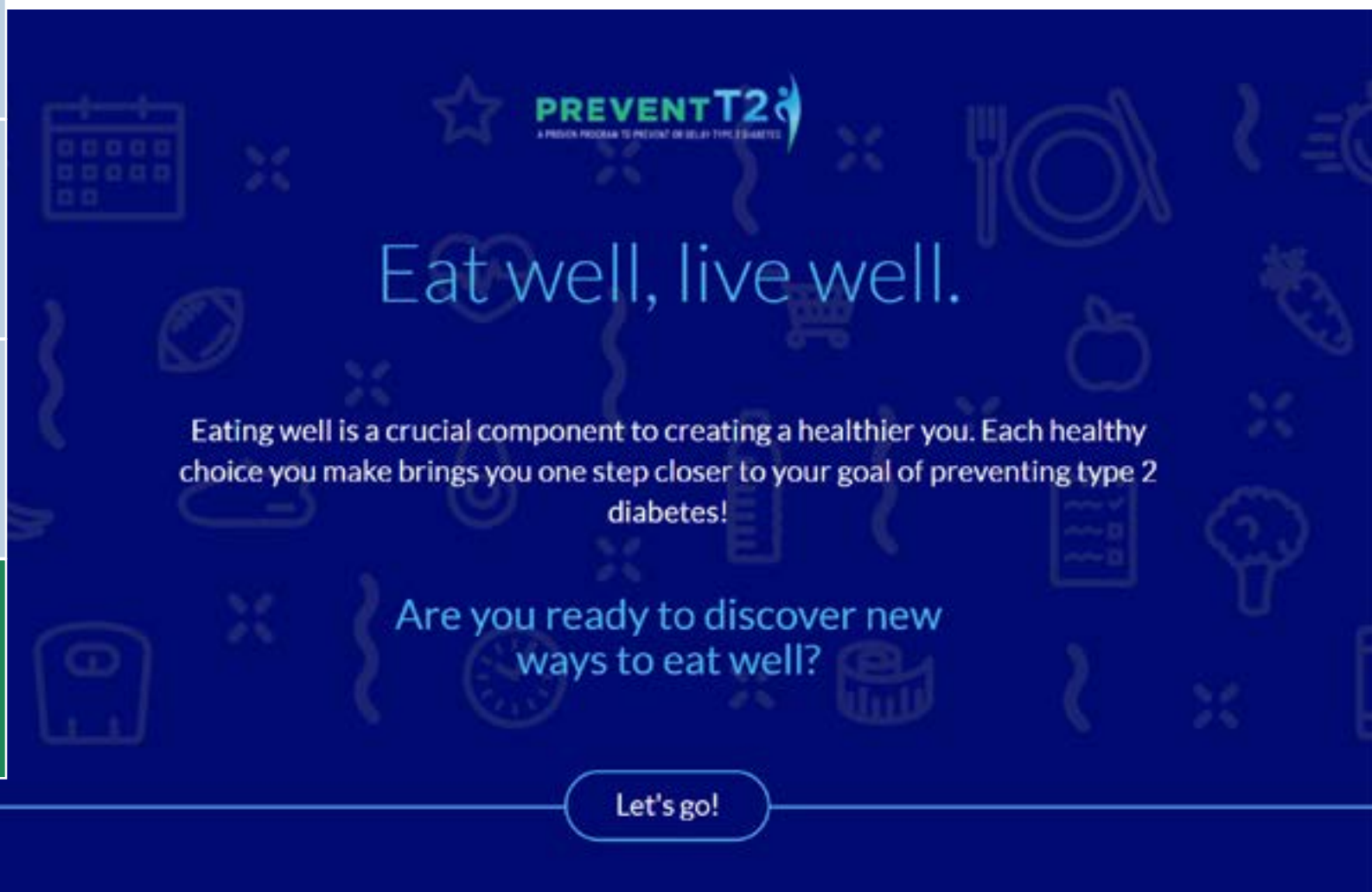
Strength	Ways to Build on Strength	Why? How will this help me?



Plan for Success

Eat Well Module

This “Eat Well” module includes reminders of steps to adopt better eating habits, responses to participants’ excuses for not eating healthier, and tips for choosing healthier food at home or out.



www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=4



Module 5: Track Your Food

Participant Guide



Session Focus



Tracking your food can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- The benefits of tracking food
- How to track the food you eat and the calories you take in
- Different ways to track food
- How to figure out portion size and calories from food labels

You'll also get a chance to review different ways to track your food and give it a try.

You will also make a new action plan!

Tips:

- ✓ Try to track your food each day.
- ✓ Track more over time. Start by tracking what and when you eat. When you get comfortable with this, you can start tracking how much you eat, and then calories.

Benefits of Tracking Your Food

Sally's Story

Sally is at risk for type 2 diabetes. She wants to lose 15 pounds. She is choosing higher-quality foods and appropriate serving sizes for her meals. However, she isn't losing as much weight as she wanted after 1 month, even though she is pretty consistent about what she eats every day. Her friend Tina suggested she track her eating for a day. Tina worked with Sally to describe the food she ate on 1 full day, guessing at serving sizes. The next day Sally recorded her meals again, but this time she measured.

The table below compares what Sally tracked each day.

Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
Breakfast				
A bowl of cereal with milk	200	1½ cups cereal with 8 ounces whole milk	150 (cereal) 150 (milk)	
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Subtotal	200	Subtotal	350	+150

Benefits of Tracking Your Food

Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
Lunch				
Ham sandwich	300	Sandwich made with 2 slices bread, 6 ounces ham, and 1½ Tbsp mayo	150 (bread) 200 (ham) 150 (mayo)	
Apple	80	Medium apple	50	
		16 ounces iced tea with 3 Tbsp sugar	150 (sugar)	
Subtotal	380	Subtotal	700	+320
Snacks				
		Granola bar	200	
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
Subtotal	0	Subtotal	250	+250

Benefits of Tracking Your Food

Day 1: What Sally ate	Day 1: Calories Sally guessed she ate	Day 2: What Sally ate when she measured	Day 2: Calories Sally ate when she measured	Calorie difference
Dinner				
Salad	100	Salad with 4 Tbsp blue cheese dressing	50 (salad) 300 (dressing)	
Mashed potatoes	200	1 cup mashed potatoes made with 1/4 cup whole milk and 1 Tbsp butter	200 (potatoes) 100 (butter) 40 (whole milk)	
Piece of fish	200	3 ounces fish	200	
		8 ounces iced tea with 2 Tbsp sugar	100 (sugar)	
Subtotal	500	Subtotal	990	+490
Dessert				
Small bowl of ice cream	175	1½ cups ice cream	480	
Subtotal	175	Subtotal	480	+305
Total calorie difference:				+1,515

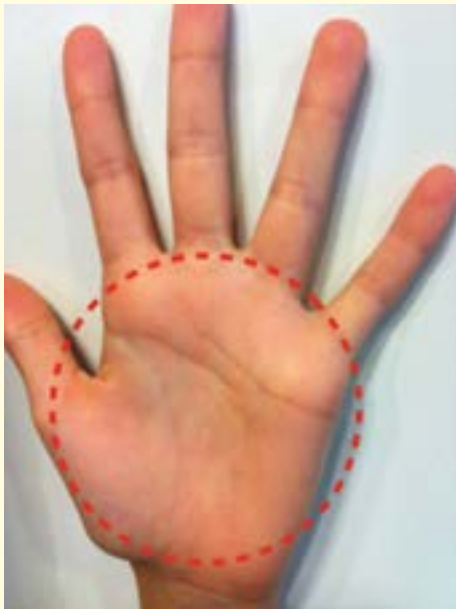
Benefits of Tracking Your Food

Food Tracking Benefits

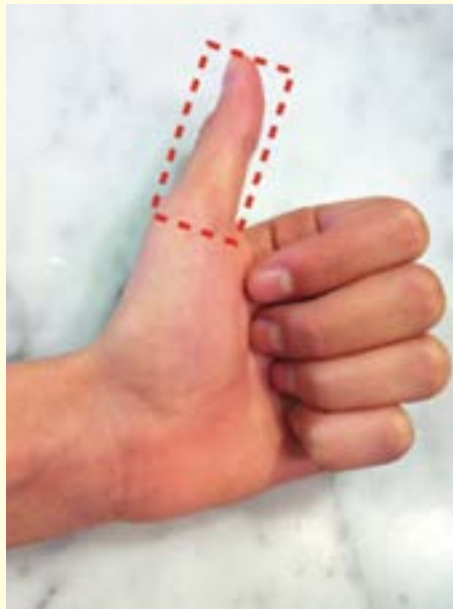
- Increases your awareness of the foods you eat and the beverages you drink
- Helps you track overall calories
- Allows you to see how eating smaller portions of the foods you love means fewer calories
- Increases awareness of portion sizing, especially when you measure food
- Helps you learn which foods are high in calories from fat and sugar, and how much to limit or avoid
- Helps you make better choices when eating high-calorie food
- Shows “hidden” calories you eat or drink without realizing or thinking about it
- Encourages you to eat high-quality foods and a balanced diet

How To Measure Your Food

Hands and Serving Size



About 3 ounces



About 1 tablespoon



About 1 teaspoon



About 1 cup



1 serving of fruit



About 1/4 cup

How To Track Your Food

From Tracking to Taking Action

If you notice this...	Try this...
My afternoon snack is over 300 calories, but I think it gives me energy to get through the afternoon.	Substitute a brisk 5- to 10-minute walk for a mid afternoon snack—activity actually increases your energy. Refill your water bottle throughout the day—staying hydrated helps keep your body moving. Look for healthy and filling snacks with 100 calories or less and see if those keep you going through the afternoon.
I drink more soda and coffee drinks than I thought I did.	Substitute sparkling water for one or two of your sodas. Measure any sugar or milk you add to your coffee. Choose the size down from your normal coffee drinks.
Now add your own...	
Ways to record what, when, and how much you eat:	
• Notebook • Text yourself • Spreadsheet • Smartphone app, like a note-taking app or a food tracking app • Computer app • Voice recording • Photo of your food	

How To Track Your Food

Tracking Methods

Track 1 full day of eating.	Figure out where your calories are coming from and your eating patterns in a single day.
Track 1 working day and 1 day off.	Since eating patterns can change between days you work and days you don't, track 1 working day and 1 non-working day to get a sense of how you eat at work and at home.
Track 1 meal for a few days at a time.	Get a better idea of the range of foods you have at specific meals and where you might find some easy tweaks or adjustments to make. After you do a tune-up on that meal, track another meal.
Track 3 to 4 full days.	Learn fast and furious! Use an app, take photos with your phone, or take notes in a notebook.
Track for just a weekend, vacation days, or other non workdays.	When our routines change, our eating patterns change. Zero in on your weekend, days you don't work, or vacation days to keep on track with your healthy eating goals.
Track everything you eat and drink in between meals.	Sometimes it's not the meals, but what you eat in between. Being mindful of portions and snacks, and when and where you have them, can help you plan ahead.
Track your drinks.	Drinks can be a source of "hidden" calories. Focus on tracking the drinks you have with or between meals. Measure how much sugar, milk, or cream you add to your tea or coffee. Measure the ounces in your glasses at home to confirm how many calories you've been drinking. And look at the menu at your coffee shop to find out what's in your drink.

Making Sense of Food Labels

Sample Label for Frozen Lasagna



Source: www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3

Making Sense of Food Labels

1. Serving Size

Start by looking at the serving size. That's the size of one serving. All the other facts on the label are based on this amount. Also look at the number of servings in the package. This package contains 4 servings. So, if you eat the whole package, you'll need to multiply all the other facts on the label by 4. If you would like to eat a half serving, you would divide the number of crackers by 2. Use a calculator or your phone if you'd like.

2. Calories

Knowing the amount of calories can help you reach or stay at a healthy weight. Calories are the amount of energy you get from a serving of this food. Many Americans get more calories than they need. Check with a health care professional if you have questions about how many calories you should be eating.

3. Limit Fat, Cholesterol, Added Sugars, and Sodium (Salt)

Most Americans get enough, or even too much, of these nutrients. Eating too much fat, especially saturated fat or trans fat, cholesterol, added sugars, or sodium (salt) can raise your risk of certain health problems. These include heart disease, some cancers, and high blood pressure. Try to get less than 30% of your calories from fat.

4. Get Enough Fiber, Vitamins, and Minerals

Most Americans don't get enough fiber, vitamin A, vitamin C, calcium, or iron. Consuming enough of these nutrients can improve your health and lower your risk of certain health problems. For instance, getting enough calcium can help strengthen your bones and teeth. Eating plenty of fiber can help you lose weight and lower your cholesterol.

Other ways to find out nutrition facts:

- Computer apps
- Smartphone apps
- Websites

The Nutrition Facts Label: Look for It and Use It!

The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

2SERVINGS=CALORIES&NUTRIENTSEX2

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.



TIP: 100 calories per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.

Size up Servings

Consider the Calories

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

TIP: 5% DV or less per serving is **low** and 20% DV or more per serving is **high**.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (200g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 5mg	10%
Sodium 430mg	18%
Total Carbohydrate 45g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	35%
Potassium 240mg	6%

*The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 1,000 calories a day is used for general nutrition advice.

Nutrients To Get More Of

Compare and choose foods to get 100% DV of these on most days:

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

Nutrients To Get Less Of

Compare and choose foods to get less than 100% DV of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Whole grains
- Dairy products
- Lean meats and poultry
- Eggs
- Seafood
- Beans and peas
- Soy products
- Unsaturated nuts and seeds



Revised: October 2018



www.fda.gov/nutritioneducation

Source: www.fda.gov/media/89314/download

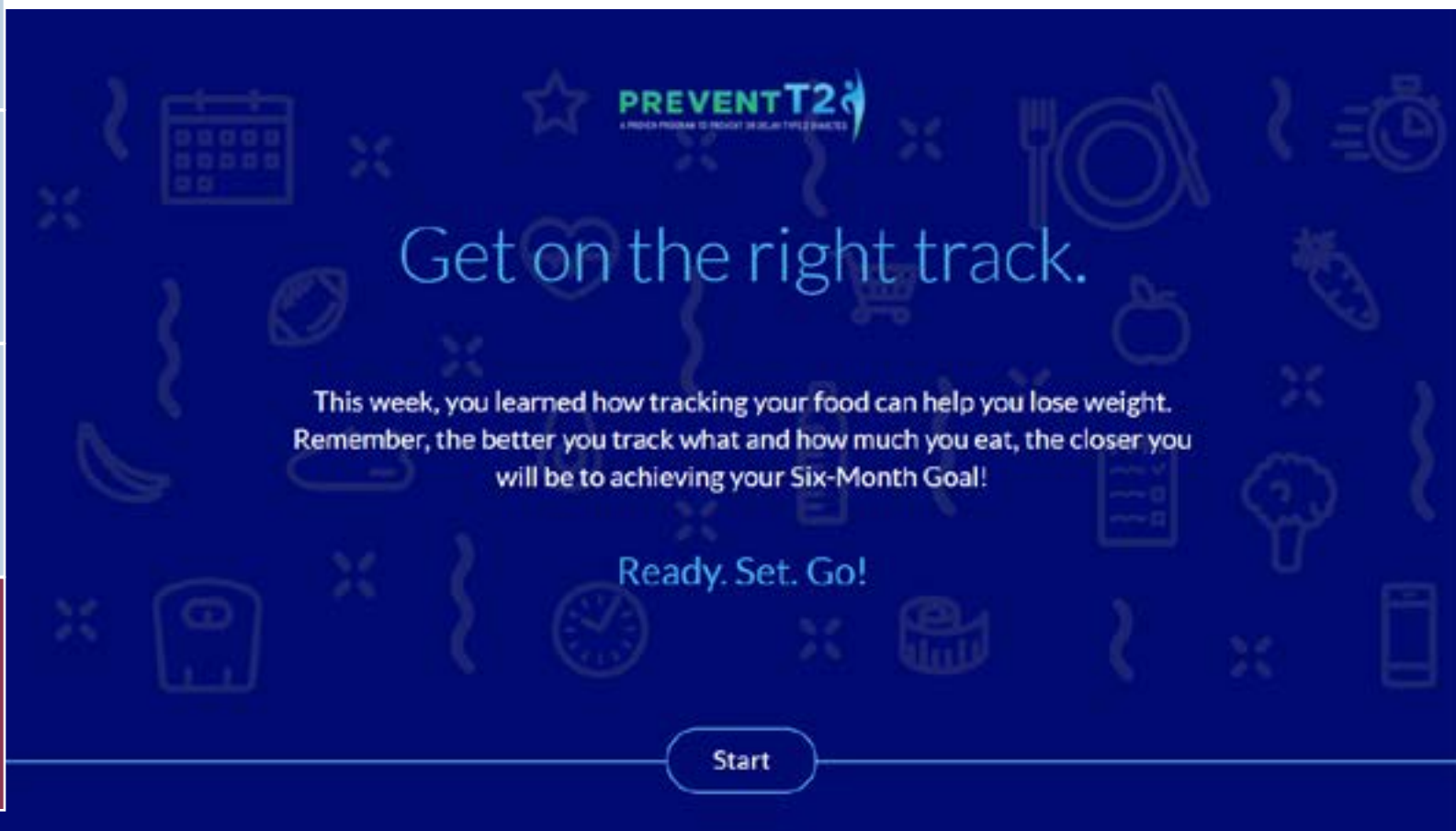
11 | Track Your Food | Participant Guide

Plan for Success

Food Tracking Module and Personalized Pledge

This “Food Tracking” module shares more benefits of food tracking, including how it can double your weight loss! It also includes a tool to choose a personalized way to improve food tracking. You can also create a new personalized pledge to stay committed to your goals.

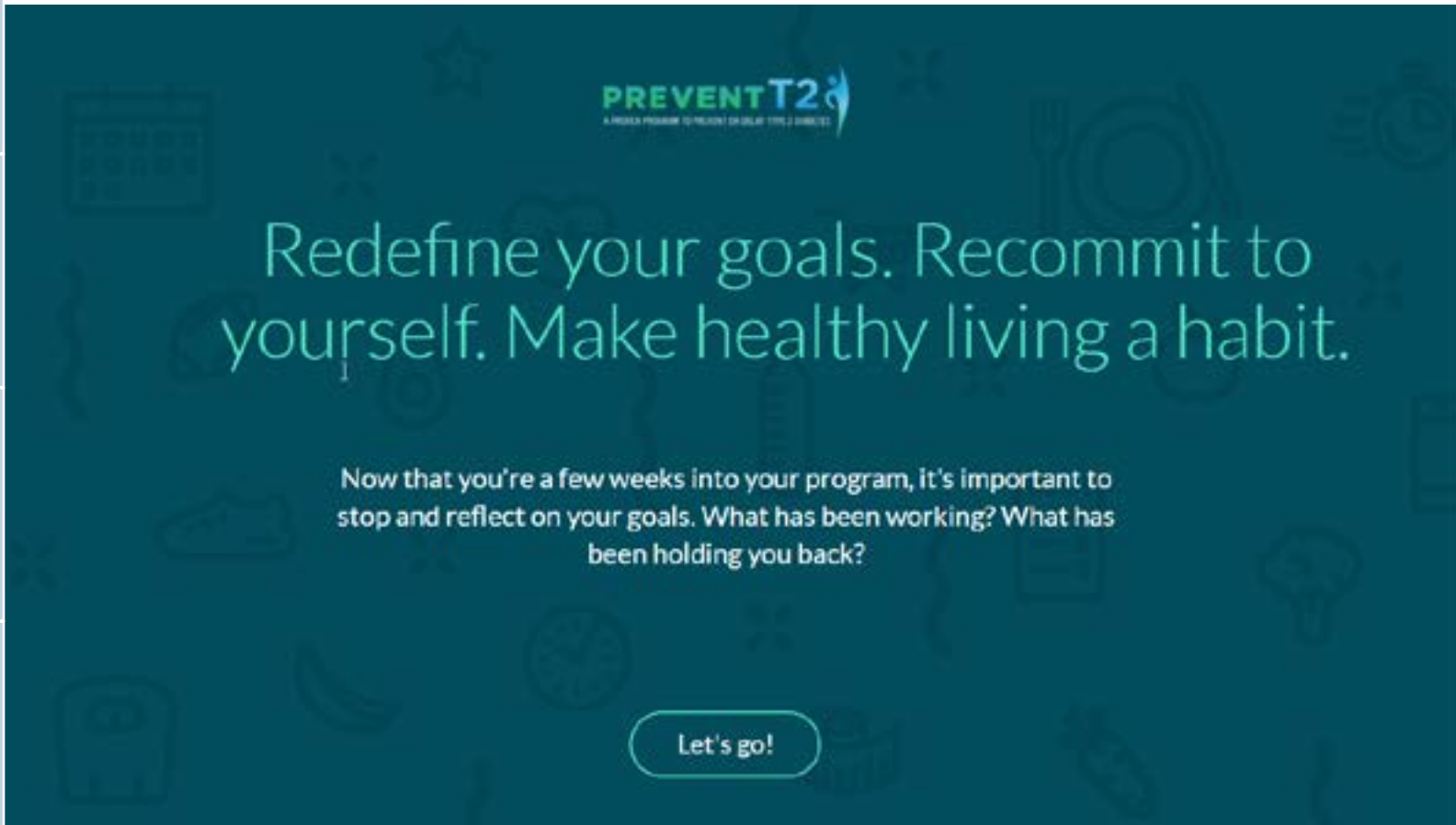
Food Tracking Module



www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=5

Plan for Success

Personalized Pledge



www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=2

How To Overcome Challenges

Many challenges we face can seem like brick walls in the way of our goals. Tracking your food intake may seem like just one more thing to add to your busy life. But if you can put yourself first for at least a few minutes of the day to track your food, you will learn things about your eating patterns that will make the healthier choice the easier choice!

Here are some common challenges and ways to overcome them. Write your own ideas in the “Other Ways to Overcome” column. Check off each idea you try in the future.

Challenge	Ways to Overcome	Other Ways to Overcome
I'm too busy.	☐ Make time to track. It takes just a couple minutes after each meal or snack. And it gets faster over time! ☐ Remember why you are tracking—to lower your risk of type 2 diabetes!	
I have trouble reading and writing.	☐ Record your voice with a smartphone or another device. ☐ Take a photo of your food. ☐ Ask your coach, friends, or family members to help write your food on your Food Log.	

How To Overcome Challenges

Challenge	Ways to Overcome	Other ways to Overcome
I keep forgetting.	☐ Make tracking part of your daily routine. ☐ Put a reminder on your phone or computer. ☐ Set a timer. ☐ Leave yourself notes where you'll see them. ☐ Ask friends and family to remind you.	
I don't like to track.	☐ Share your results with others. ☐ Give yourself a small (nonfood) reward for meeting your food goals. ☐ Ask a friend or family member to track their food, too. ☐ Try smartphone and computer apps.	

How To Overcome Challenges

How To Build on Strengths

Strength	Ways to Build on Strength	Why? How will this help me?
I get a lot done using my smartphone, so I could probably take a few minutes to track my food on an app.	• If you like spreadsheets or email, use those to track your meals. • Start tracking for 3 to 4 days when you get little breaks in the day, or make a routine of tracking after you eat.	• Tracking what you eat will help you learn about the things you're doing well and figure out the things you need to work on. • Knowing how your food choices add up will help you choose well in the future.
I think I eat pretty healthy, but I can't seem to lose weight.	• Tracking will increase your awareness of all the food you eat and uncover "hidden" calories.	• Losing a few pounds will help you prevent type 2 diabetes.
I'm making an effort to be more active, so I know I'm burning a lot of calories, but I'm not so sure about what I'm eating.	• If you're already tracking your activity in an app, it's easy to start tracking your food the same way.	• By keeping track of calories you take in and the calories you burn through activity, you get a better understanding of energy balance.



Module 6: Get More Active

Participant Guide



Session Focus



Getting more active can help you prevent or delay type 2 diabetes.

In this session we will talk about:

- The purpose of getting more active
- Some ways to get more active
- How to track more details about your activity

You will also make a new action plan!

Tips:

- ✓ To make sure you're working out at a moderate, or medium, pace, use the Talk Test. That means you can talk, but not sing, through your activity.
- ✓ Try to get a little more active each week.



Ways To Get More Active

Olga's Story—Part 1

Olga is at risk for type 2 diabetes, so she's trying to get a little more active each week. Her goal is to be active for at least 150 minutes per week at a moderate pace.

Week 1: Olga takes a gentle stroll around the block. It takes her about 10 minutes. She does this for 3 days that week.

Week 2: Olga walks around the block two times. It takes her 17 minutes. She does this for 5 days that week.

Week 3: Olga walks around the block three times each on Monday, Tuesday, and Wednesday. It takes her 21 minutes. Toward the end of the week, her work gets very busy, and she ends up staying late a couple of days. It's dark by the time she gets home, and she doesn't want to be active.

By Saturday, she is discouraged and feels like giving up. She does not get active at all that weekend.



Olga's Story—Part 2

Week 4: Olga decides to follow the same walking schedule as she did on Monday through Wednesday of Week 3. Monday is hard because she missed several days, but Tuesday is better, and by Thursday she is again able to walk around the block three times in 21 minutes. On Friday, she is feeling great and adds some hills to her route. This week, she exercises every day. Starting on Saturday, she also does 2 sets of 3 reps with a resistance band.

Week 5: Olga follows the same walking schedule as she did on Monday through Wednesday of Week 3. She walks around the block 3 days this week. For 2 days this week, she also does 3 sets of 5 reps with a resistance band.

These days, Olga is meeting her activity goals. She's lost weight. And her blood sugar is lower than it was before she started getting more active.

Build Your Muscles

Building your muscles has many benefits. Which are most important to you?

- Increases strength
- Reduces the risk of falls
- Increases muscle mass and bone density
- Improves balance, coordination, and mobility
- Maintains independence in performing activities of daily life
- Boosts metabolism
- Improves mood
- Helps to boost calorie burn
- Helps to improve sleep
- Boosts self-confidence and self-esteem
- Reduces the signs and symptoms of many diseases and chronic conditions

It is important to build muscles safely. Here are important safety tips to remember:

- If you have health concerns, you should talk to your doctor before you start any activity program.
- Warm up before being active and cool down afterwards.
- Be active at the proper intensity, with the correct amount of weight for your current level of strength.
- Perform activities to the point at which it would be difficult to do another repetition.
- Don't perform activities quickly. They should be done in a slow, controlled motion.
- Breathe regularly throughout each activity.
- If you are not well enough to be active, take a break and see how you feel the next day.
- Try athletic shoes with good support, such as walking, running, or cross-training sneakers.
- Never wear ankle weights or hold dumbbells while walking or doing other aerobic exercises such as biking or jogging.

Wall Push-Ups

Face a wall. Stand a little more than arm's-length away. Keep your feet flat on the floor, shoulder width apart.

1. Face a wall. Stand a little more than arm's-length away. Keep your feet flat on the floor, shoulder width apart.
2. Lean forward. Put your palms flat against the wall at shoulder height and shoulder width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall. Use a slow, controlled motion.
4. Hold the position for 1 second.
5. Breathe out. Slowly push yourself back until your arms are straight.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.

Arm Raises With Weights

1. Stand or sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder width apart.
2. Hold weights at your sides at shoulder height. Keep your palms facing forward. Breathe in slowly.
3. Slowly breathe out as you raise both arms over your head. Keep your elbows slightly bent. Keep your palms facing forward.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.



Start with light weights. Work your way up to heavier weights. You can do one arm at a time, if that is easier. If you prefer, you can use soup cans or other objects.

Arm Curls With Resistance Bands

1. Sit in a sturdy, armless chair. Keep your feet flat on the floor, shoulder width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight. Slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest. Then repeat 10 to 15 more times.



Start with a stretchy band. Work your way up to a less stretchy band.

If your resistance band has a handle, hold on tightly. If the band has no handle, wrap it around your hand to keep it from slipping.

Sources:

National Institute on Aging, “Exercise and Physical Activity: Your Everyday Guide. Sample Exercises: Strength” (<https://order.nia.nih.gov/sites/default/files/2018-04/nia-exercise-guide.pdf>)

CDC and John Hancock Center for Physical Activity and Nutrition, “Strength Training for Older Adults – Growing Stronger” (https://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf)

CDC, “2008 Physical Activity Guidelines for Americans, Fact Sheet for Health Professionals on Physical Activity Guidelines for Older Adults” (https://www.cdc.gov/physicalactivity/downloads/PA_Fact_Sheet_OlderAdults.pdf)

Strategies for Increasing Your Activity

- Do bicep curls with a can of food while you march in place.
- Do more reps or sets.
- Lift heavier weights.
- Push a stroller while you walk.
- Take more steps per day or per week.
- Walk farther.
- Walk faster.
- Walk longer.
- Walk up steeper hills.



How will you get more active over the next few weeks?

Week 1: _____

Week 2: _____

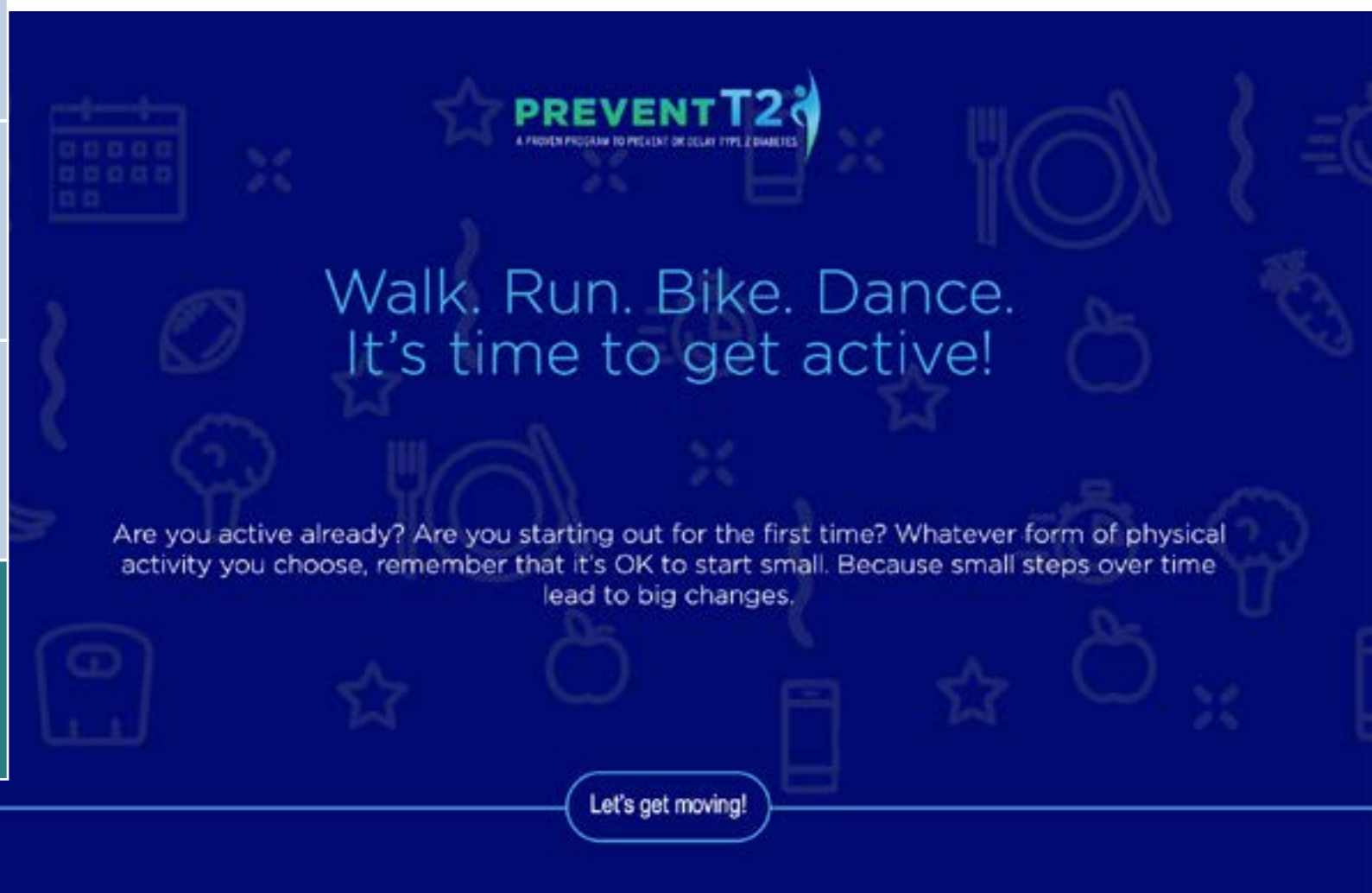
Week 3: _____



Plan for Success

Get Active Personal Success Tool Module

This “Get Active” module contains a quiz, suggested physical activities based on your preferences, and tailored feedback on your activity level and readiness to change.



www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html



Module 7: Energy in, Energy Out

Participant Guide



Session Focus



Losing weight can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- The link between weight loss and energy in, energy out
- How the type and amount of food you eat affects energy in and energy out
- How the amount of activity affects energy in and energy out
- How to create the right balance of energy in and energy out

You will also make a new action plan!

Key points to remember:

To find out how many calories you burn, you need to know:

- How much you weigh
- Your activity
- How long you do it
- Your pace (or rate of movement -- low, moderate, or high)

Calories and Weight



Balancing Calories In and Calories Out

link TBD

Paul's Story—Part 1

Paul is 47 years old and weighs 240 pounds. He's at risk for type 2 diabetes. His doctor has told him that he can lose 5% of his weight through CDC's National Diabetes Prevention Program (National DPP) lifestyle change program to lower his risk. That is about 12 pounds total. But Paul is wondering why his doctor is suggesting a year-long program over a diet that would help him lose weight faster. His doctor explains that slow and steady weight loss is safer and more effective.

Gradual weight loss is the way to make lasting changes. Research suggests that each person will lose weight at different rates, but losing an average of about 1 to 2 pounds per week can be a safe goal, according to most experts.

Paul needs to adjust the amount of calories he consumes and the amount he burns if he wants to lose 1 pound a week. He can do this by eating fewer calories and increasing his activity. Paul has some good ideas about what he can do.

Calories and Weight



Small Changes for Paul

What Paul Is Doing

Here are some of the small changes Paul has made:

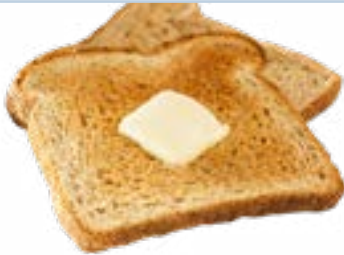
- He adjusted his regular breakfast from three eggs to two eggs and had an English muffin with light butter instead of two slices of toast with butter and jelly, saving him about 200 calories.
- He decided that he would measure the amount of sugar and cream he added to his coffee. To his surprise, he was able to cut another 150 calories by using 1 teaspoon of sugar and 2 tablespoons of cream per cup, and his coffee still tasted good!
- After breakfast, he took a 30-minute walk before work. He walked as briskly as he could while still passing the Talk Test.
- At lunch, he ate some apple slices instead of chips with his sandwich and had sparkling water instead of his usual bottle of soda. This cut out 345 calories.
- Paul and his wife went out for dinner. He asked for his salad to be served with the dressing on the side so he can control the amount added to his food. This cut out 100 calories.
- After dinner, they walked around the park at a brisk pace for 40 minutes.

These days, Paul is losing about 1 pound each week through a mixture of eating and activity changes. And he's halfway to his goal weight!

Calories and Weight

Ways to Eat Fewer Calories

Here are some ways to cut calories at each meal. Try these healthy swaps.

Breakfast		
	Instead of	
1 cup oat cereal		1 cup bran and raisin cereal
	Instead of	
2 eggs cooked with 1 teaspoon of vegetable oil		2 eggs cooked in 1 tablespoon of butter
	Instead of	
2 slices of whole wheat toast with 2 teaspoons of butter		1 bagel with 2 tablespoons of cream cheese

Calories and Weight

Lunch		
	Instead of	
Sandwich and fruit		Sandwich and 1 snack size bag of chips
	Instead of	
2 tablespoons of vinaigrette dressing		2 tablespoons of ranch dressing
	Instead of	
1 cup of vegetable soup		1 cup of cream of chicken soup

Calories and Weight

Dinner		
 ½ cup of stir-fried broccoli	Instead of	 ½ cup of broccoli in cheese sauce
 1 slice of cheese pizza	Instead of	 1 slice of pepperoni pizza
 1 cup of pasta with tomato sauce	Instead of	 1 cup of pasta with tomato sauce and ¼ cup of parmesan cheese

Calories and Weight

Rethink Your Drink

One way to cut calories is to think about what you drink. Drinks don't fill you up the way food does. And, as you can see below, calories from drinks can really add up! But here's the good news: If you replace drinks that are high in calories with drinks that have low or no calories, you can save a lot of calories!

	Instead of	
12 oz. café latte made with half the syrup and vanilla flavoring 190 calories		16 oz. café latte made with regular amounts of syrup and vanilla flavoring 290 calories
	Instead of	
Bottle of water or sparkling water 0 calories		20 oz. bottle of regular cola 240 calories

Calories and Weight

	Instead of	
Water with lemon 0 calories		16 oz. sweet iced tea 120 calories
	Instead of	
Sparkling water with a splash of 100% fruit juice 25 calories		12 oz. regular ginger ale 130 calories
Sources: • Rethink Your Drink. Department of Health and Human Services. Centers for Disease Control and Prevention. www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf • USDA National Nutrient Database for Standard Reference		

Calories and Weight

Small Changes to Your Drinks Make a Big Difference

Use Nutrition Facts Wisely

When choosing your drink, the calories in some of your favorites may surprise you. Use the Nutrition Facts label. It lists the calories in one serving. You can also check the product's website or ask to see the Nutrition Facts in a restaurant. Another way to cut calories is to think about how much you drink. For high-calorie drinks, size really matters!

Here is the Nutrition Facts label on a 20-ounce bottle of soda. It says that one serving is 8 ounces. It tells you that there are 2½ servings in the bottle. And it lists the calories in one serving (100).

To figure out the calories in the whole bottle, multiply the calories in one serving by the number of servings in the bottle ($100 \times 2\frac{1}{2}$). If you were to drink the whole bottle, you would take in 250 calories.

NUTRITION FACTS LABEL	
Serving Size	8 fl. oz.
Servings Per Container	2.5
Amount per serving	
Calories	100

At the Coffee Shop

Coffee drinks taste good and may be a regular part of your day, a morning routine, an afternoon pick-me-up, or a special treat. But the calories in some of your favorites may surprise you. When a coffee craving kicks in, try these tips.

- ☐ Ask for your drink to be made with fat-free or 2% milk instead of whole milk.
- ☐ Order the smallest size available.
- ☐ Hold the flavors. Ask for half the syrup or ask for sugar free syrup. Flavored syrups contain sugar and add calories.
- ☐ Skip the whip. The whipped cream on top of coffee drinks adds calories and fat.
- ☐ Try lower-calorie drinks that you still enjoy. Swap out a latte for a cold brew. Try an espresso drink with just a little milk or cream. Check the online menu or ask for a recommendation at your coffee shop.
- ☐ Order a plain cup of coffee and estimate your own milk, cream, and sugar. You may find that you can cut back on dairy or sweeteners when you're in charge of them. Or try drinking your coffee black. Remember that plain coffee is very low in calories. It's the flavoring that adds the calories!
- ☐ Make coffee at home and save the special coffee drinks for an occasional treat.

Calories and Weight

Better Drink Choices

Here are some ideas for healthy drinks:

- ☐ Choose water or sparkling water.
- ☐ Carry a water bottle. Refill it all day long.
- ☐ Flavor your water with no-calorie drink mix or add slices of lemon, lime, cucumber, or watermelon. Or add a splash of 100-percent fruit juice to plain sparkling water.
- ☐ Drink tea or coffee without sugar. Enjoy them hot or cold.
- ☐ Keep a pitcher of water in the fridge.
- ☐ Put your pitcher of water on the table during meals.
- ☐ If you order a smoothie, order the one with the fewest calories and ask for it to be made without added sugar. Fruit is naturally sweet.
- ☐ If you do choose drinks that contain sugar, get the smallest size you can. Order a child's size if possible.
- ☐ Milk contains vitamins, minerals, and protein. But it also contains calories. Choosing low-fat or fat-free milk is a good way to cut calories and still get the nutrients your body needs.

How To Track the Calories You Take In

Paul's Story—Part 2

Paul needs about 2,200 calories a day just to stay at the same weight. If he cuts out about 500 calories per day, that leaves him with around 1,700 calories.

It's hard to do, but worth it. Taking small steps and focusing on one thing at a time helped keep Paul on track. But don't forget that Paul can also get closer to his goal by increasing activity.

What are daily calorie needs?

Your daily calorie needs are the calories you need to maintain your weight. This number is based on your age, sex, height, build, and weight. It doesn't take your activity level into account. It's a general estimate.

Let's see how Paul does on Sunday.

- He ate three meals and two snacks for a total of about 2,000 calories.
- He made an effort to increase his activity and walked after breakfast and after dinner. He also mowed the lawn. He burned about 310 calories with these activities.

To figure out Paul's actual calories, we'll start with the calories he takes in. Then we'll subtract the calories he burns:

$$2,000 - 310 = 1,690$$

Paul is right on target!

These days, Paul is losing about 1 pound each week through a combination of eating and activity. And he's halfway to his goal weight.

How To Track the Calories You Burn



How Many Calories Does Activity Burn?

Depending on your age, your biological sex, your level of physical activity, and your weight, you burn different amounts of calories.

If a 14-year-old boy, his mom (who's an Olympic athlete), and his 80-year-old grandmother all did yard work together, they would burn different amounts of calories, even if they all weighed the same amount.

This chart shows about how many calories a person who weighs 154 pounds would burn at a moderate pace, but, as they say at the car dealership, your mileage may vary.

How To Track the Calories You Burn

	Calories Burned at a Moderate Pace	
Activities	In 1 hour	In 30 minutes
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling	290	145
Walking	280	140
Weight training (general light workout)	220	110
Stretching	180	90
Watching TV*	70	35
Sleeping*	62	31
Source: Physical Activity for a Healthy Weight. www.cdc.gov/healthyweight/physical_activity/index.html		

Individual Assignment (Optional)

Without changing your routine, use this log for 2 days this week to track the calories you take in and the calories you burn doing physical activities. Then consider where you can make changes to your eating and exercise habits so that you consistently take in about 500 calories less than you burn. This is not meant to be an exact measurement of how many calories you burn. It is to give you an easy way to think about how you balance what you eat and drink with your physical activity. Remember that exercise will not have the same impact as what you eat, but it will increase the impact of cutting calories.

1. Track your food and exercise calories for 2 days.
2. Review your results.
 - You know yourself best.
 - Make easy changes first.
3. Track again for 2 to 3 days once you have a good routine down.
4. Repeat when your progress slows.
5. Learn from your logs.

	Calories Taken In		
Day	Item	Amount	Calories
Day 1			
Day 1 Totals			
Day 2			
Day 2 Totals			

[illegible]



Module 8: Eating To Support Your Health Goals

Participant Guide



Session Focus



Adopting a positive and healthy approach to eating can help you prevent or delay type 2 diabetes.

In this session we will talk about:

- Taking a positive approach to eating
- Eating foods in portions that support your goals
- Enjoying a variety of foods in healthy ways

You will also make a new action plan!

Tips:

- ✓ Eat the right amount
- ✓ Be aware of physical cues to begin and stop eating
- ✓ Change your favorite dishes to make them healthier



Take a Positive Approach to Eating

Anthony's Story—Part 1

When Anthony recently took a new position at his job, he started working through his lunch breaks and ignoring his hunger. On the days he would skip lunch, he would feel very, very hungry, tired, and shaky after work. So, he would usually stop at a store and buy a bag of potato chips to eat on his drive home. Even though Anthony wasn't that hungry when he got home, he would eat dinner anyway.

These new eating habits caused Anthony to put on some additional weight, and when Anthony went to visit his doctor, he was told that he was at risk for type 2 diabetes. At first, Anthony thought negatively about how the new changes of eating would affect him. He depended on that snack after work when he missed lunch. He couldn't do without it.

Anthony also thought about how much time and effort it would take for him to make healthy snacks to bring with him to work.



However, Anthony knew that being at risk for type 2 diabetes was serious and that he had to make changes for himself and for his family. Anthony began making small changes to curb some of his recent eating habits. He now listens to his body and makes an effort to focus on only eating when he's hungry. For those busy days when he can't break for lunch, he brings unsalted/low-salt nuts and cut-up veggies to work so he can snack when he gets hungry. That way, he never gets very hungry after work and still has a healthy appetite for dinner.

Anthony has also taken a positive approach toward his changes. Anthony now focuses on the positive outcomes for his future -- staying healthy for himself and his family, feeling better, and having more energy every day.

Take a Positive Approach to Eating

Positive Approaches to Eating

One eating habit that I would like to improve or change is

Eating the Right Amount

Eating the right amount is part of a healthy approach to eating.

Try these tips:

- Eat only when you feel hungry. Pay attention to your hunger cues. Try not to eat for other reasons, such as feeling bored or sad. Find other ways to acknowledge and manage those feelings.
- Don't wait until you're very hungry. If you do, you're likely to eat lower-quality foods or eat too much.
- Don't eat out of a large bag or bowl. Instead, portion out your food. This will help you control how much you eat.
- Use small plates and single-serving packs. They help you manage your portion size.
- Focus on your food—the way it tastes, smells, looks, and sounds. Try not to read, drive, or watch TV while you eat. You'll enjoy your food more.
- Eat slowly. This gives your brain a chance to get the message that you are full.



Take a Positive Approach to Eating

Mindful Eating

Mindful eating means eating with awareness. It involves consciously choosing and experiencing your foods and being aware of physical cues to begin and stop eating. Practice mindful eating as a lasting approach to healthy eating.

Try these tips:

- Eat when your body tells you to eat (for example, when your stomach is growling, or your energy is low).
- Listen to your body. Aim to eat to the point of being satisfied versus feeling full or stuffed.
- Have meals with others and at set times and places.
- Consider the quality of the food you're eating.
- Eat foods that are nutritious.
- When eating, focus on the act of eating and chew your food slowly.



One positive approach I can try implementing today is_____.

Enjoy Foods in Healthy Ways

Anthony's Story—Part 2

Ever since Anthony's doctor told him that he's at risk for type 2 diabetes, he has begun making healthier choices. Anthony is now:

- Choosing foods that include fiber, vitamins, and minerals, which are found in vegetables, whole grains, and fruit.
- Making small changes to reduce the amount of processed foods that he eats.
- Working towards incorporating more nutrients and fewer calories in the foods he eats.

Anthony chooses items that are high in fiber and water to fill him up without adding calories. Fiber is a type of carbohydrate that passes through your body without being digested. Foods that are high in fiber take longer to digest. So, you feel full longer.



Healthy Choices to Prevent Type 2

Making healthy choices is part of a healthy approach to eating. Choose items that are:

- High in fiber, vitamins, and minerals, which are found in vegetables, whole grains, and fruit
- Less processed
- High in nutrients
- Low in calories

Enjoy Foods in Healthy Ways

Instead of...		Choose...	
½ cup chocolate pudding (153 calories)		½ cup plain nonfat yogurt with 1 teaspoon jam (85 calories)	
1 bag of classic potato chips (460 calories)		3 cups of air-popped popcorn (93 calories)	
1 medium serving of french fries (378 calories)		1 cup baked home fries (243 calories)	
1 slice of pepperoni pizza (338 calories)		1 slice of thin crust veggie pizza (200 calories)	
½ cup salsa con queso (179 calories)		½ cup plain salsa (38 calories)	
1 cup orange juice (122 calories)		1 medium orange (69 calories)	

Enjoy Foods in Healthy Ways



Ideas for Healthy Choices to Prevent Type 2

Directions: Work with a partner to write ideas for healthy food choices. In the left column of the chart below, write the name of a food you want to replace. In the right column, write a healthy swap for this food.

Instead of...	Choose...
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

Enjoy Foods in Healthy Ways

Recipe Makeover

Here are some ways to make healthy choices enjoyable.

- Change your favorite dishes to make them healthier.
- Choose cheeses that are strong-tasting and fairly low in fat, such as Parmesan and feta.
- Choose good-quality items.
- Choose items with a variety of flavors, textures, scents, and colors.
- Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.
- Dress up food with herbs, spices, low-fat salad dressings, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa.
- Grill or roast veggies and meat to bring out the flavor.
- Learn new cooking techniques and recipes from books, articles, and videos. Or take a healthy cooking class.
- Share ideas and cooking with friends, family, and your PreventT2 group.
- Try new healthy cuisines and ingredients.



Enjoy Foods in Healthy Ways

Anthony's Recipe Makeover

Anthony loves to cook! One of Anthony's favorite dishes is his grandma's lasagna. Her recipe has ricotta and mozzarella cheese, ground beef, tomato sauce, and, of course, lasagna noodles. He was able to find some ways to make his grandmother's lasagna recipe healthier—and still tasty!

Original Lasagna Recipe	Lasagna Recipe Makeover
	
• 12 lasagna noodles • 1 pound ground beef • 2 cloves garlic, chopped • ½ teaspoon garlic powder • 1 teaspoon dried oregano, or to taste • salt and ground black pepper to taste • 2 (16 ounce) packages ricotta cheese • 2 eggs • 1 ½ (25 ounce) jars tomato pasta sauce • 2 cups shredded mozzarella cheese	• 6 whole-grain lasagna noodles • 12 slices zucchini • 1 pound ground turkey • 2 cloves garlic, chopped • ½ teaspoon garlic powder • 1 teaspoon dried oregano, or to taste • salt and ground black pepper to taste • ¼ cup fresh basil • ¼ cup fresh Italian parsley • 1 (16 ounce) package part-skim ricotta cheese • 2 eggs • 1 ½ (25 ounce) jars tomato pasta sauce • 1 cup shredded part-skim mozzarella cheese • ¼ cup mushrooms • ½ cup spinach • ½ cup red peppers



Recipe Makeover Activity

Directions: Work with your group to make over a recipe. Use any of the recipe makeover ideas on the previous page, or use your own ideas to create a healthier version of this dish. Write your ideas in column 2.

Recipe Name: _____	Recipe Makeover



Module 9: Manage Stress

Participant Guide



Session Focus



Managing stress can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- Some causes of stress
- The link between stress and type 2 diabetes
- Some ways to reduce stress
- Some healthy ways to manage stress

You will also make a new action plan!

Tips:

- ✓ Know what situations make you feel stressed. Plan how to manage them.
- ✓ Learn how to say “no” to things you don’t really want or need to do.

Causes of Stress

Barbara's Story—Part 1

Barbara is a single mom who feels pulled in all directions. Her children are still in school, and her father is in poor health. Plus, Barbara works full time.

Barbara's doctor tells her she's at risk for type 2 diabetes. He urges her to lose weight by eating well and getting active.



Carlos's Story—Part 1

Carlos has a difficult time feeling like he can stay on top of all the things that need to be done, like paying bills, finishing jobs on time, and making time for his family.

Carlos's partner keeps saying he should eat better and get some exercise, which he knows to be true since learning he is at risk for type 2 diabetes. Just the thought of trying to make changes seems unreasonable to Carlos with everything else going on.

List two things that cause you stress.

1. _____
2. _____

Stress and Type 2 Diabetes

There is a link between stress and type 2 diabetes.

- Stress can **cause changes** in your blood sugar levels, which increases your risk of getting **type 2 diabetes**.
- Stress can **cause you to act** in unhealthy ways.

Barbara's and Carlos's Stories—Part 2

After a full day at work, which has its own stress, Barbara has to sit down and help her children with their homework. It's not easy, and it requires a lot of patience and attention. Plus, Barbara still needs to cook dinner. When dinner is cleaned up and the kids are in bed, Barbara sits on the couch and eats ice cream or has a second glass of wine.



Carlos is so tired after a day at work that he just sits on the couch after dinner and watches TV. He ends up staying up too late and skipping his exercise routine again.

Stress and Type 2 Diabetes

When you feel stressed, you may feel:

- Angry
- Annoyed
- Anxious
- Confused
- Hungry
- Impatient
- Sad
- Worried

You may also have:

- An aching head, back, or neck
- A racing heartbeat
- Tight muscles
- An upset stomach

When you feel stressed, you may:

- Drink too much alcohol
- Forget things
- Put off doing the things you need to do
- Rush around without getting much done
- Sleep too little, too much, or both
- Smoke
- Take too much medicine
- Work too much

You may also:

- Make unhealthy choices about eating or drinking
- Not feel up to being physically active
- Spend too much time watching TV or videos or using the computer

Ways To Reduce Stress



There's no surefire way to prevent stress. But there are ways to make your life less stressful.

Try these tips.

- **Ask for help.** Feel free to ask your friends and family for help. They care about you and want the best for you. And you can help them another time.
- **Be tidy.** Keep your things in order.
- **Get enough sleep.** Try for 8 hours per night.
- **Have fun!** Make time to do something you enjoy and makes you feel happy. Go for a walk with a friend, read a book, or watch a video.
- **Just say “no.”** Learn how to say no to things you don't really want or need to do.
- **Know yourself.** Know what situations make you feel stressed. Plan how to manage them.
- **Make a to-do list.** Put the most important things at the top of the list.
- **Remind yourself.** Use notes, calendars, timers — whatever works for you.
- **Take small steps.** Start new supportive routines that help you avoid or reduce stress.
- **Solve problems.** When you have a problem, try to solve it promptly. Then it's less likely to become a source of stress in your life.
- **Take care of your body and mind.** That way, you'll be more prepared to tackle stressful situations.



Healthy Ways To Manage Stress



Feeling stressed? Try these healthy ways to manage stress.

- **Count to 20 in your head.** This can give your brain a needed break.
- **Soothe yourself.** Get a massage, take a hot bath, have a cup of herbal tea, or put on some calming music.
- **Give yourself a pep talk.** Say something encouraging, like: “There’s no rush. I can take my time.”
- **Try some ways to relax.** See the “Ways To Relax” box for some ideas.
- **Stretch.** Do yoga or other stretching exercises.
- **Take a breather.** If you can, take a break from whatever is making you feel stressed.
- **Talk about your feelings.** Tell a friend or counselor how you feel.
- **Cut back on caffeine.** Caffeine can make you feel jumpy and anxious.
- **Get moving!** Do something active—even if it’s just a walk around the block.
- **Do something fun.** Dance, hike, be social. Do whatever you enjoy—as long as it’s healthy.
- **Look at the situation in a different way.** Things may not be as bad as they seem to be.



Healthy Ways To Manage Stress

Ways To Relax:

Make relaxation routine. Try to practice for at least 10 minutes a day. It may take time to see results, so be patient. Listen to calming music if you wish.

At first, it may be easier to relax if you lie down in a dark, quiet room. But in time, you'll be able to relax anytime, anywhere.

Relax your muscles. Scrunch up your face muscles. Hold for 5 seconds. Now release. Feel your face muscles relax. Do the same with your jaw, shoulder, arm, chest, leg, and foot muscles in turn.

Meditate. Focus on something simple that you find calming. It could be an image or a sound. Don't worry if other thoughts get in the way. Just go back to your image or sound.

Imagine. Imagine a scene that makes you feel peaceful. Try to picture yourself there.

Breathe deeply. Relax your stomach muscles. Place one hand just below your ribs. Take a slow, deep breath through your nose. Feel your hand go up.

Now breathe out slowly through your mouth. Make sure to breathe out all the way. Feel your hand go down.





Module 10: Eat Well Away From Home

Participant Guide



Session Focus



Being mindful about the choices you make while eating away from home can help prevent or delay type 2 diabetes.

In this session, we will talk about:

- Factors that affect eating habits and food choices when eating away from home
- Ways to form habits that support healthy eating while away from home

You will also make a new action plan!

Tips:

- ✓ Ask questions about ingredients, portion sizes, and how the food was prepared.
- ✓ Have a healthy snack at home before social events. This will help you make healthy choices when you're out.



Factors That Affect Our Choices When Eating Out

José's Story—Part 1

José's doctor tells him that he's at risk for type 2 diabetes. His doctor said that changing the foods he eats, and how much he eats, can reduce his risk. José has a healthy breakfast and dinner at home each day. But lunches are another story.

José is a building contractor. During the day, he's always on the go from one job site to another. He gets his lunch at a fast-food drive-through. He usually has a burger, fries, and a soda.

José also loves getting together with his family. But he finds it hard to eat well at these events, and he has trouble keeping up with healthy routines. His mother always makes her empanadas and encourages everyone to eat multiple servings. José knows his mother loves cooking for her family. He doesn't want to hurt her feelings, so he usually eats three or four.



What makes it difficult for you to make healthy choices when you eat away from home?

1. _____

2. _____

New Routines for Eating Well Away from Home

Establishing healthy routines at restaurants can be tough. But you can still enjoy eating out while making healthy choices and establishing new routines.

Dining Out—Small Steps, Big Changes



Large Fast-Food Meal

	Calories	Fat
Double Cheeseburger	520 cal	26 g
Large Fries	490 cal	20 g
Large Cola	290 cal	0 g
Total	1,300 cal	46 g



Regular Fast-Food Meal

	Calories	Fat
Cheeseburger	300 cal	13 g
Small Fries	220 cal	10 g
Medium Cola	210 cal	0 g
Total	730 cal	23 g

Think about how the number of calories and grams of fat change when Pedro, Nancy and Barbara, and Latasha make some simple changes to their fast-food meals.

Pedro	Nancy and Barbara	Latasha
		
• Swaps out the fries for a side salad with Italian dressing • Switches out his soda for a diet soda, then gets a refill of water	• Decide to split the large meal • Each orders a child-size beverage	• Mixes it up by ordering takeout from a new local restaurant • Gets a small lentil soup, a small chicken shawarma and hummus, unsweetened tea, and sparkling water
Total Calories: 620 cal Total Fat: 33 g	Total Calories: 655 cal Total Fat: 22 g	Total Calories: 662 cal Total Fat: 19 g

Eat Well at Restaurants

Plan Ahead

- Review the whole menu in advance to avoid surprises. You can find menus online or at the restaurant. You can ask to view a menu before sitting down or to take one home with you to review for next time.
- If listed, compare calories of menu items to help guide your decisions. Plan what you will eat ahead of time and stick with it.
- If you plan to have dessert, select a main course that is smaller or lower in calories.
- Plan for more physical activity before and/or after a special dinner out.

Make Healthy Choices Anywhere You Go

Look for these words on menus:

- Baked
- Steamed
- Healthy/lighter choice
- Broiled
- Low-fat or fat-free
- Whole grain or whole wheat
- Grilled
- Vegetable oil
- Light
- Diet/healthy choice



Be aware of:

- Words such as “cream sauce” or “sautéed in butter sauce,” which indicate that these foods are higher in saturated fat.
- Appetizers! These are rarely the healthier option and most often are higher in calories, fat, and sodium than entrées. Many restaurants do, however, have “lighter fare” options that can be a good start.

Think about the following:

- What cues and rewards will help you with these new healthy routines?
- What are some opportunities to practice and repeat these routines?

Eat Well at Restaurants

Small Steps, Big Changes – Sample Swaps

	Original Meal	Swap 1	Swap 2
Meal 1	Double cheeseburger, large fries, large soda	Single cheeseburger, small fries, unsweetened tea	Chicken sandwich, small fries, unsweetened tea
Meal 2	Stuffed crust meat-lovers pizza	Regular crust veggie pizza	Thin crust veggie pizza, light cheese
Meal 3	Taco salad in shell with ground beef, sour cream, shredded cheese	Taco salad in shell with chicken, toppings on the side	Taco salad, without shell, with chicken, light sour cream and light cheese on the side
Meal 4	Sweet and sour chicken over white rice	Sautéed chicken stir-fry over white rice	Shrimp stir fry over brown rice

Control Portion Sizes

- To make sure you get a healthy amount, say:
 - “I’d like the half-size or child-size portion of this item.”
 - “I’d like the side of this item (or the lighter-fare item) as my main course.”
 - “My friend and I will share this item, and we’d like an extra plate.”
 - “Bring me a to-go box when you bring my meal, please.” (Box up half the meal before you start eating!)
- Get a sense for portion sizes at restaurants by looking around at the meals other people have ordered. This will help you decide how you would like to order.



Ordering From the Menu

Using your menu and the tips provided, decide what changes you can make when ordering your food. What options will still allow you to enjoy your meal and the time spent with family or friends? Your team members can help you find healthy options. Help each other be successful!



Record your decisions and swaps below:

I used this tip...	To select this...	Or this...

Which of the following new routines do you see yourself using often?

- Review the whole menu in advance to avoid surprises.
- Compare calories of menu items to help guide your decisions.
- Have a lighter or small main meal when you plan to order dessert.
- Plan for more physical activity before and/or after a special dinner out.
- Look for words on the menu that may help you make a better choice, like baked, steamed, or healthy/lighter choice.
- Say, “I’d like the side of this item as my main course,” “My friend and I will share this item, and we’d like an extra plate,” or “Bring me a to-go box when you bring my meal, please.”
- Think about portion sizes by looking around at the meals other people have ordered.

What is one other routine you might try?

Eat Well at Social Events Tip Sheet

To prepare for social events:

- Plan ahead for a large meal by eating lighter, smaller meals at home that day.
- Eat breakfast or snacks earlier in the day and avoid the idea of saving calories and carbs for the special meal later on.
- Suggest some healthy choices.
- Bring a healthy dish to share for pot-lucks.
- Ask if you can bring something healthy.



To eat well during social events:

- Serve yourself small portions.
- Allow yourself one small treat.
- Limit the number of servings of starchy foods, such as potatoes, white rice, and bread, on your plate. Try to take just one piece or a few small spoonfuls or bites.
- Ask about ingredients and how dishes were prepared.
- Eat the healthy dish you brought.
- Study all the selections and think about what you are going to have before you put anything on your plate.
- Stick to calorie-free drinks such as water, tea, seltzer, or diet soda instead of punch or mixed drinks.
- Keep a glass of water in your hand.
- Limit alcohol.
- Say, “No, thank you.”
- Sit in another room, take a walk, turn on some music, or enjoy connecting with friends and family instead of lingering at the table or buffet.

After the social event:

- Take a walk with family and friends. Activity will help keep you focused on your goals and give you a welcome break from being surrounded by treats. Activity is also a great way to lower blood sugar levels.
- Don't beat yourself up if you overindulge! If you eat more calories than you planned for, don't think you have failed, just make a plan to get back to your healthy routine.

Neighborhood Gathering (Optional)

Make the best plate from the food selections at the event.

First, brainstorm all the delicious foods that might be at this event. Next, your group will make the best plate from the food selections at the event. Be sure to make a list of all the foods at the event and the foods chosen for your plate! After you have made your meal, brainstorm cues and rewards that can help you turn these healthy meal selection routines into habits.



Appetizers/Snacks	Meats	Vegetables/Sides	Breads	Desserts	Drinks

Make Your Plate!

José's Story—Part 2

José decides to work on developing better habits when he eats away from home. He tries to pack a healthy lunch the night before. If he buys his lunch, he orders his burger with a side salad. Instead of drinking regular soda, he now drinks diet soda and gets a refill of ice water. José is also getting better at enjoying only one of his mother's empanadas, while also filling the rest of his plate with her delicious bean and corn salad or roasted vegetables.

He remembers his new lunch routine by leaving his lunch bag in the middle of the kitchen table so he will see it before cleaning up and going to bed. He also tries to encourage this new routine by giving himself a healthy reward for packing his lunch five times in a row.





Module 11: Managing Triggers

Participant Guide



Session Focus



Identifying and changing behaviors associated with triggers can help prevent or delay type 2 diabetes.

In this session, we will talk about:

- What a trigger is and how we create and re-create patterns connected to grocery shopping, eating, and sitting still
- Common triggers for grocery shopping, eating, and sitting still and ways to change unhealthy patterns associated with these triggers
- Your own triggers that lead to overeating or less healthy choices
- How emotions and cues lead to your food choices and eating patterns

You will also make a new action plan!

Tips:

- ✓ Instead of buying treats for your loved ones, show your love in a healthy way.
- ✓ Try not to snack when you watch TV. Avoid eating out of large containers and bags. Get yourself a single serving.
- ✓ Reduce the time you spend sitting. Get up and move around during TV commercials or every 15 minutes, walk up a flight of stairs, or walk around the house every 30 minutes or so.

About Triggers

Marta's Story—Part 1

Marta just learned that she's at risk for type 2 diabetes. She knows that taking small steps to change her eating patterns and adding more movement to her day can make a big difference in reducing her risk.

On a typical workday, Marta gets up at 5:30 in the morning. As soon as she enters the kitchen, she starts making coffee. Just the smell helps her wake up. Then she warms up a pastry to dunk in her coffee.

By 3 in the afternoon, she's getting drowsy again. So, she stops at the coffee machine in the staff lounge. Her friend Adam is usually in the lounge at that time too, so she spends a few minutes chatting with him. At the vending machine, she buys herself another pastry to dunk in her coffee.

Later that evening, Marta needs to unwind after a stressful day. So, she curls up on the couch with her partner and watches TV. During one of the commercial breaks, she grabs a bag of chips and a couple of beers. Spending time with her partner, laughing together, and having a beer is one of Marta's favorite parts of her day. Sometimes, she's so tired that she falls asleep in front of the TV, making it even harder to get up the next morning.



About Triggers

Patterns that Marta has Created in Her Day

Time	Place	Who's Around	What's Positive?	What Needs to Change?	What Marta Might Do
5:30 a.m.	Marta's kitchen	Alone	Having a cup of coffee to wake up Having time to herself before she starts the day	Highly processed pastry (300 calories)	
3:00 p.m.	Staff lounge	Adam	Leaving her desk Going for a walk to the lounge Talking to her friend Adam Getting a snack	Highly processed pastry (300 calories)	
Evening	Marta's living room	Her partner	Relaxing Enjoying time with her partner Getting up during the show	Highly processed snacks and drinks (500 calories) Falling asleep in front of the TV	

About Triggers

Marta's Story—Part 2

Marta takes action to manage her triggers to help her engage in healthier behaviors. For example, instead of falling asleep in front of the TV, she is going to bed at a regular time each night, so she has more energy when she wakes up. She still loves the taste and smell of her morning coffee, as well as having some time to collect her thoughts before she starts her day. But instead of having a highly processed pastry for breakfast, she has some quick oats with a teaspoon of maple syrup, some fresh blueberries, and a few walnuts.



Marta still likes seeing her friend Adam in the staff lounge. They've started taking a 10-minute walk around the block when the weather is nice. That way, they can get out of the office at least once a day, and they can also tell funny stories about their coworkers. Marta also stopped going to the vending machine at work. Instead, she brings cut veggies and dip, a small piece of fruit, or cheese and crackers for her afternoon snack.

Marta still watches TV to unwind after a stressful day, and she really enjoys this time with her partner. But before they sit down for TV, they have started going out and taking a 20- to 30-minute walk, or when the weather is bad, they lift weights after dinner. Now that she has been doing this for a few weeks, they look forward to this time talking about their day and laughing together. Marta also has 3 cups of popcorn and a light beer for her evening snack instead of chips.

Marta was able to keep the healthy parts of her patterns while making small changes. As she practices those small changes, they will begin to feel more and more comfortable to her.

Common Triggers

Grocery Shopping, Eating, and Sitting Still Triggers

Common grocery shopping triggers:

“When buying groceries, I see candy at the checkout counter and put some in my shopping cart.”

“When I receive store emails with coupons and sales, I can’t turn down a good deal. I eat and buy whatever is on sale.”



Common eating triggers:

“When we go out to the movies, we always get a big tub of popcorn to share, plus some soda.”

“I can’t walk by the taco truck on my lunch break without stopping and getting some.”

“When I hear the ice cream truck, I buy an ice cream bar.”

“My family gets a pizza every Friday night.”

“I always have something sweet after dinner.”

“My friends and I always have chicken wings, beer, and chips while we watch the big game.”

“After church, my women’s group has coffee and donuts.”

Common sitting still triggers:

“My friends and I sit together in the cafeteria every day during lunch.”

“I always play video games after work.”

“My family plays board games all Saturday afternoon.”

“When dinner is over, it’s time for TV.”





Changing Behaviors for Grocery Shopping, Eating, and Sitting Still Triggers

Directions: Work with your group to identify other triggers associated with grocery shopping, eating, and sitting still. Record additional triggers in the left column under “Add Your Own.” Then, brainstorm ideas for ways to form new behaviors for each trigger. Record your ideas in the “Ways To Form New Behaviors” column.

Grocery Shopping Triggers	Ways To Form New Behaviors
It’s on sale, or I have a coupon for it.	Find ways to save money on healthy items instead.
It looks tempting.	
I always buy this.	
ADD YOUR OWN:	
ADD YOUR OWN:	

Common Triggers

Eating Triggers	Ways To Form New Behaviors
I like to nibble on chips or pretzels while I watch TV.	Avoid eating out of large containers and bags. Get yourself a single serving.
I see the drive-through on my way home from work and stop.	
I'm enjoying this time with my friends or family—I deserve this!	
I'm really hungry, and it's easier to open a package than to prepare a dish.	
This looks or smells tempting.	
I don't want to waste food.	
I see TV commercials or social media ads of tempting foods.	
ADD YOUR OWN:	
ADD YOUR OWN:	

Common Triggers

Sitting Still Triggers	Ways To Form New Behaviors
Watching TV or sporting events	• <i>Be active during commercials or during breaks.</i>
Talking on the phone	
Playing video games on the computer	
Hanging out with friends and family	
Waiting in the car for kids to finish school/practice	
Looking at my smartphone, apps, or social media	
ADD YOUR OWN:	
ADD YOUR OWN:	

My Triggers

Directions: Below are examples of patterns to change, triggers associated with those patterns, and ways to change those patterns. In the space provided, complete the table as it applies to you. What patterns in your life do you want to change? What triggers those patterns? Finally, think about what you can do instead to avoid repeating the same patterns.



Pattern I Want To Change	Trigger	What To Do Instead
I always put candy bars in my cart when I finish shopping! I do such a great job until I get to the checkout lane.	Stores put sweet and salty foods at the checkout on purpose! They know you're tired of making decisions, and it's easy to let a few candy bars, chips, or sodas fall into your cart. If you're shopping with children, they can also beg for these items.	You can't avoid checking out at the grocery store, so make a plan before you get to the checkout lane. Pick out something healthy as a treat. If you have kids, have them pick out a fruit, special low sugar fizzy water drink, or healthy snack before you reach the candy bars. Plan ahead.
I am always starving right before dinner. As I am cooking a healthy dinner, I find myself snacking on chips. The other day, I ate the whole bag as I was making grilled chicken and broccoli.	It's normal to be hungry before dinner. Many people are cooking dinner after a long day, and we like to reward ourselves. Also, hunger can often be mistaken for thirst, especially as we age.	Plan a healthy snack to avoid hunger pangs while you're cooking. Find a new reward. Even 5 to 10 minutes of quiet time to yourself can feel like a big reward after a long day. Drink water with a splash of fruit juice to rehydrate.

My Triggers

Pattern I Want To Change	Trigger	What To Do Instead
When I visit my family, we sit in the kitchen and talk and eat all day long. I always overeat when I'm there.	Family gatherings pose many challenges, such as dealing with family dynamics and eating certain foods and dishes that bring back memories and feelings.	Make a plan. Share it with your family and loved ones. Try to avoid eating between meals, but do enjoy eating with family. Bring or make a veggie tray for low-calorie snacking and to add vitamins, minerals, and fiber to keep you healthy. Plan a family walk or other activity that involves movement.
ADD YOUR OWN:		
ADD YOUR OWN:		
ADD YOUR OWN:		

Emotions and Cues Lead to Choices

Directions: Here are some common cues and feelings that often lead to unhealthy food choices. Take some time to think about an eating habit or choice you want to change, why you would want to make this change, and what you are going to do to change it.

Physical or Mental Cue	Eating Habit/ Choice I Want to Change	Why I Want To Change It	What I'm Going To Do
<i>Example: I feel tired.</i>	<i>When I have to stay awake and I'm tired, eating helps me stay awake.</i>	<i>I eat late at night when I'm not really hungry, and the calories add up.</i>	<i>I am trying to go to bed earlier, but I can drink a glass of water or chew sugar-free gum when I have to stay up late to finish my work.</i>
I feel tired.			
I feel stressed.			
I feel angry.			

Emotions and Cues Lead to Choices

Physical or Mental Cue	Eating Habit/ Choice I Want to Change	Why I Want To Change It	What I'm Going To Do
I feel nervous.			
I feel happy.			
I feel bored.			
I feel lonely.			



Module 12: Stay Active To Prevent Type 2

Participant Guide



Session Focus



Staying active over the long term can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- Some benefits of staying active
- Some challenges of staying active and ways to overcome them
- How far you've come since you started this program

You will also make a new action plan!

Tips:

- ✓ Know your “why.” Remind yourself every day why you want to stay active. Ask friends and family to remind you too.
- ✓ Reward yourself. Give yourself small, non-food rewards for meeting your physical activity goals. Ask family and friends to support you.



Staying Active To Prevent T2

Teo's Story—Part 1

Teo is at risk for type 2 diabetes. His doctor asked him to lose 20 pounds and aim for at least 150 minutes of activity each week. He tries to meet this goal by walking for 30 minutes 5 days a week. With a lot of hard work, Teo reached his weight and activity goals. His blood sugar levels are in the normal range now. And his doctor says he's lowered his risk for type 2 diabetes. Teo's doctor tells him to keep up the good work and reminds him of some of the benefits of staying active:

- Better sleep and mood
- Improved balance and flexibility
- Lower blood pressure and cholesterol
- Lower risk of heart attack and stroke
- Lower stress levels
- More energy
- Stronger muscles



How To Overcome Challenges

Teo's Story—Part 2

But as time goes on, Teo's schedule gets busier. His wife starts going to night classes. So, in addition to preparing dinner on his scheduled days for the family, he needs to prepare dinner two additional days of the week.

Teo now goes to the grocery store during his lunch break. As a result, he no longer has time to walk during lunch.

It's hard for Teo to find time to be active. Plus, he's met his weight loss goal, so he feels less motivated. His physical activity routine is slipping.

Teo decides to take action. He is active with his kids. He gives himself small, non-food rewards for meeting his movement goals. And he asks his kids to pitch in more with preparing meals and other chores around the house, so he has more time to be active.

Today, Teo's physical activity routine is back on track. He plans to stay active over the long term. He wants to be healthy. Plus, he likes how he feels when he's active.

How To Overcome Challenges

Overcoming Challenges

It can be challenging to stay active over the long term. Here are some common challenges and strategies for turning them into successes. Write your own ideas in the “Other Ways To Succeed” column. Check off each idea you try.

Challenges	Ways To Succeed	Other Ways To Succeed
I feel less motivated.	☐ Know your “why.” Remind yourself every day why you want to stay active. Ask family and friends to remind you too. ☐ Plan ahead. Make physical activity a regular part of your schedule. Put it on your calendar. ☐ Commit to be fit. Work out with a family member or friend. Take an exercise class. Join a walking group. ☐ Keep it fun. Keep trying new ways to be active until you find some you enjoy. Watch videos or listen to music while you work out. Try an exercise app. ☐ Challenge yourself. Set new physical activity goals for yourself. Or compete with a friend. ☐ Reward yourself. Give yourself small, non-food rewards for meeting your physical activity goals. Ask family and friends to support you.	

How To Overcome Challenges

Challenges	Ways To Succeed	Other Ways To Succeed
I have less time due to life changes.	☐ Work out while you get things done. Move briskly while you sweep the floor, mow the lawn, shop, or walk your dog. ☐ Make screen time active time. Lift weights, ride a stationary bike, or march in place while you watch TV or videos. ☐ Stay in touch. Take a walk with a friend. Or talk on your phone while you walk. ☐ Walk or bike to get places. Ride your bike to work. Park in a distant part of the lot. Take the stairs instead of the elevator. Get off the bus one stop early. ☐ Divide and conquer. Break your 150 minutes into 10-minute chunks. ☐ Ask for help. Ask family members to pitch in with daily tasks so you have more time to be active.	

How To Overcome Challenges

Challenges	Ways To Succeed	Other Ways To Succeed
I have less money due to life changes.	☐ Do free activities like walking, dancing, and marching in place. ☐ Buy workout clothes and supplies on sale. ☐ Look for free exercise classes at your community center. ☐ Look for exercise videos online and at the library. ☐ Download free exercise apps. ☐ Ask about need-based fees at the gym.	
The weather is making it hard to walk outdoors.	☐ Dress for the weather. ☐ Walk in a mall. ☐ Walk, march, jog, or do jumping jacks in place. ☐ Go up and down the stairs several times in a row. ☐ Try another way to be active, such as swimming. ☐ Lift weights or heavier household items like cans of food or bottles of water. ☐ Play a game with your children, grandchildren, or pets that gets your heart pumping.	

How To Overcome Challenges

Challenges	Ways To Succeed	Other Ways To Succeed
I'm injured.	☐ Ask your health care provider how to treat the injury. For instance, you may need to rest and ice the area. ☐ Find another way to be active. For example, if your foot hurts, you may still be able to swim. ☐ Use splints and supports, as needed. ☐ Get more active over time to avoid injury.	

Look How Far You've Come!

Directions: In small groups, either in person or virtually, you will discuss the following questions:

- What types of activity did you do when you first started this program? What types of activity do you do now?
- How many minutes a day were you active when you first started this program? How many minutes a day are you active now?
- How did you feel about being active when you first started this program? How do you feel about being active now?



In the space provided, write down takeaways you have from your group discussion. Following this activity, a volunteer will use these takeaways to share with the whole group.

Takeaways:

Whole Group Takeaways:

How Will I Stay Active?



Why do you want to stay active over the long term?

What might make it challenging for you to stay active over the long term?

How will you overcome those challenges?

Tips for Staying Active Every Day



Small steps can help you stay active every day. Check off the ideas you want to try. Then try them! See how it goes.

Walk When You Can

- ☐ At work, stretch and move around every 30 minutes.
- ☐ Get off the bus or train a stop early and walk.
- ☐ Go for a half-hour walk instead of watching TV.
- ☐ Go up hills instead of around them.
- ☐ Make a Saturday morning walk a habit.
- ☐ Park farther from the store and walk.
- ☐ Replace a Sunday drive with a Sunday walk.
- ☐ Take a walk after dinner.
- ☐ Take a walk during your work breaks.
- ☐ Take the stairs instead of the escalator or elevator.
- ☐ Take your dog on longer walks.
- ☐ Walk briskly in the mall.
- ☐ Walk to the store.
- ☐ Walk your children to school.

Tips for Staying Active Every Day

Move More at Home

- ☐ Fix things around your home.
- ☐ Mow your lawn with a push mower.
- ☐ Paint your home.
- ☐ Rake your lawn.
- ☐ Shovel snow.
- ☐ Sweep, mop, or vacuum your floor.
- ☐ Wash your car by hand.
- ☐ Put one laundry item away at a time, walking from the dryer to the closet each time.

Live Actively

- ☐ Avoid devices that do work for you, such as electric mixers.
- ☐ Choose activities that you enjoy and that fit into your daily life.
- ☐ Dance to music—alone or with someone else.
- ☐ Give yourself a small, non-food reward for meeting your physical activity goals.
- ☐ Walk around instead of sitting still at your children's sports events.
- ☐ Join a walking or hiking group.
- ☐ Lift weights or use resistance bands while you watch TV or videos.
- ☐ March in place while you watch TV.
- ☐ Play tag, Frisbee, or soccer with your kids or grandkids.
- ☐ Try new physical activities.
- ☐ Use an exercise app on your phone or computer.
- ☐ Use an exercise video.

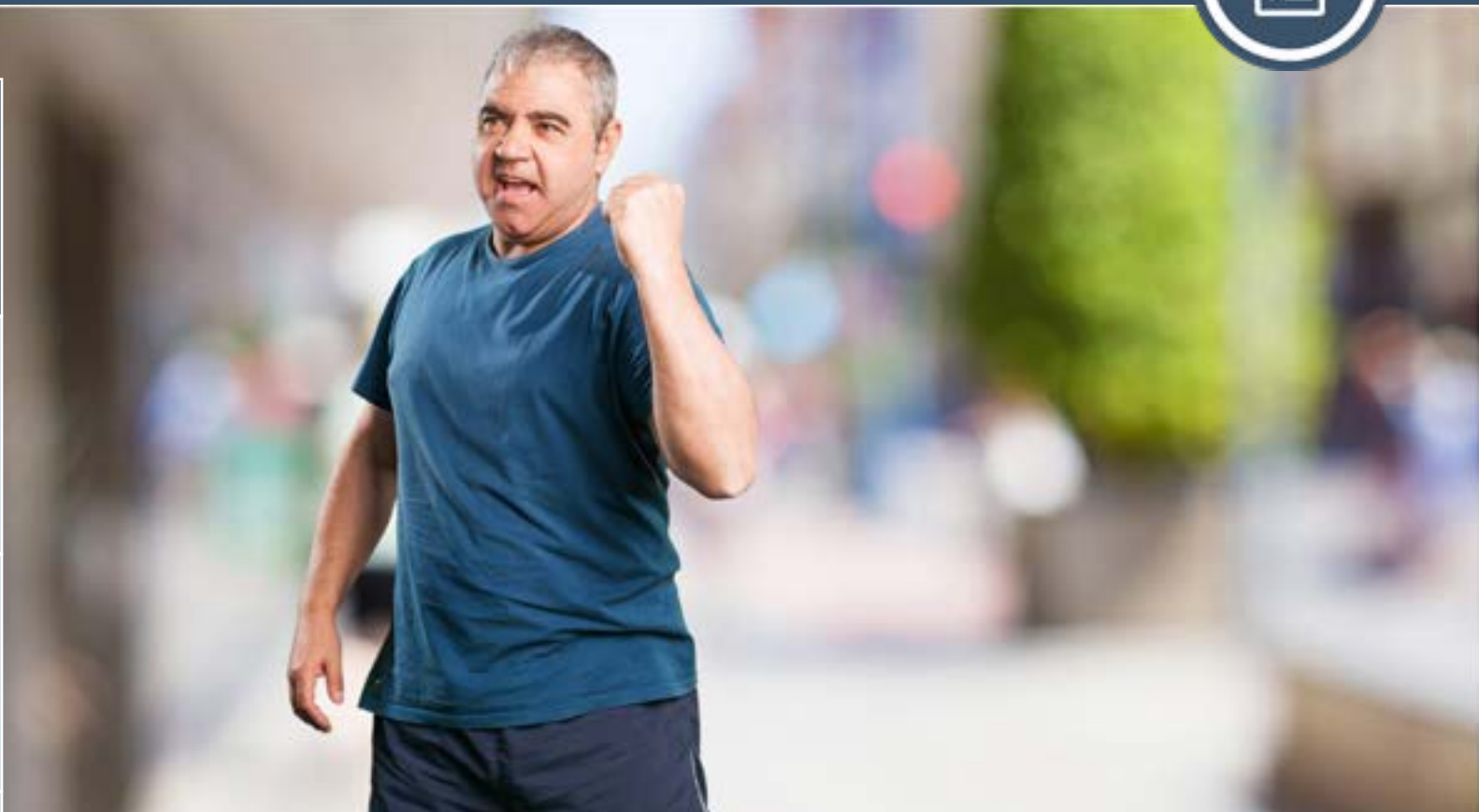


Module 13: Take Charge of Your Thoughts

Participant Guide



Session Focus



Taking charge of your thoughts can help you prevent or delay type 2 diabetes.

In this session, we will:

- Discuss how to replace negative thoughts with helpful thoughts
- Practice replacing a negative thought with a helpful thought

You will also make a new action plan!

Tips:

- ✓ Identify your negative thoughts.
- ✓ Put on the brakes.
- ✓ Think helpful thoughts instead.

Negative Thoughts vs. Helpful Thoughts



Fabienne's Story—Part 1

Fabienne is at risk for type 2 diabetes, so she's trying to eat well and be active.

Most days, Fabienne walks around the park. But on Tuesday, it's raining. Fabienne thinks, "Ugh, the weather is lousy. I'll just skip my walk today."

But then Fabienne remembers how well she's been doing at staying active. Walking every day has become part of her routine, and she's so proud of herself!

Fabienne decides to replace her negative thought with a helpful one: "It's raining, so instead of walking today, I'm going to do some chair exercises."



Negative Thoughts vs. Helpful Thoughts

Tips To Manage Negative Thinking:

- Practice recognizing negative thoughts.
- Make sure your action plan is realistic, doable, specific, and flexible.
- Have a sense of humor.
- Take care of yourself: manage stress, get enough sleep, eat right, and stay active.
- Keep things in perspective.
- Be around people who practice helpful thinking.
- Celebrate and reward your progress.

Replace Negative Thoughts With Helpful Thoughts

Three Steps To Replace Negative Thoughts With Helpful Thoughts

1. Identify your negative thoughts. What thoughts get in the way of your eating and activity goals?



2. Put on the brakes—call a time out on those negative thoughts. Some people imagine a big red stop sign or a referee blowing a whistle and calling, “Time out!” How can you put the brakes on your negative thoughts?



3. Think helpful thoughts instead. What are those negative thoughts telling you? What helpful thoughts can replace those negative thoughts?



Replace Negative Thoughts With Helpful Thoughts



Changing Negative Thoughts

Recognizing the type of negative thought can help you turn it into a helpful thought.

Types of Negative Thinking

- All or Nothing—You see only the extremes. You don't see anything in between.
- Making Excuses—You blame situations, things, or other people for your choices.
- Filtering—You ignore the good and focus on the bad. For example, "I should be losing more weight each month."
- Self-Labeling—You call yourself something bad.
- Comparing—You compare yourself with other people and find yourself lacking.
- Pessimistic—You assume the worst.

Examples of Negative Thoughts

- I just know I'm going to get type 2 diabetes since both of my parents had it.
- I can't eat ice cream ever again.
- No one else supports my healthy lifestyle.
- I'm such a weakling.
- I can't meet my eating goals because my wife keeps baking cookies.
- Teo has lost so much more weight than I have.
- It's too cold (or hot) outside to go for a walk.
- I haven't stuck to my healthy eating plan this week.
- Stella is so much stronger than I am.
- Exercise is boring.
- I just know I'm going to get hurt. Then I won't be able to work out.
- I'm the world's worst cook.

When thinking about your negative thoughts and turning them around, consider these questions:

- When am I more negative?
- What around me causes me to be negative or think negative thoughts?
- What new routine can help me pause when I am thinking negative thoughts?
- What new routines can guide me toward helpful thinking?





Module 14: Get Back on Track

Participant Guide



Session Focus



Getting back on track with your eating and activity goals after a slip-up is an important part of creating habits you can stick with.

In this session, we will talk about:

How to get back on track with your eating and activity goals and prevent similar slip-ups in the future by:

- Staying positive
- Following the five steps of problem solving



You will also make a new action plan!

Tips:

- ✓ There may be times when you fall short of your goals for a week or two. This is called a lapse, and it's very normal.
- ✓ Remember: A lapse is a big deal only if you let it become one. Whatever you do, don't give up!



Everyone Gets Off Track

Kofi's Story—Part 1

Kofi is at risk for type 2 diabetes, so he's trying to live a healthy lifestyle. For 2 months, Kofi does great with his eating and activity goals. As a result, he loses 9 pounds.

But on Friday, some of Kofi's coworkers are laid off. He's worried that he will be next. He decides to prove himself to his boss by working extra hard.

On Monday, Kofi comes into work early. That means he doesn't have time to pack his lunch in the morning, so he gets a candy bar from the vending machine instead of having a healthy lunch.

To impress his boss, Kofi skips his usual lunchtime walk and instead sits at his desk and works through lunch. As a result, he doesn't get enough activity that day. Kofi does the same thing each day that week.

By the weekend, Kofi is mad at himself for getting off track with his eating and activity goals. He's gained 2 pounds. He feels like he is so off track he doesn't know how to restart. He feels like giving up.



Stay Positive and Solve Problems

Kofi's Story—Part 2

Kofi decides to take action to get back on track and prevent similar lapses in the future. He knows that it is natural to get off track sometimes, but that it is also important to stay positive. He tells himself that he has made so much progress, and that even though he has had some lapses the past week, he can recover from them and get back on track.

Kofi also uses the five steps of problem solving to help himself get back on track.



Stay Positive and Solve Problems

Five Steps of Problem Solving



Step 1: Describe Your Problem

First, Kofi clearly describes his problems. He realizes he is doing two things that have taken him off track:

- Problem 1:

- Problem 2:

He also thinks about what caused these lapses and realizes that both of these problems have the same root cause: _____

Stay Positive and Solve Problems

Step 2: Come Up With Options

What are some ways that Kofi can deal with his worry of losing his job?

Next, Kofi brainstorms some ways to change what he has been doing and to make sure he eats a healthy lunch each day:

He does the same to figure out how he can be sure he gets enough activity each day:

Step 3: Choose the Best Options

After Kofi comes up with these options, he decides he wants to try these two in the next week:

Stay Positive and Solve Problems

Step 4: Make an Action Plan

Kofi uses his Action Plan Journal to record what he is going to do before his next PreventT2 session.

Between now and the next session, my goal is to:		
Action 1: What I will do		Done? ☐
Where I will do it		
How long I will do it		
Challenges I might face		
Ways to overcome these challenges		
Action 2: What I will do		Done? ☐
Where I will do it		
How long I will do it		
Challenges I might face		
Ways to overcome these challenges		

Step 5: Try it

Kofi's Story—Part 3

Kofi tries out his action plan, and it works! He now manages to eat a healthy lunch and get enough activity each day. By using the five steps of problem solving, he was able to identify what went wrong and how he could fix it. He also was able to see the root cause of his problems and to remind himself that even when circumstances are not good, he still can make healthy choices. He is proud of himself for getting back on track with his eating and activity goals.



Get Back on Track

Think about issues that have caused—or may cause—you to get off track with your eating and activity goals. Choose one of these problems. Then stay positive and use the five steps of problem solving.



Five Steps of Problem Solving

1. Clearly describe your problem. What do you think caused it?

2. Come up with options. What are some ways to solve your problem?

3. Pick the best options. Which of those options would work best to solve your problem?

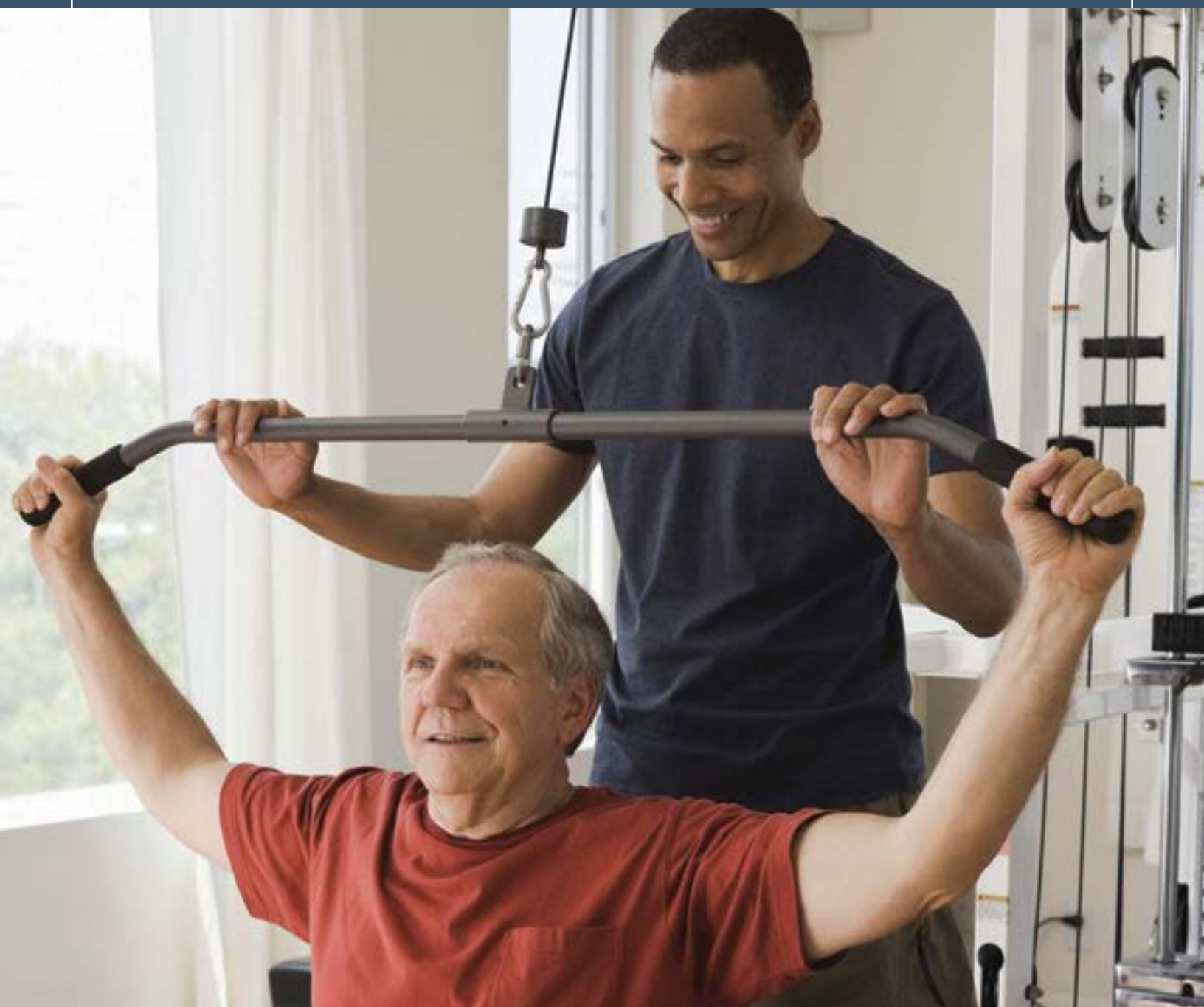
4. Make an action plan. (Use a blank action plan from your Action Plan Journal.) How will you put those choices into practice?

5. Try it. See how it goes!



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, community 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 pizza and ice cream. His wife resents the time Jim spends working out instead of being with the family. His mom keeps telling him he's just fine the way he is. And some of his coworkers always put out candy.

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



Jim starts with his family at home 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 much more understanding about Jim spending time away from the family to work out. In fact, the two of them go out dancing sometimes. And the whole family plays soccer or tag after dinner.

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.

Jim also explained to his coworkers how he is changing his eating and activity habits. Many of them were interested in hearing more because they wanted to make changes too. They've even stopped putting out candy as often.

For additional support, Jim has also joined an online health community. He and the other members share tips and cheer each other on. Right now, they're competing to see who can take the most steps each week.

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 doing it. 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 lead a healthy lifestyle.
- Ask them nicely to support your efforts.
- Give them regular updates on your progress.
- Set family rules.

How To Get Support

You could also invite them to:

- Be active with you
- Plan and shop for healthy meals 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 role-play asking a family, friend, or coworker to support your healthy lifestyle. Think about what you would say. Then, act it out with your partner. 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 face or might face.
- In the right column, write ideas on how you can overcome each challenge.

Challenge	Ways To Overcome
Example: My husband buys chips.	Example: I'll remind him that I'm trying to eat healthy to prevent type 2 diabetes. I'll ask him to stop buying chips or leave them at work.

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.

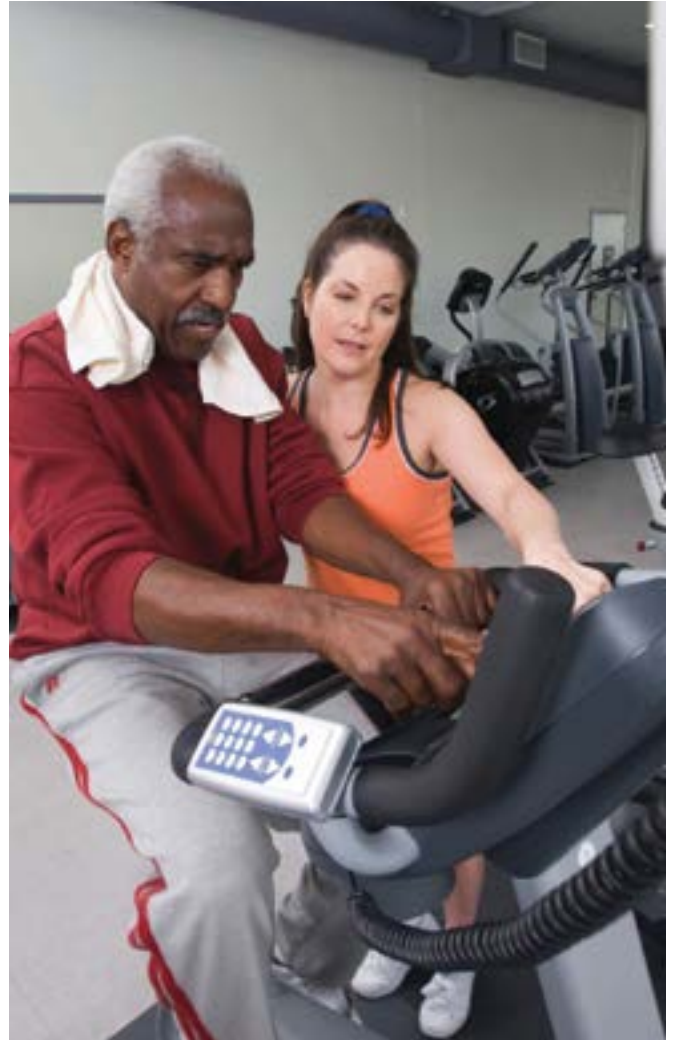
Groups, Classes, and Clubs	Ways To Find Them
Groups • Online health community • Support group	• Ask your health care provider. • Check with your local library, recreation center, community center, or senior center. • Contact the American Diabetes Association: 800-DIABETES (800-342-2383). • Contact community 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!
Classes and Clubs Healthy eating • Healthy cooking • Healthy meal planning Physical activity • Basketball • Biking • Dancing • Hiking • Martial arts • Softball • Walking • Weight lifting	

How To Get Support

Get Support From Professionals

Here are some professionals who could support your healthy lifestyle.

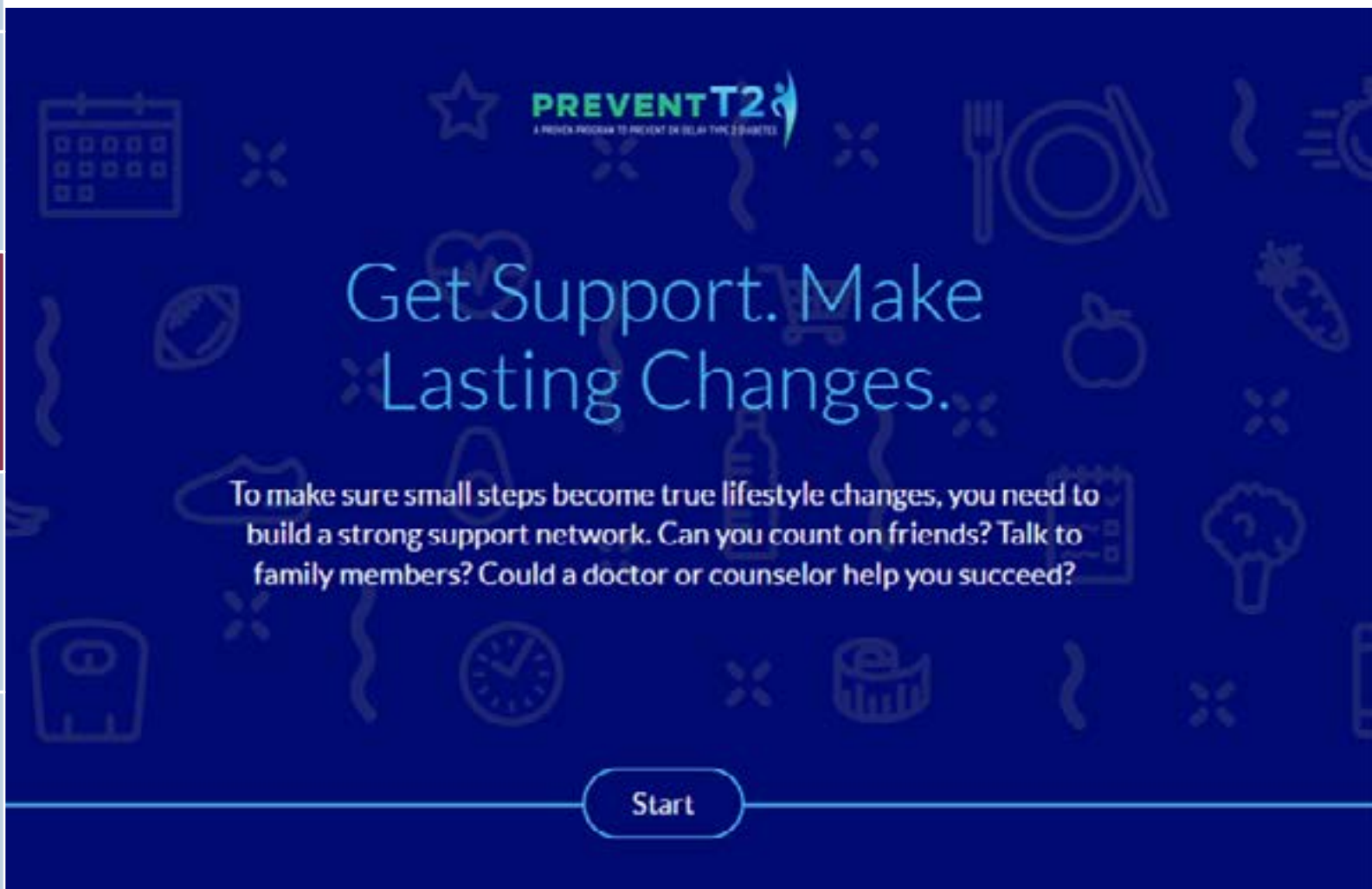
- Lifestyle coaches can help you adopt and sustain healthy habits.
- Nutritionists and dietitians can help you with healthy food and eating habits and concerns.
- Pharmacists can talk with you about the effects of medicine.
- Your primary care provider is likely the person who told you about being at 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 “Get Support” module contains suggestions for how to find social support for positive changes and a Support Action Plan that you can tailor and print.



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



Module 16: Stay Motivated To Prevent Type 2

Participant Guide



Session Focus



Staying motivated over the next 6 months can help you stick to your healthy habits to prevent or delay type 2 diabetes.

In this session, we will talk about:

- How far you've come since you started this program
- Our group's next steps
- Individual goals for the next 6 months



You will also make a new action plan!

Tips:

- ✓ Try new and fun ways to eat right and be active.
- ✓ Celebrate your successes.



Your Goals for the Next 6 Months

Marie's Story

Marie is at risk for type 2 diabetes and started the lifestyle change program to make a change. She decided the new version of herself would eat right and get active.

Marie has been working hard to try some new routines and make progress toward her goals. As a result, she reached her weight and activity goals. Strangely enough, now that she's reached her goals, Marie doesn't feel quite as motivated. She starts sliding back into her old habits.

Marie decides to take action by updating that new version of herself she knows is possible. She also wants to show her husband what is possible and bring him along on this journey. Her plan now is to create new routines they can enjoy in order to make healthy decisions together.

Today, Marie is back to feeling motivated. She plans to live a long and healthy life.



Your Goals for the Next 6 Months

Individual Goals for the Next 6 Months

Here are my new and revised personal goals for the next 6 months in the PreventT2 program:

Activity Goal

In the next 6 months, I will get at least 150 minutes of activity each week at a moderate pace or more. Ideally, that's 30 minutes of activity 5 days a week.

Weight Goal

I weigh _____ pounds.

In the next 6 months, I will:

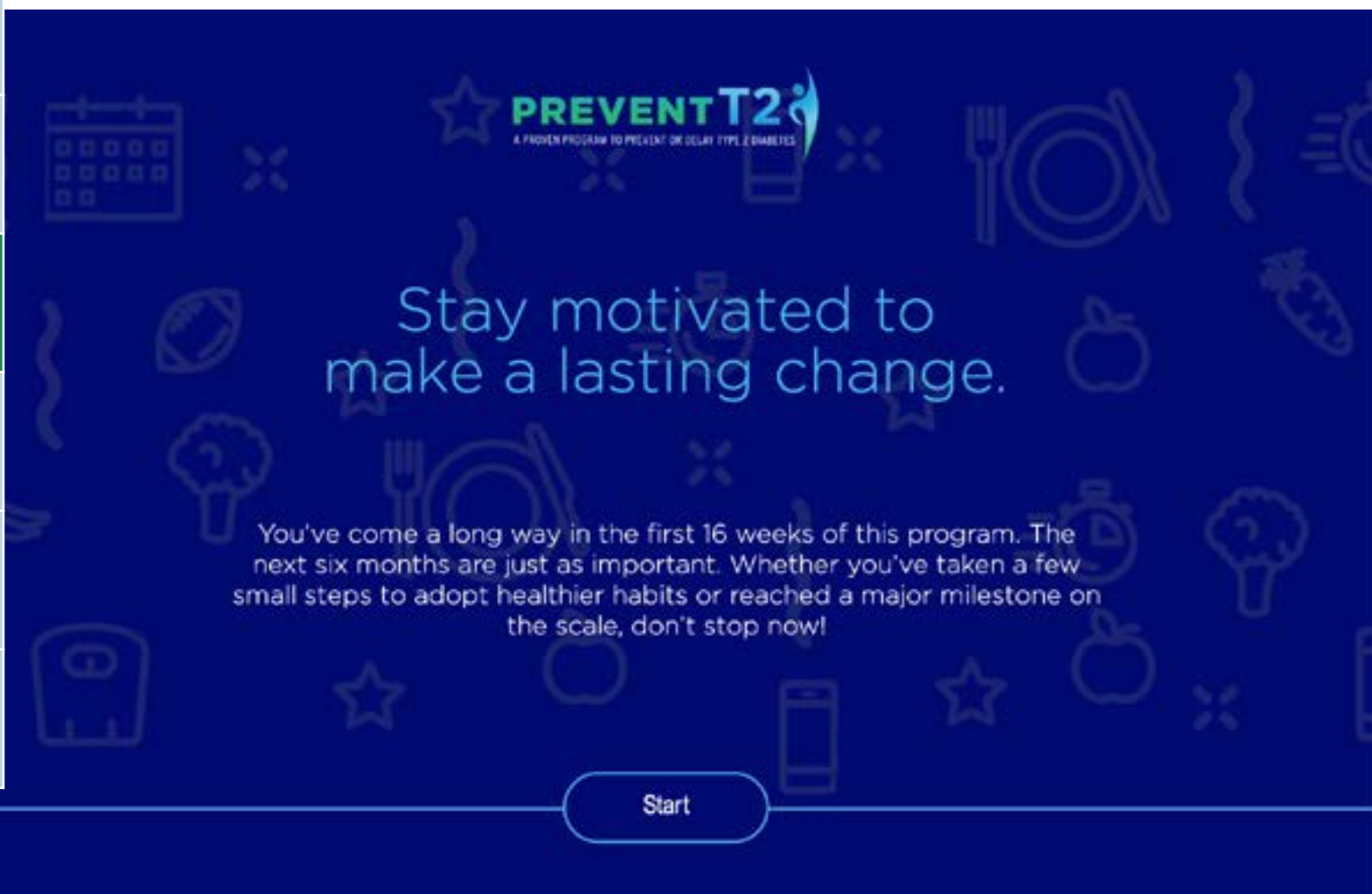
- ☐ Lose weight. I will reach _____ pounds.
- ☐ Maintain my weight. I will stay at _____ pounds.

Plan for Success

Stay Motivated Module and Personalized Pledge

This “Stay Motivated” module includes steps to stay motivated and ideas for beating self-defeating thoughts. You can create a new personalized pledge to stay committed to your goals.

Stay Motivated Module



www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=16

Plan for Success

Personalized Pledge



Commit to action. Pledge to change.
Prevent type 2 diabetes.

As you get ready to switch from weekly to monthly meetings with your lifestyle change program, it's time to stop and reflect. How will you stay on track toward your goals? Take the step now to recommit to the program and to adopting lifelong healthy habits.

Let's go!

www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=3

Celebrate Your Success

Celebrating your success can help you stay motivated. Here are some healthy ways to celebrate. Write your own ideas in the “Other Ways To Celebrate” column. Check off each idea you try.



Ways To Celebrate	Other Ways To Celebrate
☐ Blog about your success.	☐
☐ Give yourself a small, non-food reward for reaching each goal.	☐
☐ Make a graph of your progress over time (weight, steps per day, clothing size).	☐
☐ Post “then and now” photos of yourself.	☐
☐ Share your success on social media.	☐
☐ Thank friends, family, and coworkers who support you.	☐
☐ Try on your “before” clothes.	☐
☐ Start a success journal.	☐
☐ Support someone else.	☐
☐ Give your goals a one-day break.	☐
☐ Write down your success and put it where you can see it every day.	☐
☐ Cheer for yourself.	☐
☐ Do something you enjoy but rarely have time to do.	☐
☐ Write your success story to share in a newsletter or email to clients and colleagues.	☐
☐ Treat yourself to a day of rest and relaxation.	☐

How To Stay Motivated

It can be challenging to stay motivated. Here are some common challenges, and ways to work through them. Write your own ideas in the “Other Ways To Stay Motivated” column. Check off each idea you try.



Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
I’m bored.	☐ Set new goals for yourself.	☐
	☐ Take part in a friendly competition.	☐
	☐ Try a physical activity app.	☐
	☐ Try new recipes and physical activities.	☐
	☐ Work out while you talk on the phone.	☐
	☐ Work out while you watch TV or videos.	☐
	☐ Work out with a friend or family member.	☐
This group meets less often than it used to.	☐ Find other ways to get support.	☐
	☐ Go to all the sessions that are left.	☐
		☐

How To Stay Motivated

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
I've lost a lot of weight or reached my weight goal.	☐ Remind yourself of the other benefits of eating right and being active. ☐ Set a new weight goal. ☐ Set other goals besides weight loss.	☐ ☐ ☐
I've gotten off track.	☐ Stay positive. ☐ Follow the five steps of problem solving: • Describe your problems. • Come up with options. • Choose the best options. • Make an action plan. • Try it.	☐ ☐ ☐

How To Stay Motivated

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
My weight loss has slowed down.	☐ Build muscle. ☐ Burn more calories. ☐ Take in fewer calories. ☐ Track what you eat and drink. ☐ Track your activity.	☐ ☐ ☐ ☐
I've made less progress than I expected to.	☐ Celebrate your successes. ☐ Look at how far you've come. ☐ Make a new action plan. ☐ Make sure you are tracking the right way.	☐ ☐ ☐ ☐



Module 17: When Weight Loss Stalls

Participant Guide



Session Focus



Taking action when your weight loss stalls can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- Some reasons why weight loss can stall
- Other non-scale ways your body tells you that you're making progress on your health goals
- The value of maintaining your weight and how to start losing weight again

You will also make a new action plan!

Tips:

- ✓ Set new goals that match your lower weight, if needed.
- ✓ Maintain weight loss as a long-term goal.
- ✓ Build muscle.

Why Weight Loss Can Stall

Roxanne's Story

Roxanne is at risk for type 2 diabetes. She currently weighs 168 pounds, and her goal is to lose 18 pounds to get to 150 pounds. She has made a commitment to increase her physical activity and make some small but meaningful changes to her eating habits.

During the first 6 weeks, Roxanne lost 12 pounds. The first week she lost 3 pounds as she started drinking more water in place of other drinks. After that, she was losing between 1 and 2 pounds a week. When Roxanne plots out her weekly weight loss, she likes seeing her weight loss line getting closer and closer to her goal.



But, in the last few weeks, Roxanne worries that her weight loss has stalled. She loses just half a pound during week 7. In week 8, she gains a pound. And she doesn't lose any weight during week 9.

Although Roxanne is a little frustrated to see her progress slow down, she knows that her weight is only one measure of the positive changes that she is making in the program. She reminds herself of how much more energy she has. She looks at how much more she's moving during her week. She is happy that she is drinking more water, building new eating patterns, and establishing healthy habits like taking a daily walk and tracking her food.

Roxanne also realizes that weight loss can be affected by stress or anxiety, sleep, hormonal changes, and eating patterns. She recommits to continuing the positive habits she has adopted. She keeps drinking water, tracking her meals regularly, and walking every day. She decides to increase the intensity of her walking. When she started, she walked 1 mile. Now, she can walk a mile and a half in 30 minutes! Roxanne adds some more vegetables and fiber to her meals with salads. Roxanne also realizes that she has been anxious due to some new projects at work, and that her work stress has been affecting her sleep. She starts a new nighttime routine that includes a cup of herbal tea, some music, and reading a book.

These small changes add up. After a few weeks of successful weight maintenance, Roxanne begins losing 1 to 2 pounds each week again. She now knows that she will be able to successfully maintain her weight as well as keep making progress on her weight loss goals.

Why Weight Loss Can Stall

Reasons Why Weight Loss Stalls

Weight loss can stall for different reasons, which can vary considerably among people. Some of these reasons include:

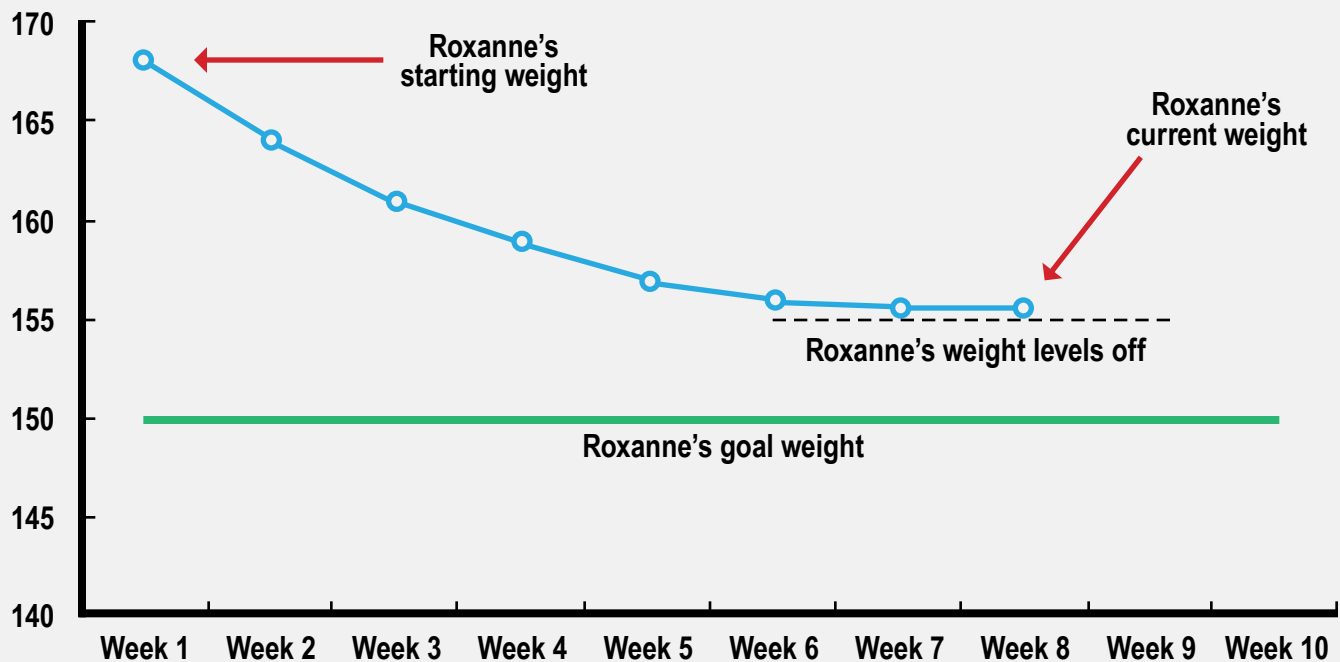
- Your body adapts to weight loss, changing the number of calories you need.
- Your body adapts to your physical activity routine.
- You may be eating a little more without realizing it, especially if you've stopped measuring or logging your meals.
- You may be eating fewer vegetables or fiber.
- You may be eating or drinking more high calorie foods or drinks.
- You may be drinking less water than you did at the start of the program.
- You may be going through a time of the year with more social gatherings, meaning more highly processed foods and fewer opportunities to be physically active.
- Your sleep schedule may have changed.
- You may be experiencing stress, anxiety, or depression.
- You may have started a new medication.
- You may have hormonal changes due to age, stress, menstrual cycle, or the time of year.

Remember:

- Focus on your strengths and reinvest in the behaviors that led to your successes.
- Focus on maintaining your weight when your normal routine changes.
- Remind yourself that weight loss maintenance is your long-term goal. Being able to balance food intake and activity when maintaining your weight are important too.
- Look at small changes you can make to your eating patterns, physical activity, sleep, and stress management to stay on track—it's often not one thing, but several small things that can make a big difference.

How To Start Losing Weight Again

Roxanne's Weight Loss



Roxanne's Daily Calorie Needs

Before Roxanne lost weight:

Weight: 168 pounds

Daily calorie needs: 1,750 calories

Now:

Weight: 156 pounds

Daily calorie needs: 1,650 calories

Change in daily calorie needs: -100

How To Start Losing Weight Again

Ways To Take in Fewer Calories

Here are some ways to take in fewer calories. Consider the following swaps.

Instead of:	Choose:
Cooking in butter	Vegetable oil (olive, canola, etc.) or cooking spray
Heavy cream	Evaporated skim milk
Whole milk	2%, 1%, or skim milk
Sour cream	Greek yogurt or reduced-fat sour cream
Mayonnaise	Light mayo or Greek yogurt
Cream-based salad dressing	Oil-based salad dressing

And remember you can still have flavor without adding too many extra calories. Try using salsa, hot sauce, mustard, vinegar, lemon juice, herbs, and spices!

Choose drinks without calories

- Calorie-free sparkling or seltzer water with a splash of 100% fruit juice
- Tea or coffee with no cream or sugar
- Water with a citrus wedge or mint
- Water with berries or cucumber slices
- Diet soda



Choose drinks without calories

- Measure foods regularly to get an idea of what serving sizes look like.
- Pay attention to serving sizes.
- Plan your snacks and meals in advance.
- Start with non-starchy veggies or a broth-based soup.
- Use smaller plates, bowls, and serving dishes.
- Slow down eating: chew each bite completely, set eating utensils down between bites, take sips of water, and savor your food.



How To Start Losing Weight Again

Ways to Take in Fewer Calories (Continued)

Use less fat

To keep food from sticking, use:

- Cooking sprays
- Water or stock
- Small amounts of oil or butter when adding to the pan

To replace butter and oil in baked goods, use:

- Pureed (finely ground) veggies or fruit with no added sugar
- Plain yogurt
- Veggie or fruit juice with no added sugar

Replace fatty sauces with:

- Hot sauce
- Garlic puree
- Lemon juice
- Low-fat gravy
- Low-fat salad dressing
- Mustard
- Nonfat plain yogurt
- Salsa
- Vinegar



How To Start Losing Weight Again



Healthier Ingredient Swaps

Directions: It's time to pull out your recipes! Share your recipe with your group. Then, work together to find ways to include healthier ingredient swaps in your recipe. Finally, write down any takeaways from your group discussion.

Healthy Ingredient Swaps:

Group Takeaways:

Whole-Group Takeaways:

How To Start Losing Weight Again

How to Burn 100 Calories

Know what it takes to burn about 100 calories. Try something new.

Household chores

- ☐ Garden for 30 to 45 minutes.
- ☐ Rake leaves for 30 minutes.
- ☐ Shovel snow for 15 minutes.
- ☐ Wash and wax your car for 45 to 60 minutes.
- ☐ Wash windows or floors for 45 to 60 minutes.
- ☐ Vacuum for 60 minutes.



Sports

- ☐ Bike 5 miles in 30 minutes (6 minutes/mile).
- ☐ Dance fast for 30 minutes.
- ☐ Do water exercises for 30 minutes.
- ☐ Jump rope for 15 minutes.
- ☐ Play basketball for 15 to 20 minutes.
- ☐ Play touch football for 45 minutes.
- ☐ Play volleyball for 45 to 60 minutes.
- ☐ Push a stroller 1.5 miles in 30 minutes (20 minutes/mile).
- ☐ Run 1.5 miles in 15 minutes (10 minutes/mile).
- ☐ Shoot baskets for 30 minutes.
- ☐ Swim laps for 20 minutes.
- ☐ Walk 1.75 miles in 35 minutes (20 minutes/mile).
- ☐ Wheel yourself in wheelchair for 30 to 40 minutes.



Source: National Heart, Lung, and Blood Institute

How To Start Losing Weight Again



Snacking and Weight Loss

Snacks can be a helpful way to reduce hunger when it will be a long time between meals or if your meal is going to be delayed. However, typical snack foods often pack in a lot of calories. Many processed snack foods contain more calories than an entire healthy meal! They also tend to contain a lot of sugar, salt, and fat. Since it's easy to eat more calories than you mean to when snacking, it's important to be especially mindful when choosing snack foods.

- Choose snack foods that pack in nutrients, such as vitamins and minerals, as well as fiber.
- If you're craving a snack think about your triggers. When you're tired, a snack can seem like a quick pick-me-up. When you're stressed, a snack can distract you. When you're bored, a snack can give you something to do with your hands. Before you reach for a snack, ask yourself if you're truly hungry or if you're tired, bored, or anxious.
- Before you have a snack, have a tall glass of water. As we get older, it can be easy to be mistake hunger for thirst.

When you're trying to lose weight, look at your snacks first. You may realize that you are snacking much more during the day than you think. Think about how to make your breakfast, lunch, and dinner more satisfying by planning healthy meals. If you decide to add a snack to your day, choosing the right snack and portion are important.

How To Start Losing Weight Again

Think about your favorite snack foods. Use apps to look up the serving size and calories of your favorites, as well as some of the popular snacks your family eats. Consider healthy swaps that reduce calories and give your body more of the vitamins, minerals, and fiber it needs.

Could those snack calories be used to make your breakfast, lunch, and dinner more satisfying? Could you cut out some of those snacks altogether?

Snacks under 150 calories that provide vitamins, minerals, and fiber:

Fresh, canned, or frozen fruit

- Whole fruit such as an apple, pear, peach, orange, kiwi, banana, mango, or papaya
- 1 cup of berries such as strawberries, blueberries, cherries, blackberries, or raspberries
- Canned peaches, pears, mandarin oranges in their own juice (avoid heavy syrup)—see label for serving size
- Frozen fruit thawed for a snack—see label for serving size

Small handful of unsalted/low-salt nuts or seeds (about $\frac{1}{4}$ cup)

- Almonds
- Pistachios
- Walnuts
- Pecans
- Brazil nuts
- Peanuts
- Sunflower seeds
- Squash seeds
- Mixed nuts

Savory snacks

- A handful of baked tortilla chips with tomato salsa
- 2 tbsp hummus with baby carrots
- 1 stick of part-skim string cheese
- 5 whole wheat crackers with 1 part-skim cheese stick
- 3 cups of popcorn (without added butter)



Module 18: Take a Movement Break

Participant Guide



Session Focus



In this session, we will talk about:

- The link between sitting still and type 2 diabetes
- Some challenges of taking movement breaks and ways to overcome them

You will also make a new action plan!

Tips:

- ✓ Keep track of how much time you spend sitting still each day.
- ✓ Try to take a 2-minute movement break every 30 minutes.



Sitting Still and Type 2 Diabetes



Terry's Story

Terry is at risk for type 2 diabetes. Her doctor asks her to be active for at least 150 minutes a week at a moderate pace or more. Over time, she reaches that goal.

Terry's doctor then asks her to start tracking the time she spends sitting still. Here's what she finds.

In the morning, Terry sits while taking the train to work. She spends most of the workday sitting at her desk, using the computer. Sometimes she talks on the phone or has a meeting—also sitting. She eats her lunch at her desk while working or while sitting at a table in the staff room. After work, she takes the train home. Later that evening, she watches TV while sitting on the couch.



When Terry adds up all that time, she is surprised by what she learns. It turns out she sits still for about 12 out of the 16 hours that she's awake. So even though she gets her 150 minutes of activity a week, Terry spends an awful lot of time sitting still.

Terry decides to take action. At first, she felt overwhelmed with adding movement breaks into her day on top of getting her 150 minutes of activity in each week. So, she began taking small steps to include her 2-minute movement breaks. To start, Terry decided to stand up during her train rides. After this became routine, she then began getting in her movement breaks at work. She started with a 2-minute break every couple of hours and has now worked up to taking a break every hour. Terry is using an app on her phone to remind herself to take her 2-minute movement breaks. At work, she also walks around her office while she talks on the phone and uses an exercise ball at the computer. Terry feels better than ever and is working toward her goal of taking a 2-minute movement break every 30 minutes.

Take a Movement Break

For ideas on taking movement breaks, refer to this CDC resource guide, “Physical Activity Breaks for the Workplace.”

[\[www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/Workplace-Physical-Activity-Break-Guide-508.pdf\]](https://www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/pdf/Workplace-Physical-Activity-Break-Guide-508.pdf)

How To Overcome Challenges

It can be challenging to take movement breaks. Here are some common challenges and ways to overcome them. Write your own ideas in the column that says “Other Ways To Overcome.” Check off each idea you try.

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
I don't have time for movement breaks.	Establish a routine/habit to include movement: ☐ Make movement a part of your lunch routine. ☐ Instead of sitting down after dinner, take a movement break. ☐ Get up and move after long work meetings. While you travel: ☐ Get out at each rest stop when you drive. ☐ If you're a passenger, be active while you ride. Do leg lifts, use a resistance band, or tighten your muscles. ☐ Stand on the bus or train.	Establish a routine/habit to include movement: While you travel:

How To Overcome Challenges

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
I don't have time for movement breaks.	While you watch TV or videos: ☐ Dance. ☐ Do wall push-ups. ☐ Lift weights or use resistance bands. ☐ March or jog in place. ☐ Ride a stationary bike. ☐ Walk around during ads. While you use a computer: ☐ Sit on an exercise ball. ☐ Stand up. Make sure the computer is at a comfortable height.	While you watch TV or videos: While you use a computer:

How To Overcome Challenges

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
I don't have time for movement breaks.	While you talk on the phone: ☐ Do side steps. ☐ March in place. ☐ Walk around. At work (if you have a desk job) ☐ Ask your coworkers to hold stand-up meetings. ☐ Take the stairs instead of the elevator. ☐ Talk to coworkers in person instead of emailing them. ☐ Use a copy machine on the other side of the building.	While you talk on the phone: At work (if you have a desk job)

How To Overcome Challenges

Challenges	Ways To Stay Motivated	Other Ways To Stay Motivated
I forget to take movement breaks.	☐ Ask your friends or family to remind you. ☐ Post a note in a place where you'll see it. ☐ Set a timer. ☐ Use a phone or computer app that reminds you.	
ADD YOUR OWN:		
ADD YOUR OWN:		
ADD YOUR OWN:		



Module 19: Keep Your Heart Healthy

Participant Guide



Session Focus



Since you are at risk for type 2 diabetes, you are more likely to have problems with your heart or arteries. So, it's important to keep your heart healthy.

In this session, we will talk about:

- Why heart health matters
- How to keep your heart healthy
- Why you should limit salt and how to do it
- How to make healthier choices about fats

You will also make a new action plan!

Tips:

- ✓ When possible, replace unhealthy fats with healthier fats.
- ✓ Remember that all fats are high in calories—use them moderately.
- ✓ Choose less processed meats, poultry, fish, and dairy more often. Processed foods like ready-made meats that are breaded or in sauces often contain more fat, salt, and sugar.
- ✓ Choose leaner cuts of meat, like round cuts and sirloin. Remove the skin from chicken and turkey and eat more fish.
- ✓ Try using herbs and spices to flavor foods to lower the amount of salt.



The Heart of the Matter



Your heart is amazing! With each beat, it pumps oxygen-rich blood and nutrients, like glucose, vitamins, and amino acids, to the cells in your body. Blood travels through tubes called arteries. When your heart is healthy, it pumps just the right amount of blood at the right speed all through your body.

When something goes wrong with your heart or arteries, it's a big deal for your health. Your organs might not get enough oxygen or nutrients, and your heart might have to work harder to pump blood.

What are some problems you could have with your heart or arteries?

Learn more about heart disease and living a heart-healthy lifestyle by visiting:

- 7 Strategies to Live a Heart-Healthy Lifestyle: www.cdc.gov/chronicdisease/resources/infographic/hearthealth.htm
- Heart Disease: www.cdc.gov/heartdisease/index.htm

Ways To Keep Your Heart Healthy

Smoking, High Blood Pressure, and High Cholesterol

The three biggest risk factors for heart disease are smoking, high blood pressure (hypertension), and high blood cholesterol. Luckily, there are things you can do to keep your heart as healthy as possible!

Stop Smoking for Your Heart

Smoking harms your blood vessels by making them thicker and narrower so that it's harder for your heart to pump blood around your body. Smoking also makes your blood sticky and thick, so it forms clots more easily. This raises your risk of having a stroke.

It's not easy to quit smoking—but you can do it! To learn more, review the Ready, Set, Quit! handout provided by your coach.



Monitor Salt and Your Blood Pressure

Salt (sodium) is important for keeping the right balance of fluid in your body. However, too much salt can be a problem for some people. When there is too much sodium in your blood, it pulls water into your blood vessels, which raises your blood pressure. Eating too much salt can cause obvious effects, like swollen feet. If your shoes are pinching more than normal, it might be time to look at your diet.



Ways To Keep Your Heart Healthy

Consuming a lot of packaged and processed foods can increase your salt intake as well. Over time, uncontrolled high blood pressure can make some people more likely to develop heart disease or have a stroke.

Talk to your doctor about your blood pressure. They will tell you what it should be and whether you need to take medicine to help control it.

If your doctor tells you to limit salt, try these ideas:

- When possible, avoid prepackaged and frozen meals and prepared foods like pizza and cured meats, which tend to be high in sodium.
- Limit restaurant food. Restaurants tend to have food high in calories, fat, and sodium.
- Read food labels and look for ingredients such as salt, sodium, monosodium glutamate, and disodium phosphate.
- Rinse canned vegetables and beans with water to remove some of the salt.
- When possible, cook with fresh ingredients instead of canned or prepared foods.
- Try using herbs and spices to flavor foods, especially if you must avoid salt.

Other ways I can reduce salt:

Ways To Keep Your Heart Healthy

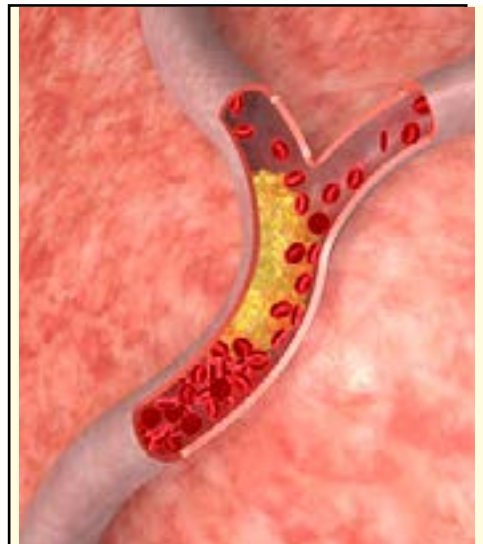
Monitor Blood Cholesterol

To understand blood cholesterol, think of a car engine and its oil. Oil lubricates important engine parts to keep the car performing at a high level. Like car oil, high-density lipoprotein, or HDL, lubricates important parts of the body, including the blood vessels, absorbing other cholesterol and helping get rid of it. HDL also prevents other cholesterol from sticking. Low-density lipoprotein, or LDL, is the cholesterol that sticks to the walls of your blood vessels, blocking off blood flow. It wears your “engine” down and causes it not to perform as well. You need HDL to fight the negative effects of LDL.

If your blood cholesterol is too high, your doctor may prescribe medicine, or make recommendations for changes in your diet and getting regular physical activity. High blood cholesterol can cause plaque to collect on the insides of your blood vessels, making them stiff and narrow—so narrow it might even prevent blood from moving through.

If your blood cholesterol level is within a healthy range, you can help to keep it healthy by doing the following:

- Replace unhealthy fats with healthy fats, instead of avoiding all fats.
- Choose fresh meats, poultry, fish, and dairy more often. Processed foods often contain more fat, salt, and sugar.
- Choose leaner cuts of meat and remove the skin from chicken and turkey. Include fish in your diet.
- Choose less processed meats, poultry, fish, and dairy more often.



As cholesterol (plaque) builds up in the arteries, the arteries begin to narrow, which lessens or blocks the flow of blood. Source: www.cdc.gov/cholesterol/about.html

Other Risk Factors

What are three additional risk factors for heart disease?

Ways To Keep Your Heart Healthy

Healthy Heart Strategies

Take good care of your heart!

- If you smoke, you can quit and protect your heart health. For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call 1-800-QUIT-NOW (1-800-784-8669).
- If you have blood pressure medicine, take it as directed.
- If your doctor tells you to, limit your salt.
- If you have medicine to manage your blood cholesterol levels, take it as directed.
- Try to eat healthy fats.
- Limit the amount of alcohol you drink—up to one drink a day for women and two drinks per day for men.
- Be active for at least 150 minutes a week at a moderate pace or more.
- Avoid sitting still for long periods of time. Take a 2-minute fitness break every 30 minutes.
- Manage or reduce stress.
- Reach and stay at a healthy weight.
- Choose fresh meats, poultry, fish, and dairy more often. Processed foods often contain more fat, salt, and sugar.
- Choose leaner cuts of meat and remove the skin from chicken and turkey. Include fish in your diet.
- Try using herbs and spices to flavor foods, especially if you must avoid salt.



Ways To Keep Your Heart Healthy

Ask your health care provider:

- If you need to take medicine to keep your heart healthy.
- If you need any tests to check your heart health, for example:
 - o A blood pressure test measures the force of blood against your artery walls.
 - o A cholesterol test measures fats in your blood.

To learn more about heart health, review the “ABCs of Heart Health” or “4 PASOS ADELANTE”:

- millionhearts.hhs.gov/files/4_Steps_Forward_English.pdf
- millionhearts.hhs.gov/files/4_Steps_Forward.pdf

What strategy do you think you can try this week?

Be Heart Smart About Fats



You need fats in your diet for energy and to help your body absorb certain vitamins. Essential fatty acids help the body function, but they aren't made by your body; you consume them. Many foods contain fats; you just need to know which fats are healthy to eat and which ones aren't.

The fats to limit are called saturated fats—they are unhealthy fats. Saturated fats are found in foods such as butter, beef fat, higher-fat meats, cakes, cookies, pizza, casseroles, burgers, and traditional ground beef tacos.

Eating too much unhealthy fat can raise your blood cholesterol levels and increase your risk of heart disease.

Be Heart Smart About Fats

Fats To Limit or Avoid

Some fats can harm your heart.

You can avoid eating too much unhealthy fat by following these tips:

- Remove the skin from chicken and turkey.
- Choose meats with less fat, such as cuts with “loin” in the name.
- Cook with oils, like olive oil, instead of lard or butter.
- Use low-fat or fat-free dairy products.

When a recipe calls for an ingredient that is high in unhealthy fat, see if you can replace it with vegetables or whole grains, or a lower-fat dairy product, a leaner type of meat, or a healthy fat.

Foods With Fats To Avoid or Limit



Chicken or Turkey Skin



Sauces Made with
Butter or Cream



Palm Oil, Palm Kernel
Oil



Fatback, Salt Pork



High-Fat Dairy Products Like
Whole or 2% Milk, Cream, Ice
Cream, Full-Fat Cheese



High-Fat Meats Like
Ground Beef, Bologna, Hot
Dogs, Sausage, Bacon,
Spare Ribs



Lard

Be Heart Smart About Fats

Healthy Fats To Use Instead

Healthy fats can help reduce bad cholesterol levels in your blood and reduce your risk of heart disease.

Some healthy fats contain omega-3 fatty acids, which are good for your heart. Omega-3 fatty acids can help reduce your risk of heart disease and stroke.

Foods High in Healthy Fats



Avocado



Canola Oil



Nuts Like Almonds, Cashews, Pecans, and Peanuts



Olive Oil



Peanut Butter and Peanut Oil



Sesame Seeds



Corn Oil



Cottonseed Oil



Oil-based Salad Dressings

Be Heart Smart About Fats



Pumpkin and Sunflower Seeds



Safflower Oil



Soft (tub) Margarine



Soybean Oil



Sunflower Oil



Walnuts



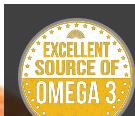
Albacore Tuna



Herring



Rainbow Trout



Salmon



Sardines



Flaxseed and Flaxseed Oil

Be Heart Smart About Fats

Cook With Healthy Fats

Here are some ways to avoid unhealthy fats and limit healthy fats when you cook. Write your ideas in the column that says, "Other Ideas." Check off each idea you try.

Instead of...	Cook the healthy way!	Other Ideas
 Eating animal fat and skin	 ☐ Take the skin off chicken before you cook it. ☐ Trim the fat off meat before you cook it.	☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____
 Frying or deep-frying in butter or lard	 ☐ Grill, roast, sauté, poach, or stir-fry in a small amount of vegetable oil such as olive or canola oil. ☐ Use olive or canola oil. ☐ Simmer in water or stock. ☐ Steam or microwave.	☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____

Instead of...	Cook the healthy way!	Other Ideas
 Baking with butter or lard	 Bake with: ☐ Ground or pureed veggies or fruit with no added sugar ☐ Nonfat plain yogurt ☐ Vegetable or fruit juice with no added sugar	☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____
 Topping foods with cream sauce or butter	 Try these: ☐ Lemon juice or vinegar ☐ Herbs and spices ☐ Salsa or hot sauce ☐ Plain nonfat yogurt ☐ Tomato sauce ☐ Low-fat, low-salt salad dressing made with olive oil	☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____



Module 20: Shop and Cook To Prevent

Participant Guide



Session Focus



Healthy shopping and cooking can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- How to identify foods that can support your health goals
- How to shop for foods that can support your health goals no matter where you get your food
- How to cook the foods you love in new ways and discover new favorite foods

You will also make a new action plan!

Tips:

- ✓ Find out about sales at local grocery stores, drug stores, or your local dollar store. Check your local newspaper or look online. Fruit and vegetable markets may be a good option too.
- ✓ Measure out single servings of snacks, like air-popped popcorn. Put them in bags or containers.

Key Points to Remember:

- Healthy options can be found at most stores—you don't have to shop at health food stores or special stores.
- Frozen foods, like frozen vegetables or fruit, can be good options if cost is an issue.

How To Shop for Healthy Food

Jerry's Story

Jerry's mother has type 2 diabetes. He wants to avoid getting it. So, he's trying to make small changes to the foods he eats and the drinks he chooses. Since he cooks most of his own meals, Jerry decides to think about what he buys.

When Jerry goes grocery shopping, he finds the prices for "healthy" food too high for his budget. He's worried that if he buys healthy food, he may not like it. He's also concerned that the fresh fruits or vegetables he buys may go bad before he eats them. And there are a few foods he likes that he's not sure how to prepare, like garbanzo beans and spaghetti squash. He asks his mother how she buys healthy food on a budget.



She tells Jerry that she takes some steps even before she goes shopping. To get ready to shop, she:

- Gathers coupons for healthy items she likes.
- Looks at what's on sale at local stores.
- Plans her meals and snacks for the week.
- Checks her kitchen to see what she already has in her fridge, freezer, and cupboards.
- Makes a shopping list of fresh, frozen, and canned foods.
- Has a healthy snack before shopping.
- Plans for some prepared meals, knowing that she can add healthy sides to them when she's in a hurry.
- Finds a new fruit, vegetable, grain, or bean to try every other week to keep her meals interesting.

The next Sunday, Jerry helps his mom get ready to shop. Then he goes to the store with her. He's impressed by how much healthy food she gets for her money. She gets some fresh fruits, vegetables, and meats. She also buys beans along with frozen fish, meats, fruits, and vegetables. In the middle of the store, she finds whole grains, like oats and brown rice. She also buys a spaghetti squash so she can show him how to cook one!

How To Shop for Healthy Food

Jerry decides to try shopping the way his mom does. He finds some great deals on frozen fruits and vegetables in the dollar store by his house. He clips coupons for chicken breasts, hummus, and spinach—foods he eats a lot. He also finds some healthy recipes online, including one with chili-lime roasted garbanzo beans. He uses that recipe to make a healthy stir-fry for his mom!

Jerry's Meals and Snacks

Jerry plans two to three options for breakfast, some 100-calorie snacks, lunches, and dinners for most of the week.

	Breakfast	Lunch	Snack	Dinner
Monday	Oatmeal Frozen blueberries Coffee with skim milk	Chicken breast Spinach and tomato salad Tea with lemon	½ apple	Black bean burrito with tomato, low-fat cheddar cheese, and salsa Sparkling water with orange slice
Tuesday	Nonfat plain yogurt ½ apple Coffee with skim milk	Turkey sandwich with lettuce and tomato Pickle Tea with lemon	Orange	Bell peppers stuffed with lean beef and brown rice Salad with spinach greens, tomato, and cucumber with 2 Tbsp Italian salad dressing Sparkling water with lemon
Wednesday	2 scrambled eggs with veggies 2 slices of whole wheat toast Coffee with skim milk	Chicken salad Pita chips Tea with lemon	Peppers with nonfat yogurt dip	Stir-fry with chili-lime roasted chickpeas and frozen vegetables Sparkling water with lemon

How To Shop for Healthy Food

	Breakfast	Lunch	Snack	Dinner
Thursday	Oatmeal Frozen mixed berries Coffee with skim milk	Chicken salad with 2 slices of whole wheat bread Tea with lemon	Air-popped popcorn	Baked pork loin Steamed frozen broccoli Spaghetti squash Sparkling water with lemon
Friday	Whole wheat bread with peanut butter Coffee with skim milk	Chicken breast Spinach and tomato salad Tea with lemon	Baked tortilla chips and salsa	Garden salad with chicken Baked potato Fruit Skim milk
Saturday	Scrambled egg substitute with veggies Coffee with skim milk	Turkey wrap with lettuce and tomato Tea with lemon	Low-fat chocolate pudding	Grilled turkey burger Whole wheat roll Salad Sparkling water with lemon
Sunday	Nonfat plain yogurt Strawberries Coffee with skim milk	Can of chunky vegetable soup Pita chips Tea with lemon	Handful of mixed, unsalted nuts	Chili from freezer (prepared previously) with beans, corn, salsa, low-fat cheddar cheese, and tomato Skim milk

How To Shop for Healthy Food

My Meals and Snacks

Plan your own options for breakfast, snacks, lunches, and dinners. You can plan for a few days, a week or a month – whatever works for how you shop. You can use “Jerry’s Meals and Snacks” for ideas.

	Breakfast	Lunch	Snack	Dinner
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

How To Shop for Healthy Food

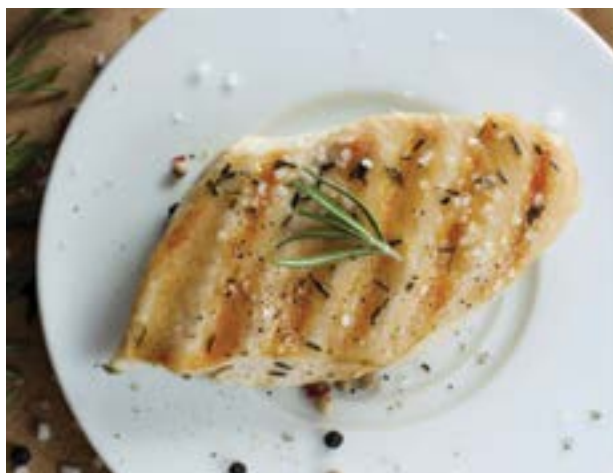
Jerry's Shopping List

Shopping List



Non-Starchy Veggies

- ☐ Bag of salad greens
- ☐ Romaine hearts
- ☐ Tomatoes
- ☐ Fresh red peppers
- ☐ Spinach
- ☐ Frozen broccoli
- ☐ Bell peppers
- ☐ Frozen mixed vegetables



Protein Foods

- ☐ Chicken breasts
- ☐ Fish
- ☐ Beans and other legumes
- ☐ Eggs
- ☐ Egg substitute
- ☐ Sliced turkey
- ☐ Pork loin
- ☐ Lean ground beef



Grains and Starchy Foods

- ☐ Canister of oatmeal
- ☐ Black beans in a can
- ☐ Garbanzo beans (chickpeas) in a can
- ☐ 100% whole wheat bread
- ☐ 100% cornmeal tortillas

How To Shop for Healthy Food



Other Items

- ☐ Salsa
- ☐ Garlic
- ☐ Hummus
- ☐ Mixed unsalted nuts



Dairy

- ☐ Low-fat cheddar cheese
- ☐ Skim milk
- ☐ Plain nonfat yogurt



Fruits

- ☐ Fresh oranges
- ☐ Bag of apples
- ☐ Frozen mixed berries
- ☐ Frozen blueberries
- ☐ Lemons

How To Shop for Healthy Food



Drinks

- ☐ Unsweetened Tea
- ☐ Sparkling water (lime and orange flavored)
- ☐ Coffee

How To Shop for Healthy Food

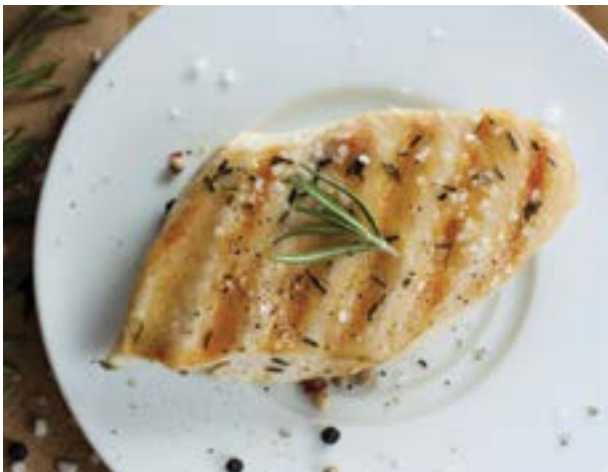
My Shopping List

After you plan your meals and snacks for the week, check your kitchen to see what you have. Then make a list of the items you need to buy. You can use “Jerry’s Shopping List” for ideas.



Non-Starchy Veggies

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Protein Foods

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Grains and Starchy Foods

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

How To Shop for Healthy Food



Other Items

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Dairy

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Fruit

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

How To Shop for Healthy Food



Drinks

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Healthy Shopping Tips

You can shop for healthy food without spending a lot of time or money. Try these tips.

Before You Shop	While You Shop
 Find out about sales at local stores. Don't forget about the dollar store, drug store, or corner store. Check your local newspaper for grocery store sales. Fruit and vegetable stands or farmers markets may be good options too.	 Compare prices of similar items or look for store brands, which are often less costly.
If a store you like offers a discount card, get one. If you're using SNAP or WIC, find out what local stores or farmers markets accept SNAP or WIC benefits.	 Compare food labels of similar items to make healthy choices when in doubt.
 Gather coupons for healthy items you like or would like to try. Look for them online, in the mail, and in your local newspaper.	Stick to your list. Stay away from aisles with a lot of sweet, salty, or highly processed foods. Focus on fruits, vegetables, grains, proteins, and frozen and canned foods that you need.
 Find recipes online, in books, and in magazines. Swap ideas with your friends and family. If you're using SNAP or WIC, you can find recipes, cookbooks, and videos to help you cook healthy at home using foods you can buy with your benefits.	 Choose carrots, apples, bananas, potatoes, cabbage, beans, rice, and oats. These often cost less. Keep in mind that some lower-cost items, such as dried beans, take much longer to cook.

Healthy Shopping Tips

	Plan main meals and snacks for the week. Think about sales, coupons for healthy items, and recipes you want to try. Consider any events that might affect how much time you have to cook or eat.		Buy veggies and fruit that are in season or frozen. These often cost less and taste better. If you choose canned veggies and fruit, avoid those with added salt or sugar, or rinse them well.
	Check your fridge, freezer, and cupboards or pantry to see what you have.	Choose family packs, store brands, and sale items. These often cost less.	
Make a list of the items you need for the meals and snacks you planned.			The food you cook yourself often costs less and is healthier. If you are using a prepared meal, eat a smaller portion and add in a healthy side, like a fresh vegetable.
	Have a healthy snack so you won't be too hungry. This will help you make healthy choices.	For items that you eat regularly, larger quantities can be more affordable.	

Sources:

- Recipes, Cookbooks and Recipe Videos, WIC Works Resource System (usda.gov) (wicworks.fns.usda.gov/resources/recipes-cookbooks-and-recipe-videos)
- SNAP-Ed Recipes, SNAP-Ed (usda.gov) (snaped.fns.usda.gov/nutrition-education/snap-ed-recipes)

Healthy Shopping Tips

Other Healthy Shopping Ideas



Healthy Cooking Tips

You can cook healthy food without spending a lot of time. Try these tips.

- Cook large batches of items that freeze well, like sauces, and stews. Store them in your freezer.
- Cut up veggies or fruit in advance. Store them in your fridge or freezer.
- Make the meals and snacks you planned for the week (see “Healthy Shopping Tips”).
- If you are starting with a prepared meal, add healthy sides. For example, if you make a pizza for your family, have a large side salad with cucumbers, tomatoes, and other vegetables.
- Measure out single servings of snacks, like air-popped popcorn. Put them in bags or containers.
- Use a slow cooker or instant pot.
- Use leftover veggies and meat in an omelet, pasta or rice dish, stew, soup, salad, or burrito. This saves money as well as time.

You can cook healthy food that you enjoy. Try these tips.

- Change your favorite dishes to make them healthier. Or serve a smaller portion of the original recipe.
- Choose items with a variety of flavors, textures, scents, and colors.
- Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.
- Dress up food with herbs, spices, lemon juice, vinegar, healthy oils, hot sauce, plain nonfat yogurt, and salsa.
- If your health care provider says to limit your salt, look for canned and packaged items that are low in sodium. Choose lower-sodium sauces or dilute sauces, like fish sauce or soy sauce, in your kitchen.
- Grill or roast veggies and meat to bring out the flavor.
- Learn healthy cooking methods online, in books, in magazines, and from TV shows. Learn from your friends and family. Or take a healthy cooking class.
- Try new cooking styles and ingredients.

Cook With Less Fat

- Bake, grill, roast, or stir-fry in a small amount of healthy oil.
- Coat pans with healthy cooking spray.
- Simmer food in water or stock.
- Steam vegetables and fish or microwave them.
- Take the skin off chicken before you cook it.
- Trim the fat off meat before you cook it.

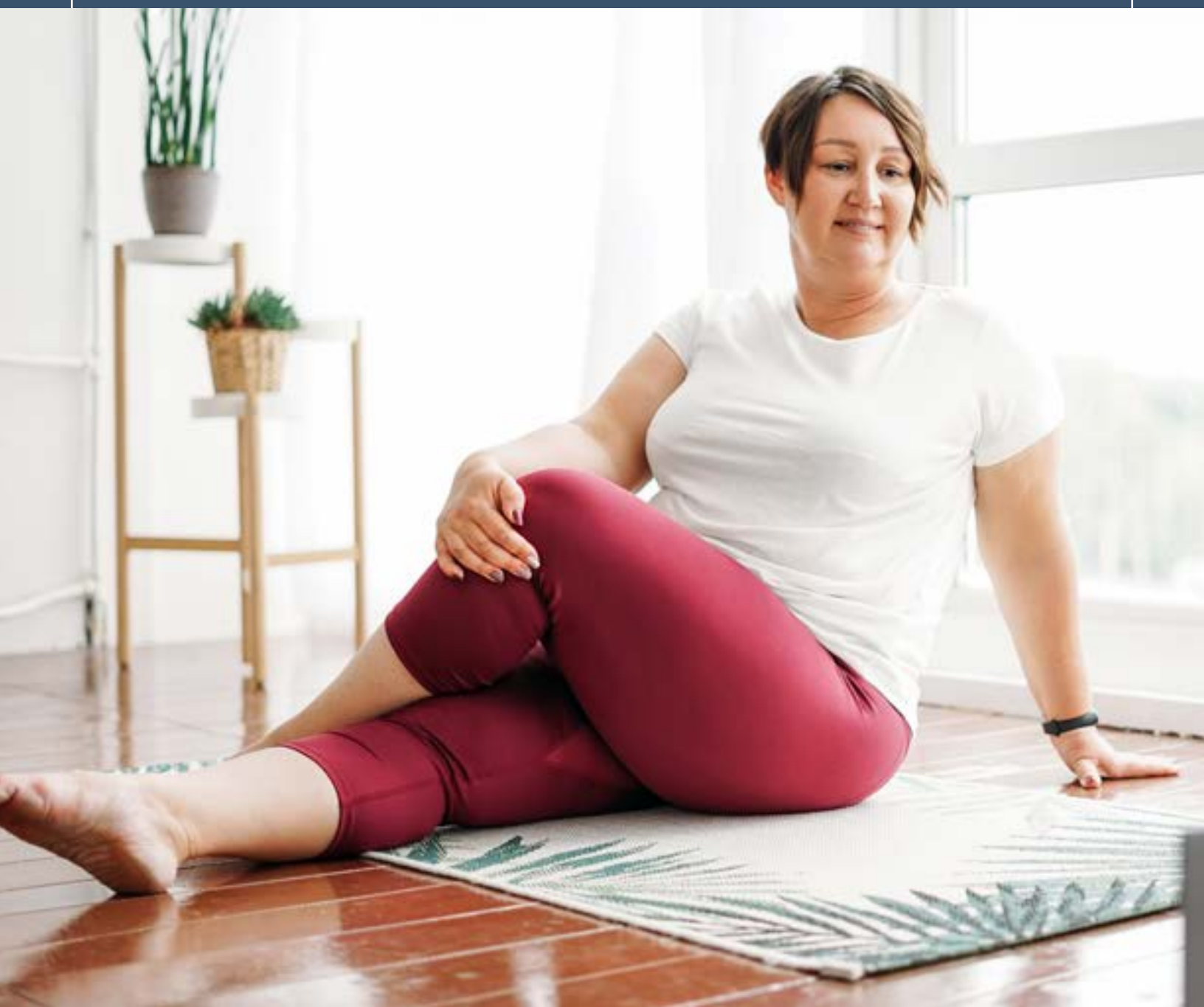
Healthy Cooking Tips

Other Healthy Cooking Ideas	
	



Module 21: Find Time for Physical Activity

Participant Guide



Session Focus



It can be challenging to fit in at least 150 minutes of physical activity each week.

In this session, we will talk about:

- Some benefits of being active
- Challenges of fitting in physical activity
- How to find time for physical activity

You will also make a new action plan!

Tips:

- ✓ Change your schedule. For instance, wake up 30 minutes earlier so you can take a morning walk or eat dinner 30 minutes earlier so you can take a walk after you eat.
- ✓ Ask family and friends to pitch in with household tasks so you have more time to be active.
- ✓ If you have a disability, bring a friend to be active with you who can assist if needed.
- ✓ Go on a walk during your lunch break at work.
- ✓ Make being active a family event and include children in the physical activity.



The Challenge of Fitting In Physical Activity



Mark's Story—Part 1

Mark is at risk for type 2 diabetes. His doctor asks him to get at least 150 minutes of physical activity each week at a moderate pace or more. But Mark is a busy guy.

On weekdays, Mark takes care of his grandkids while their parents are at work. On the weekend, he works at the library. In the evening, he likes to relax by watching TV.

Mark is having trouble finding time to reach his physical activity goal.

The Challenge of Fitting In Physical Activity

Fitting in Physical Activity

Brainstorm with your group. What are some ways that Mark can fit physical activity into his daily schedule?

Mark’s Story—Part 2

Mark decides to make some changes. These days, he gets up 30 minutes earlier so he can take a morning walk. He lifts weights or marches in place while he watches TV. He also plays soccer with his grandkids. It’s great exercise for all of them. Plus, it’s fun.

Mark is finally reaching his activity goal.

The Challenge of Fitting In Physical Activity

Time Crunches

What makes it challenging to fit in your 150 minutes of physical activity a week?

How To Find Time for Physical Activity



Tips for Fitting In Physical Activity

It can be challenging to find time in your daily life to reach your physical activity goal. Think about specific times during your day when you can add physical activity into your routine. Start with the following tips and check off each tip you try. Note which ones worked for you, which ones did not, and why. You can add your own ideas too.

How To Find Time for Physical Activity

Fit in Physical Activity Anytime

- ☐ Break your 150 minutes into 10-minute chunks.
- ☐ Schedule it. Put it on your calendar and make it a priority.
- ☐ Change your schedule. For instance, wake up 30 minutes earlier so you can walk before work. Or, eat dinner 30 minutes earlier so you can walk after you eat.
- ☐ Use a fitness app or tracker. These help you make the most of your time.
- ☐
- ☐

While Shopping

- ☐ Park your car farther away.
- ☐ Carry a basket instead of pushing a cart.
- ☐
- ☐

While Getting Around Town

- ☐ Get off the bus or train one stop early.
- ☐ Walk briskly.
- ☐ Ride your bike.
- ☐ Take the stairs instead of the elevator.
- ☐
- ☐

While You Watch TV

- ☐ Dance.
- ☐ Lift weights.
- ☐ March in place.
- ☐ Pedal a stationary bike or walk on a treadmill.
- ☐
- ☐

How To Find Time for Physical Activity

While Doing Tasks or Chores

- ☐ Put on some music and dance.
- ☐ Walk the dog longer or faster.
- ☐ Mow your lawn with a push mower.
- ☐
- ☐

While You Socialize

- ☐ Join a walking club.
- ☐ Take a fitness class.
- ☐ Talk on the phone with a friend while you march in place, walk, or climb stairs.
- ☐ Walk with a family member or friend.
- ☐ Go out dancing with your friend or partner.
- ☐ Play soccer, tag, or kickball with your kids or grandkids.
- ☐ Push your child or grandchild in a stroller.
- ☐ If you have a disability, join look for group programs that include people with disabilities.
- ☐
- ☐

At Work

- ☐ Join a nearby gym.
- ☐ Take a brisk walk during your lunch break.
- ☐ Take part in a fitness program at work.
- ☐ Walk around or march in place while you talk on the phone.
- ☐ Ask your coworkers to hold standup meetings.
- ☐ Sit on an exercise ball instead of a chair.
- ☐ Talk to coworkers in person instead of emailing them.
- ☐ Use a copy machine on the other side of the building.
- ☐
- ☐

How To Find Time for Physical Activity

In Unsafe Environments

- ☐ Keep workouts simple and use items around your home to work out.
- ☐ Check with local community centers for physical activity offerings.
- ☐ Look for free workout classes in gyms, parks, and other community locations.
- ☐ Look online for free beginner workout videos.
- ☐
- ☐

Reaching Your Activity Goal

Your physical activity goal is to get at least 150 minutes of activity each week at a moderate pace or more. How will you find time to reach that goal? List some activities you liked from today's session that are not included in the list above.



Module 22: Get Enough Sleep

Participant Guide



Session Focus



Getting enough sleep can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- Why sleep matters
- Some strategies for getting the rest you need

You will also make a new action plan!

Tip:

- ✓ Follow a bedtime routine that helps you wind down.



Why Sleep Matters

Studies show that if you don't get enough sleep, insulin doesn't work as well. Your body doesn't process fat as well. And your brain has trouble knowing when you've had enough to eat.

The American Academy of Sleep Medicine and the Sleep Research Society recommend that adults get at least 7 hours of sleep per night.

Complications From Lack of Sleep

If you regularly get less than 7 hours of sleep per night, it can:

- Increase insulin resistance.
- Make you hungrier the next day and reduce how full you feel after eating.
- Make you more likely to reach for junk foods—those that are high in carbs and sugar.
- Make it harder to lose weight.
- Raise blood pressure and seriously increase the risk of a heart attack.
- Make your immune system less able to fight infections.
- Increase your risk of depression and anxiety.

You can learn more by reviewing Sleep for a Good Cause on CDC's website.
[www.cdc.gov/diabetes/library/features/diabetes-sleep.html]

How To Get a Good Night's Rest

Jenny's Story—Part 1

Jenny is at risk for type 2 diabetes. At her last checkup, her doctor asked whether she gets at least 7 hours of sleep each night.

Jenny laughed. “Are you serious?” she asked. “I’m lucky if I get 5 hours.”

Jenny usually doesn't have much trouble falling asleep. But she often must use the bathroom in the early morning. This gets her thinking about all the things she needs to do that day. Plus, her husband's breathing is loud. Both things make it hard for Jenny to fall back to sleep. She often lies awake for hours.



How do you feel when you don't get enough sleep?

What suggestions do you think Jenny's doctor will provide?

Jenny's Story—Part 2

Jenny's doctor made several suggestions of things that she could do to help her sleep better. She explained that getting enough sleep could help her manage her weight.

These days, Jenny drinks less water close to bedtime and avoids caffeine in the evening. She makes a list of things to do the next day. Then she sets it aside. She rarely needs to get up to use the bathroom during the night anymore. If she does wake up, she breathes deeply to help her get back to sleep instead of thinking about her to-do list. She also runs a fan to cover up the sound of her husband's breathing.

Jenny is closer to getting 7 hours of sleep a night.

How To Overcome Challenges To Getting a Good Night's Rest

It can be challenging to get enough sleep. Here are some common challenges and suggestions for getting a good night's sleep. Write your own ideas in the "Other Ways To Sleep Well" column. Check off each idea you try.

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
There's too much noise.	☐ Use earplugs. ☐ Turn on a fan, white noise machine, or radio tuned to static to drown out the noise. Or use a smartphone app that plays white noise or nature sounds. ☐ Shut the doors and windows. ☐ Ask people to be quiet.	☐ ☐ ☐ ☐ ☐ ☐
There's too much light.	☐ Get room-darkening blinds or shades. ☐ Wear a sleep mask.	☐ ☐ ☐
I can't get comfortable.	☐ Stretch. ☐ If possible, get a bed, mattress, and pillow that you like.	☐ ☐ ☐

How To Overcome Challenges To Getting a Good Night's Rest

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
I'm thirsty.	☐ Have a drink 2 hours or longer before bedtime. ☐ If you must drink at bedtime, have just a sip.	☐ ☐
I keep getting up to use the bathroom.	☐ Avoid caffeine and alcohol. ☐ Stop drinking at least 2 hours before bedtime.	☐ ☐
I feel anxious or alert.	During the day: ☐ Get up at the same time each day. This helps your body get on a schedule and fall asleep more easily at night. ☐ Avoid caffeine. ☐ If you smoke, quit. ☐ Avoid taking naps later in the day. ☐ Get some physical activity. ☐ Manage stress. ☐ Ask your health care provider if your medicines are keeping you awake and if there are different medicines you can take instead. ☐ Ask your health care provider about ways to manage anxiety.	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How To Overcome Challenges To Getting a Good Night's Rest

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
I feel anxious or alert.	☐ Consider wearing blue-light-filtering eyeglasses when working on a computer or using your smartphone for long periods of time. A couple of hours before bedtime: ☐ Avoid using a computer, cellphone, or TV. The light can make your brain think it's time to be awake. ☐ Avoid working or being very active. ☐ Follow a bedtime routine that helps you wind down. At bedtime: ☐ Go to bed at the same time each day. This helps your body get on a schedule. ☐ Don't pressure yourself to fall asleep. Keep clocks and watches out of sight so you don't think about time passing. ☐ If you don't think you will fall asleep soon, get out of bed. Do something relaxing for a while until you feel sleepy.	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

How To Overcome Challenges To Getting a Good Night's Rest

Challenges	Ways To Sleep Well	Other Ways To Sleep Well
Add Your Own	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Add Your Own	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐
Add Your Own	☐ ☐ ☐ ☐	☐ ☐ ☐ ☐

Ways To Unwind



It's a good idea to follow a bedtime routine that helps you wind down. Try to start a couple of hours before bedtime but taking even 5 to 10 minutes before bed to relax can help. Here are some ways to unwind.

- Breathe deeply for 5 minutes.
- Dim the lights at a specific time each night.
- Drink herbal tea or warm milk as part of your bedtime routine.
- Avoid looking at screens (televisions, computers, smart phones).
- Listen to soothing music.
- Make a list of things to do the next day.
- Read a relaxing book.
- Sit outside.
- Stretch lightly.
- Take a warm bath or shower.
- Write in a journal.

What helps you unwind at the end of the day?



Module 23: Stay Active Away From Home

Participant Guide



Session Focus



Staying active away from home can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- Ways to overcome the challenges of staying active away from home

You will also make a new action plan!

Tips:

- ✓ If you're a passenger, do calf raises or triceps pushes while you ride.
- ✓ Be active in ways that don't need equipment (walk, march in place, dance, do wall push-ups, climb stairs, or use a fitness app).
- ✓ See sights while you are active (walk, bike, hike, ski, swim, or paddle).

How To Overcome Challenges



Sherry's Story—Part 1

Sherry is at risk for type 2 diabetes. To stay active, she takes a 30-minute walk with her neighbor each morning. She also rides a stationary bike at home after dinner three nights a week for about 45 minutes. She's meeting her goal of being active at a moderate pace for at least 150 minutes each week.

Sherry and her husband are planning to visit some friends for several days. It's a 6-hour drive, which means a lot of sitting. It also means Sherry won't be able to walk with her neighbor or ride her stationary bike. She's worried that she won't reach her activity goal that week.

How To Overcome Challenges

What makes it challenging for you to stay active when you're away from home?

How have you been successful at staying active while away from home?

How To Overcome Challenges

Sherry's Story—Part 2

Sherry finds creative ways to stay active during the drive. She and her husband plan their trip so that they can take a 10- to 15-minute activity break every couple of hours. They get out of the car, stretch, and walk around at each stop. Sherry likes to do a few bumper push-ups and lunges on these stops. They also take turns driving, so each of them can do some exercises while being a passenger.

After they arrive, Sherry tells her friends that she is being active to prevent type 2 diabetes and invites them to join her. Sherry and her friend Ann take a walk each day. It's a great way to get to explore the area.

Ann suggests going out in a canoe. Sherry has never canoed before, but she gives it a try. She ends up loving it!

Sherry has no trouble reaching her activity goal that week. She's glad to know she can stay active away from home.

Common Challenges

It can be challenging to stay active away from home. Here are some common challenges and ways to overcome them. Write your own ideas in the “Other Ways To Overcome” column. Check off each idea you try.

Challenges	Ways To Overcome	Other Ways To Overcome
I'm too busy seeing sights.	☐ See sights while you are active (walk, bike, hike, ski, swim, or paddle).	☐ ☐ ☐ ☐ ☐

How To Overcome Challenges

Challenges	Ways To Overcome	Other Ways To Overcome
I'm visiting friends or family.	☐ Tell them that you are being active to prevent type 2 diabetes. ☐ Look for activities that they can do with you. Invite them to join you.	☐ ☐ ☐ ☐ ☐
I have to travel a long way, which means a lot of sitting.	☐ If you're a passenger, do leg lifts while you ride. ☐ Take a train. You'll be able to walk around a little. ☐ If you travel by car, make time for a 10- to 15-minute activity break every 2 hours.	☐ ☐ ☐ ☐ ☐
I don't know my way around.	☐ Use walking as a chance to get to know the area. ☐ Buy a map and explore. ☐ Ask local people where to walk. ☐ Find maps and route ideas on your computer. ☐ Get a mapping app for your smartphone. ☐ Walk inside a local mall.	☐ ☐ ☐ ☐ ☐

How To Overcome Challenges

Challenges	Ways To Overcome	Other Ways To Overcome
I can't use my fitness center.	☐ Find out if there's a local fitness center that you can use. ☐ Stay at a hotel that has a fitness center or pool. ☐ Pack a resistance band. ☐ Rent a bike. ☐ Be active in ways that don't need equipment (walk, march in place, dance, do wall push-ups, climb stairs, or use a fitness app).	☐ ☐ ☐ ☐ ☐
I don't have my workout buddy.	☐ Ask someone else to be active with you. ☐ Be active by yourself. ☐ Join an online physical activity group. ☐ Contact your workout buddy for support.	☐ ☐ ☐ ☐ ☐
Personal Challenges	Ways To Overcome Personal Challenges	
	☐ ☐ ☐ ☐ ☐	



Module 24: More About Type 2

Participant Guide



Session Focus



You've been working hard to prevent or delay type 2 diabetes by losing weight and being active.

In this session, we will talk about:

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

You will also make a new action plan!

Tips:

- ✓ Track your eating and activity to help prevent type 2 diabetes.
- ✓ See your doctor regularly to check for diabetes.



Basics of Type 2 Diabetes

Type 2 Diabetes Basics

When you eat, your body breaks down food into glucose, a type of sugar.

A hormone called insulin helps glucose leave the blood and enter the cells. This gives the cells energy.

In people with type 2 diabetes, the body doesn't use insulin well. So, sugar builds up in the blood instead of going into the cells. And the cells don't get enough energy.



Type 2 diabetes can harm your:

- Heart and blood vessels, which can lead to heart attacks and strokes
- Nerves
- Kidneys, which can lead to kidney failure
- Eyes, which can lead to blindness
- Feet, which can lead to amputation
- Gums
- Skin

You are more likely to get type 2 diabetes if you:

- Are overweight or have obesity
- Are physically active less than 3 times a week
- Have a parent or sibling with type 2 diabetes
- Are a person who is African American, Hispanic, Native American, or Alaska Native (some Pacific Islander and Asian American persons are also at higher risk)
- Are 45 or older
- Had diabetes while you were pregnant (gestational diabetes)

How Type 2 Diabetes Is Managed

Mike and Henry's Story

Mike is at risk for type 2 diabetes. He's trying to prevent or delay it by living a healthy lifestyle. Mike's dad, Henry, has type 2 diabetes. His goal is to keep his blood sugar in a healthy range so he can prevent or minimize the health complications that can result from diabetes.

Mike and Henry have very similar eating and fitness goals. They are both trying to reach and stay at a healthy weight. And they both track their eating and activity.

Unlike Mike, though, Henry checks his own blood sugar each day, and he tracks the results. Henry also takes pills to control his blood sugar.

Mike and Henry both keep an eye on their health. But Henry visits his health care provider more often. He also has more lab tests. In addition to getting his blood sugar checked, he needs to get his blood pressure, cholesterol, kidneys, eyes, and feet checked at almost every appointment. Mike may only get his labs checked once a year.

Mike has lost weight, and his latest blood sugar numbers are normal. His provider says he's on track to prevent or delay type 2 diabetes. Henry's latest blood sugar numbers are normal too. His provider says he's doing a great job keeping his blood sugar in a healthy range.



Life With Type 2 Diabetes

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

What habits will you continue to build and what new routines will you add to prevent it?

Do you know anyone with type 2 diabetes? If so, ask that person how his or her life changed and what that person does to manage it. Write your discoveries below.

You can also share your responses and discuss the topic with other participants in our private social media group.



Module 25: More About Carbs

Participant Guide



Session Focus



Understanding more about carbohydrates (carbs) can help you prevent or delay type 2 diabetes.

In this session, we will talk about:

- The link between carbs and type 2 diabetes
- Different types of carbs
- A healthy approach to carbs

You will also make a new action plan!

Tips:

- ✓ Choose foods in less processed forms where you get vitamins, minerals, and fiber along with energy. For instance, instead of choosing apple pie, try a stewed apple with cinnamon. Or enjoy orange slices instead of drinking orange juice.

Carbs and Type 2 Diabetes

Did You Know?

- Carbs provide your body with energy. They come from a variety of foods.
- All carbs are NOT created equal. The difference is in the fiber and nutrient content.



An apple contains carbs, but it also contains vitamins, minerals, and fiber.



Jellybeans are another source of carbs, but contain no vitamins, minerals, or fiber. They contain a lot of added sugar.

Choose **less processed carbohydrate foods**. Processing can make carbs convert to sugar more quickly in the body. A baked sweet potato is different than mashed sweet potatoes with marshmallows or sweet potato chips.

Less Processed



More Processed

Types of Carbs

There are three main types of carbs:

- 1. Starches
- 2. Sugars
- 3. Fiber

Starches

Starchy foods include:

- Starchy veggies
- Beans, peas, and lentils
- Grain foods

Starchy Veggies		
Starchy veggies include: • Corn • Potatoes • Green peas • Winter Squash • Parsnips • Yams • Plantains		
		
		
		

Types of Carbs

Beans, Peas, and Lentils

Beans, peas, and lentils include:

- Black, pinto, and kidney beans
- Red, brown, and black lentils
- Black-eyed peas
- Split peas
- Garbanzo beans (chickpeas)



Grain Foods

Grain foods include:

- Whole grains
- Refined grains

Types of Carbs

Choose whole grains.

Whole grains contain fiber, vitamins, and minerals.

Whole-grain foods include:

- Barley
- 100% whole-grain cereal
- Bread and other baked goods made with 100% whole-wheat flour
- Pasta made with 100% whole-wheat flour
- Brown and wild rice
- Popcorn
- Tortillas made with 100% whole-wheat flour or 100% cornmeal
- Oats and oatmeal

Whole Grains



Types of Carbs

Refined grains contain just starch. Refined grain foods include: • Bread and other baked goods made with white flour • White rice • Pasta made with white flour	Refined Grains	
		
		

Sugars

Sugar can occur naturally in foods such as fruit, milk, yogurt, honey and maple syrup. Simple sugars are defined by their chemical structure and are digested very quickly in your body. While some foods containing sugars also contain other nutrients, in the case of fruit, milk and yogurt. Other sugars, such as table sugar, maple syrup and honey contain few nutrients and add flavor, but also have additional calories.

Types of Carbs

Sugars include:

- Fruit sugar (fructose)
- Milk sugar (lactose)
- Maple syrup
- Honey
- White, brown, and powdered sugar (sucrose)
- Molasses
- Corn syrup



Types of Carbs

ADDED Sugar: Sugar is often added during food preparation. It is important to limit foods high in added sugars.

Foods high in added sugar include:

- Cake
- Candy
- Cookies
- Sugar-sweetened beverages such as soda, flavored coffees and smoothies
- Ice cream



Types of Carbs

Fiber

- It's important to get enough fiber in your diet. It can lower your blood sugar and cholesterol.
- Fiber passes through your body without being digested. So, it fills you up without adding calories.
- Try to get 25 to 30 grams of fiber each day. Check the Nutrition Facts label to see how much fiber an item contains.
- Many of us don't get enough fiber. If you need to boost your fiber intake, increase it slowly over time. And drink plenty of water. This will help prevent an upset stomach as your body adjusts to more fiber, especially if you have not been eating foods high in fiber.

High-fiber foods include:

- Beans, peas, and lentils
- Veggies and fruits—especially ones that have skin or seeds that you eat
- Nuts, such as peanuts, walnuts, and almonds
- Whole-grain foods



A Healthy Approach to Carbs



The types of carbs we consume impact our blood sugar—so balance is key!

Choose Carbohydrate Foods That Are Nutrient Dense

Nutrient-dense foods, also referred to as superfoods, are foods packed with vitamins, minerals, and fiber; have low or no added sugar; and aren't too far removed from the source of the food. Nutrient-dense foods help ensure that you are getting the nutrients and energy your body needs.

What are some nutrient-dense carbohydrate foods you can think of?

Oats

Beans

Beets

A Healthy Approach to Carbs

Make Your Plate

- Use the plate method and fill half your plate with nutrient-dense veggies, a quarter with carb foods, and the remaining quarter with meat or plant-based protein foods.
- Take small steps! Aim for one carbohydrate-rich food per meal. For example, if your meal includes potatoes, skip the bread or have smaller portions of each.
- Focus on balance between carbohydrates, proteins, and fats in the foods you choose.

Choose Carbs Wisely

When you do have carbs, choose foods that are:

- Low in calories, fat, and sugar
- A good source of fiber
- Rich in vitamins and minerals
- Less processed or not processed at all

Try These Ideas:

Instead of...	Try...
12-ounce can of soda	Water with a slice of fruit or club soda
Small bag of chips	Small bag of baby carrots
Juice	Whole fruit
White potatoes	Sweet potatoes

A Healthy Approach to Carbs

Instead of...	Try...
Bread made with refined flour	Bread made with 100% whole-wheat flour
White rice	Brown rice or barley
Cereal made with refined grains	Cereal made with whole grains or oatmeal
Full-fat yogurt made with sugar	Plain nonfat yogurt with berries
Apple pie	Stewed apple with cinnamon
Chocolate bar	Hot chocolate made with nonfat milk, cocoa powder, and a touch of sugar
ADD YOUR OWN	ADD YOUR OWN
ADD YOUR OWN	ADD YOUR OWN
ADD YOUR OWN	ADD YOUR OWN
ADD YOUR OWN	ADD YOUR OWN
ADD YOUR OWN	ADD YOUR OWN

A Healthy Approach to Carbs

Examples of Healthy Carbs

Breakfast



Bowl of whole-grain oatmeal with blueberries and almonds



Whole-grain toast with peanut butter, bananas, and fresh strawberries

Lunch



Whole-grain pasta with broccoli



Whole-grain tortillas with pumpkin, garlic, and black beans

A Healthy Approach to Carbs

Dinner



Whole-wheat penne pasta with spinach and grilled chicken breast



Baked fish with brown rice and seasonal fruit and vegetables

Desmond's Story

Desmond's Story—Part 1

Desmond learns from his doctor that he is at an increased risk for diabetes. He tells his doctor, “I know I need to cut back on sweet treats and soda, and I’ve also heard that carbs are bad for people with diabetes. Should I try to eliminate carbs completely?” Desmond’s doctor reassures him that he does not have to eliminate all carbs from his meals, but he should make sure the foods he’s eating are giving him vitamins, minerals, and fiber as well as energy. Desmond’s doctor encourages him to log his foods for a couple of weeks using an app or a small notebook, paying special attention to the foods he is eating that contain carbs.

Desmond makes a list to share with his doctor of the foods he eats:

Breakfasts:

- Sugar in coffee
- Sweetened boxed cereal
- Orange juice
- Jam on toast
- Pastry at the local coffee shop
- Pancakes with syrup

Lunches:

- Stir-fry with white rice
- Drinks like sodas, sweet tea, and lemonade
- White bread for sandwiches
- Burritos with white rice

Dinners:

- French fries and tater tots
- Pasta
- Beer or wine
- Cake

Snacks:

- Candy
- Corn chips, potato chips, crackers, and pretzels



Desmond's Story

Directions: Based on Desmond's list of foods he eats, what carb choices could Desmond make instead? And what could he limit? Use the chart below to record your ideas.

Instead of...	Try...

Desmond's Story

Desmond's Story—Part 2

Desmond's doctor helps him consider some small changes he can make toward taking a healthy approach to carbs.

- He limits the sweet treats and highly processed foods he was eating and aims for more balanced meals.
- He now chooses healthier carbohydrates, and he makes sure he balances them out with protein and vegetables.
- He uses food labels to find healthy items that meet his goals.
- He is also staying active. As a result, Desmond loses 5 pounds, and he feels like he has more energy, too.

As a result of these changes, Desmond's blood sugar is lower.



My Carbs

Directions: Write down some of your favorite carbs. Record how often you eat them and about how much you eat at a time. Then, decide if you need to make a healthy change. If so, write a healthy change or swap you will try. Otherwise, leave the last column blank.

My Favorite Carbs	How Often Do I Eat This?	How Much Do I Eat?	Do I Need A Healthy Change Idea?	Healthy Change I Will Make
Bread	Every day, every meal	6 slices	Yes	I will have oatmeal instead of toast for breakfast.
Cookies	Not very often	Too much!	Yes	I won't keep cookies in the house. When I have them, I will stick to one serving.
Rice	Every meal	1/2 cup	No	Rice is a staple in our home and culture, so we have chosen to limit serving sizes for rice and swap out other carbs with healthier options.
Sugar in my coffee	Two cups of coffee a day	I don't know	Yes	I will measure and reduce my sugar and aim for one teaspoon per cup.

My Carbs

My Favorite Carbs	How Often Do I Eat This?	How Much Do I Eat?	Do I Need A Healthy Change Idea?	Healthy Change I Will Make

Create a Vision Board Poster

Directions: Create a vision board poster for yourself that includes images and words that represent your long-term goals following the PreventT2 program.



Tips for Creating Your Board

Here are some tips for creating your board:

- Visualize your future. Make a list of goals for the year or things you would like to see happen.
- Create a vision board using a poster board, cork board, or cardstock paper.
- Create a vision board on the computer using images and fun fonts.
- Go through magazines and find photos/words that illustrate your goals and cut them out. Paste your photos/words using a glue stick.
- Use hand drawings and written words to illustrate your goals on paper.

Create a Vision Board Poster

Ideas To Include on Your Board

- Gather images/words that represent you at your goal weight. Ask yourself: What will life look like and feel like when I have achieved my goals?
- Gather images of things that keep you motivated:
 - Pictures of your kids, family, friends
 - Inspirational quotes
- Use images/words to describe your emotions in your journey so far and into your future.
- Use images of foods that inspire you.
- Use images/words that show how you'll track your progress in the future.
- Use images/words that inspire you to be physically active.



Module 26: Prevent Type 2 for Life!

Participant Guide



Session Focus



In this session, 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

You will also make a new action plan!

Tips:

- ✓ To stay on track after the program, try to get support with an accountability buddy.
- ✓ Find fun ways to continue eating healthy foods, like joining a cooking class.
- ✓ Remember to continue tracking your food and activity.
- ✓ Become a Program Champion and share with your community what you've learned about preventing type 2 diabetes.



Keep Up the Good Work!

Rashaad's Story

Rashaad is at risk for type 2 diabetes. So, he joins the PreventT2 program. The program helps him adopt a healthy lifestyle. Rashaad starts eating a healthy diet and taking walks each day. He works up to being active for at least 150 minutes a week at a moderate pace or more.

Rashaad's efforts pay off. One year later, he has reached his weight goal. And he feels better than he has in years.

But once his program ends, Rashaad finds himself slipping back into his old eating habits. He also starts skipping some of his daily walks. As a result, he gains back 5 pounds.

Rashaad knows he needs to find new ways to get support. So, he invites one of the people he met in his program to walk with him. He also signs up for a healthy cooking class at his local senior center.

Rashaad knows he needs to stay motivated. So, he sets a new weight goal. He decides to try a new recipe each week. And he and his walking buddy agree to try new routes. He could also volunteer at a community garden or offer to talk to other PreventT2 classes. These strategies will help him stay connected to others working on healthy lifestyle changes and keep him motivated.

These days, Rashaad is eating well and staying active. His weight is healthy. And he's no longer at risk for type 2 diabetes.

How will you get support and stay motivated once this program ends?



Keep Up the Good Work!

Become a Program Champion

You can become a voice for the PreventT2 lifestyle change program. The following resources are designed to help you become a Program Champion.

Menu of Activities for Program Promotion and Outreach—lists activities Program Champions can choose to promote their lifestyle change program, from easy to more complex.

[www.cdc.gov/diabetes/prevention/pdf/champion-promotion-508.pdf]

Talking Points—helps Program Champions tell their story, describe the lifestyle change program, and answer questions.

[www.cdc.gov/diabetes/prevention/pdf/champion-talking-points-508.pdf]

Communication Tips for Outreach Activities—gives Program Champions suggestions on how to talk to potential participants, active listening, and managing the conversation.

[www.cdc.gov/diabetes/prevention/pdf/champion-outreach-tips-508.pdf]

Handling Tricky Conversations: Tips for Program Champions—gives suggestions on how to answer questions that are too personal, deal with doubters, what questions they should refer to others, and how to stay on topic.

[www.cdc.gov/diabetes/prevention/pdf/champion-conversations-508.pdf]

Your Goals for the Next 6 Months



Your Goals for the Next 6 Months

Activity Goal

In the next 6 months, I will get at least 150 minutes of activity each week at a moderate pace or more.

Weight Goal

I weigh _____ pounds.

In the next 6 months, I will:

☐ Lose weight

☐ Maintain my weight

I will reach _____ pounds.

I will stay at _____ pounds.

Here are my new and revised personal goals for after the PreventT2 program:

Your Goals for the Next 6 Months

Skills To Live By

You've learned many healthy lifestyle skills in this program. Keep using these skills in the months and years to come.

Track your food, activity, and weight. Tracking tells you if you are meeting your goals. Plus, it helps you see where you are doing well and where you could improve.

Get back on track. It's normal to get off track with your eating and physical activity goals over the course of your life. The important thing is to get back on track and prevent similar lapses in the future.

Update your action plan as needed. Keep thinking about what you can do to be as healthy as possible.

Get support from family, friends, and others. They can help you stay on track with your eating and physical activity goals.

Overcome challenges. You will need to deal with many challenges over the course of your lifetime—time crunches, sources of stress, triggers, and more. So, prevent challenges when you can, and overcome them when you must. Be creative!

Stay motivated. Set new goals. Celebrate your successes. And keep trying new recipes, cooking styles, and ways to be active.

If you need a refresher on any of these skills, review all the information we have covered in this program.