



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



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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.