



# 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?

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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](http://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](http://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:

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## 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

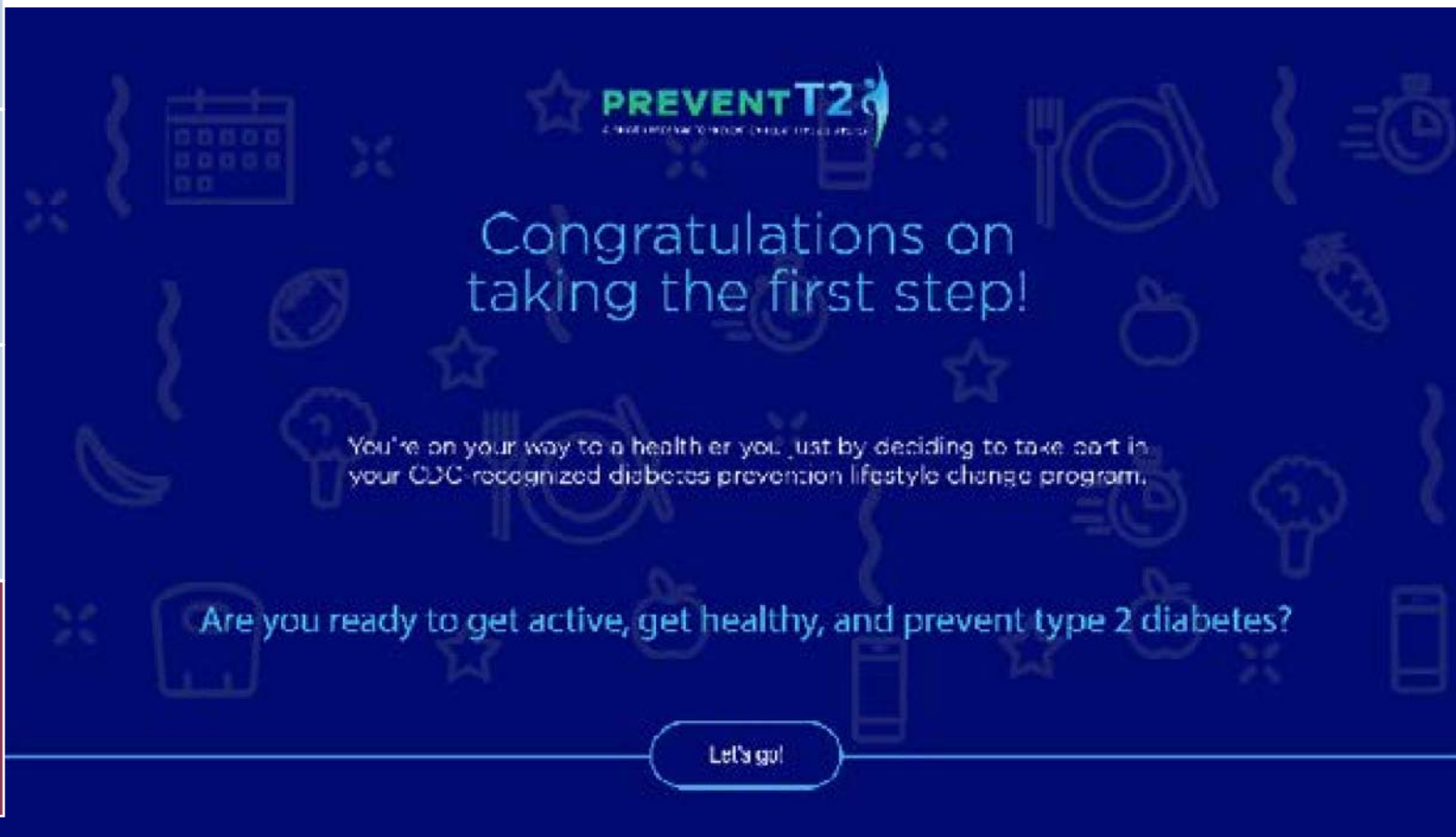
Wt	4%	5%	6%	7%	Wt	4%	5%	6%	7%
390	16	20	23	27	416	17	21	25	29
391	16	20	23	27	417	17	21	25	29
392	16	20	24	27	418	17	21	25	29
393	16	20	24	28	419	17	21	25	29
394	16	20	24	28	420	17	21	25	29
395	16	20	24	28	421	17	21	25	29
396	16	20	24	28	422	17	21	25	30
397	16	20	24	28	423	17	21	25	30
398	16	20	24	28	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](http://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=1)



# Plan for Success

## Personalized Pledge



Commit to yourself. Commit to your goals.  
Commit to a healthier lifestyle.

Now that you've identified your goals for the program, take the first steps toward eating well, getting active, and improving your health.

Are you ready to change your life?

I am ready!

[www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=1](http://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?

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# 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?**

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# 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:

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## 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](http://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](http://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.



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

Walk. Run. Bike. Dance.  
It's time to get active!

Are you active already? Are you starting out for the first time? Whatever form of physical activity you choose, remember that it's OK to start small. Because small steps over time lead to big changes.

Let's get moving!

[www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html](http://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](https://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](http://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](http://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](http://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.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Work out indoors.</li> <li><input type="checkbox"/> Dress for the weather.</li> <li><input type="checkbox"/> Swim in hot weather.</li> <li><input type="checkbox"/> Join an online exercise group.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
I don't have childcare.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Be active with your kids.</li> <li><input type="checkbox"/> Swap childcare with a friend.</li> <li><input type="checkbox"/> Ask friends or family to help out.</li> <li><input type="checkbox"/> Use childcare at the gym.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
I don't have a car.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Work out in your own home or area.</li> <li><input type="checkbox"/> Join or form an online exercise group.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>

# Overcoming Challenges

Challenge	Ways to Overcome	Other Ways to Overcome
<p>I don't have time.</p>	<p><b>To fit in activity anytime:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Break your 150 minutes into smaller chunks.</li> <li><input type="checkbox"/> Park your car farther away from the place you want to go.</li> <li><input type="checkbox"/> Get off the bus or train one stop early. Walk the rest of the way.</li> <li><input type="checkbox"/> Take stairs instead of the elevator.</li> <li><input type="checkbox"/> Use a fitness app.</li> </ul> <p><b>To fit in activity at home:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Walk your dog briskly.</li> <li><input type="checkbox"/> Sweep or mop your floor briskly.</li> <li><input type="checkbox"/> Wash your car briskly.</li> <li><input type="checkbox"/> Stretch, do sit-ups, or pedal a stationary bike while you watch TV.</li> <li><input type="checkbox"/> Mow your lawn with a push mower or rake leaves.</li> <li><input type="checkbox"/> Plant and care for a vegetable or flower garden.</li> </ul> <p><b>To fit in activity at work:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a brisk walk during your coffee or lunch break. Ask a friend to go with you.</li> <li><input type="checkbox"/> Take part in an exercise program at work.</li> <li><input type="checkbox"/> Join a nearby gym. Go before or after work, or during your lunch break.</li> <li><input type="checkbox"/> Join the office softball team or walking group.</li> <li><input type="checkbox"/> Use a copy machine on the other side of the building.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>

# Overcoming Challenges

Challenge	Ways to Overcome	Other Ways to Overcome
I feel embarrassed.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Work out in your own home.</li> <li><input type="checkbox"/> Work out with a friend.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
My area is not safe.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Work out in your own home.</li> <li><input type="checkbox"/> Work out at a gym or community center.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
It costs too much.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do free activities like walking.</li> <li><input type="checkbox"/> Buy workout clothes and equipment on sale.</li> <li><input type="checkbox"/> Look for free fitness classes at your library or community center, or online.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>
It's boring.	<ul style="list-style-type: none"> <li><input type="checkbox"/> Dance.</li> <li><input type="checkbox"/> Play with your kids.</li> <li><input type="checkbox"/> Work out with a friend.</li> <li><input type="checkbox"/> Use a fitness app.</li> <li><input type="checkbox"/> Listen to music, watch TV, or talk on the phone while you are active.</li> <li><input type="checkbox"/> Keep trying new things until you find something you like.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> <li><input type="checkbox"/> _____</li> </ul>

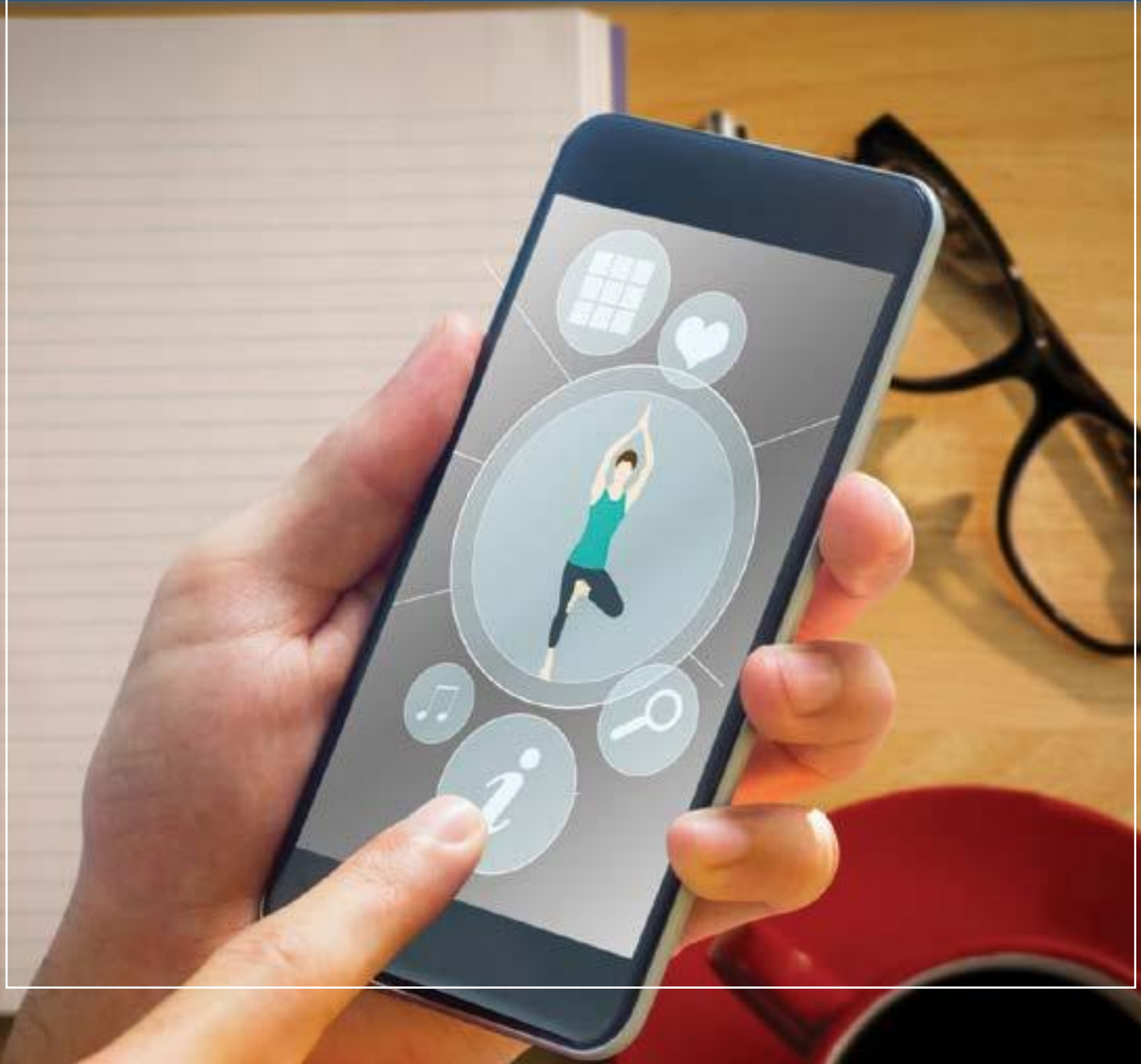
# Overcoming Challenges

Challenge	Ways to Overcome	Other Ways to Overcome
It's painful or tiring.	<ul style="list-style-type: none"><li><input type="checkbox"/> Ask your health care provider which activities are right for you.</li><li><input type="checkbox"/> Work out safely.</li><li><input type="checkbox"/> Work out at the time of day you have the most energy.</li><li><input type="checkbox"/> Walk slowly or swim.</li><li><input type="checkbox"/> Do yoga or tai chi.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
It messes up my hair.	<ul style="list-style-type: none"><li><input type="checkbox"/> Work out in a cool place.</li><li><input type="checkbox"/> Try new hair products and styles.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>



# Module 3: Track Your Activity

## Participant Guide





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?

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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?

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# 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.	<ul style="list-style-type: none"><li><input type="checkbox"/> Make time to track.</li><li><input type="checkbox"/> Remember why you are tracking—to lower your risk of type 2 diabetes!</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
I have trouble reading and writing.	<ul style="list-style-type: none"><li><input type="checkbox"/> Record your voice with a smartphone or another device.</li><li><input type="checkbox"/> Ask your coach, friends, or family members to write your minutes on your Activity Log.</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
I keep forgetting.	<ul style="list-style-type: none"><li><input type="checkbox"/> Make tracking part of your daily routine.</li><li><input type="checkbox"/> Put a reminder on your phone or computer.</li><li><input type="checkbox"/> Set a timer.</li><li><input type="checkbox"/> Leave yourself notes where you'll see them.</li><li><input type="checkbox"/> Ask friends and family to remind you.</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>

# How to Overcome Challenges



Challenge	Ways to Overcome
I don't like to track.	<ul style="list-style-type: none"><li><input type="checkbox"/> Post your results on the wall or online.</li><li><input type="checkbox"/> Give yourself a small (non-food) reward for meeting your activity goals.</li><li><input type="checkbox"/> Compete with a friend. See who can do the most minutes of activity.</li><li><input type="checkbox"/> Try smartphone and computer apps.</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
ADD YOUR OWN.	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
ADD YOUR OWN.	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>
ADD YOUR OWN.	<ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>

# 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.

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

### Every minute matters.

Tracking your physical activity is the best way to be sure you hit your 150-minute goal each week. It helps you remember. It keeps you accountable. It's the best way to see how far you've come!

Are you making every minute count?

Let's find out!

[www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=3](http://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=3)



# Module 4: Eat Well To Prevent Type 2

Participant Guide





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

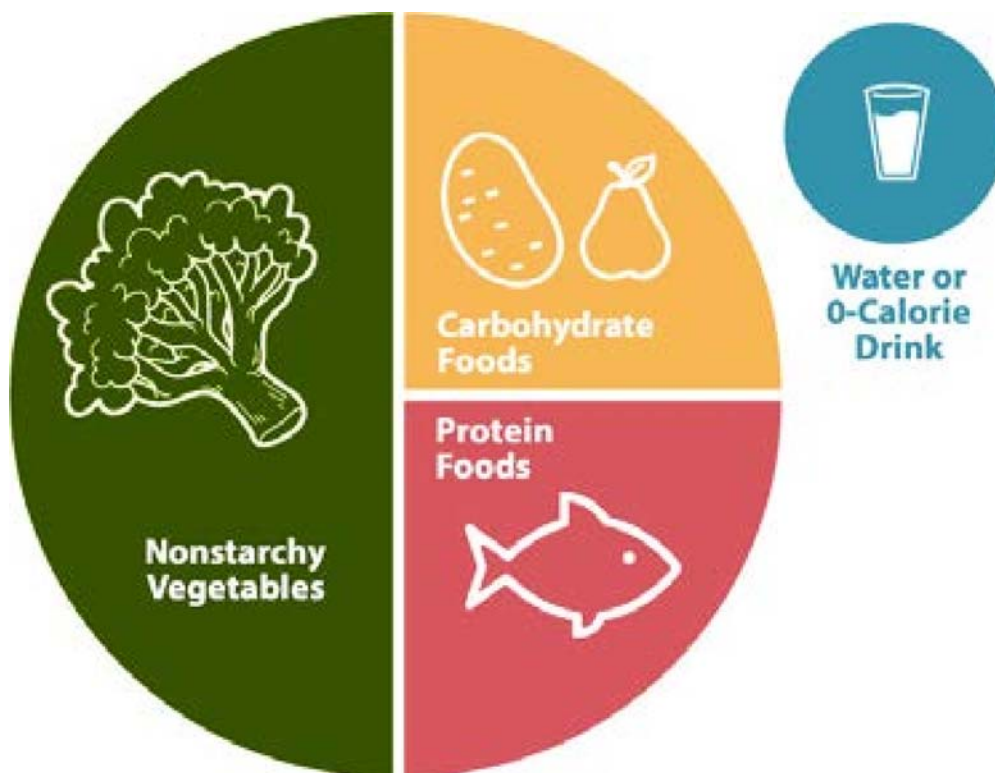
## My Plate

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

# Eating Well

## Understanding Processed Foods

What's the difference?



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

Less Processed










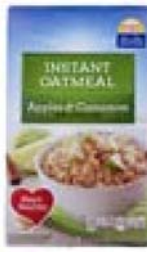
More Processed

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

Less Processed



More Processed

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



# 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

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

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
<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Broccoli</li> <li>• Cabbages like green cabbage or bok choy</li> <li>• Carrots</li> <li>• Celery</li> <li>• Cucumbers</li> <li>• Leafy greens like collard greens, kale, and mustard greens</li> <li>• Lettuces</li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Onions</li> <li>• Peppers</li> <li>• Tomatoes</li> <li>• Radishes, including daikon</li> <li>• Squash like bitter melon, spaghetti squash, and zucchini</li> <li>• Water chestnuts</li> </ul>	<ul style="list-style-type: none"> <li>• 100% corn tortillas</li> <li>• 100% whole grain cereal</li> <li>• 100% whole wheat bread</li> <li>• Black beans</li> <li>• Black-eyed peas</li> <li>• Pinto beans</li> <li>• Kidney beans</li> <li>• Garbanzo beans</li> <li>• Lima beans</li> <li>• Brown rice</li> <li>• Dried peas</li> <li>• Lentils</li> <li>• Oatmeal</li> <li>• Popcorn</li> <li>• Potatoes</li> <li>• Pumpkin</li> <li>• Yams</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Fish and seafood such as salmon, cod, mackerel, sardines, tuna, shrimp, and so on</li> <li>• Lean meat (lean ground beef, chicken and turkey without skin, pork loin)</li> <li>• Nuts (moderate portion)</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese (moderate portion)</li> <li>• Milk</li> <li>• Yogurt</li> <li>• Milk substitutes such as soy, almond, rice, oat, and so on</li> </ul>	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Bananas</li> <li>• Pears</li> <li>• Peaches</li> <li>• Apricots</li> <li>• Oranges</li> <li>• Grapefruit</li> <li>• Blueberries</li> <li>• Strawberries</li> <li>• Cherries</li> <li>• Grapes</li> <li>• Mangoes</li> <li>• Papayas</li> <li>• Plantains</li> </ul>	<ul style="list-style-type: none"> <li>• Coffee without sugar</li> <li>• Sparkling water</li> <li>• Tea without sugar</li> <li>• Water</li> </ul>





# Foods To Choose

Non-Starchy Veggies	Grains and Starchy Foods	Protein Foods	Dairy Foods	Fruit	Drinks
<ul style="list-style-type: none"> <li>• Low in calories, fat, and sugar</li> <li>• High in fiber</li> </ul>	<ul style="list-style-type: none"> <li>• Vary in calories, fat, sugar, and fiber</li> </ul>	<ul style="list-style-type: none"> <li>• High in protein</li> <li>• Vary in calories</li> <li>• Low in sugar</li> <li>• Low in fiber</li> </ul>	<ul style="list-style-type: none"> <li>• Vary in calories</li> <li>• Provide vitamins, minerals, and protein</li> <li>• Low in fiber</li> <li>• Vary in fat content</li> <li>• Provide carbohydrates (milk, yogurt), protein, and calcium</li> </ul>	<ul style="list-style-type: none"> <li>• Fairly low in calories</li> <li>• Provides vitamins and minerals</li> <li>• Full of fiber and water</li> <li>• Higher in sugar than veggies</li> <li>• Provides carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>• High in water</li> <li>• Vary in calories, protein, vitamins, minerals, and sugar</li> <li>• Rarely contain fiber</li> </ul>

## 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.	<ul style="list-style-type: none"> <li>• Grow your own veggies and fruit.</li> <li>• Buy veggies and fruit in season.</li> <li>• Get creative with salads.</li> </ul>	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.	<ul style="list-style-type: none"> <li>• Get help. Include your family in meal preparation such as cleaning, prepping, or cutting up produce.</li> <li>• Plan your weekly meals so you can cook a meal that works based on the time you have and what you have on hand.</li> <li>• Consider prepared vegetables from salad bars or the frozen section, which can be reasonable options.</li> </ul>	Healthy eating to prevent diabetes is healthy for the whole family!
I do pretty good all day except for _____ [breakfast, lunch, dinner, snacks].	<ul style="list-style-type: none"> <li>• Think about what makes certain parts of the day and certain food choices easier.</li> <li>• Think about what makes certain meals or parts of the day harder for you.</li> <li>• Try to be especially mindful of what is going on during and around this meal and time of day.</li> <li>• Consider if you're waiting too long between meals or snacks to eat.</li> <li>• Observe if you're feeling rushed and finding it easier to choose something quick.</li> <li>• Notice if you're eating out of boredom.</li> <li>• Think about whether the meal options or the environment you are in are influencing your choices</li> </ul>	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.	<ul style="list-style-type: none"> <li>• Learn new cooking methods and recipes from websites, shows, and videos.</li> <li>• Cut down on added salt, sugar, and fat (like butter or oil) in cooking, and limit/measure salt.</li> <li>• Try preparing your favorite foods in new ways — roasting vegetables, grilling fish, or baking potatoes.</li> <li>• Get cooking tips from friends.</li> </ul>	You can eat healthier when you cook at home.

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

**PREVENT T2**  
A PREVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

## Eat well, live well.

Eating well is a crucial component to creating a healthier you. Each healthy choice you make brings you one step closer to your goal of preventing type 2 diabetes!

Are you ready to discover new ways to eat well?

Let's go!

[www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=4](http://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=4)



# Module 5: Track Your Food

## Participant Guide





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
<b>Breakfast</b>				
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)	
<b>Subtotal</b>	<b>200</b>	<b>Subtotal</b>	<b>350</b>	<b>+150</b>

# 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
<b>Lunch</b>				
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)	
<b>Subtotal</b>	<b>380</b>	<b>Subtotal</b>	<b>700</b>	<b>+320</b>
<b>Snacks</b>				
		Granola bar	200	
		Coffee with 1 Tbsp whole milk and 2 tsp sugar	50 (milk and sugar)	
<b>Subtotal</b>	<b>0</b>	<b>Subtotal</b>	<b>250</b>	<b>+250</b>

# 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
<b>Dinner</b>				
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)	
<b>Subtotal</b>	<b>500</b>	<b>Subtotal</b>	<b>990</b>	<b>+490</b>
<b>Dessert</b>				
Small bowl of ice cream	175	1½ cups ice cream	480	
<b>Subtotal</b>	<b>175</b>	<b>Subtotal</b>	<b>480</b>	<b>+305</b>
<b>Total calorie difference:</b>				<b>+1,515</b>

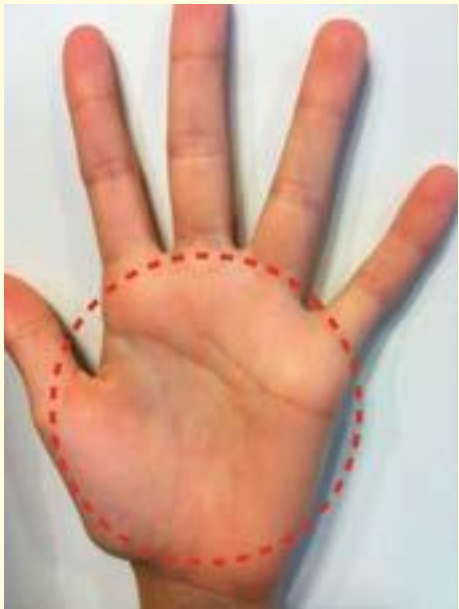
# Benefits of Tracking Your Food

## Food Tracking Benefits

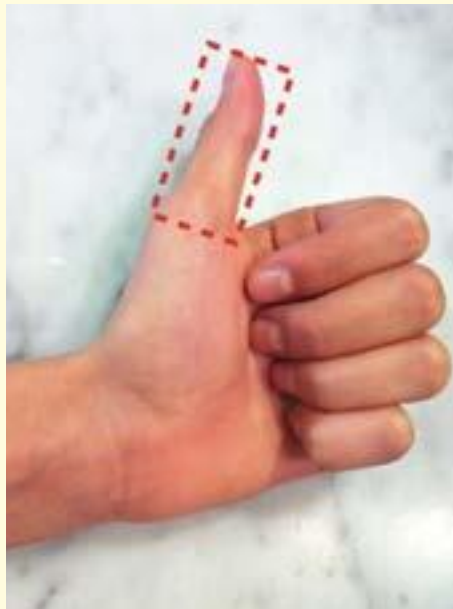
- Increases your awareness of the foods you eat and the beverages you drink
- Helps you track overall calories
- Allows you to see how eating smaller portions of the foods you love means fewer calories
- Increases awareness of portion sizing, especially when you measure food
- Helps you learn which foods 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:	
<ul style="list-style-type: none"><li>• Notebook</li><li>• Text yourself</li><li>• Spreadsheet</li><li>• Smartphone app, like a note-taking app or a food tracking app</li><li>• Computer app</li><li>• Voice recording</li><li>• Photo of your food</li></ul>	

# 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

**1.** Serving Information → 4 servings per container  
**Serving size** 1 cup (227g)

**2.** Calories → **Amount per serving**  
**Calories** 280

**3.** Nutrients →

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

**4.** Quick Guide to percent Daily Value (%DV)  
• 5% or less is **low**  
• 20% or more is **high**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: [www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3](http://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&NUTRIENTSX2**

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](http://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

### Nutrition Facts

4 servings per container  
Serving size 1 1/2 cup (300g)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>240</b>	
<b>Total Fat</b> 4g		8%
Saturated Fat 1.5g		3%
Trans Fat 0g		0%
<b>Cholesterol</b> 5mg		1%
<b>Sodium</b> 430mg		19%
<b>Total Carbohydrate</b> 45g		17%
Dietary Fiber 7g		25%
Total Sugars 4g		
Includes 2g Added Sugars		4%
<b>Protein</b> 11g		
Vitamin D 2mcg		10%
Calcium 260mg		20%
Iron 6mg		35%
Potassium 240mg		6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**

Choose Nutrients Wisely

#### Nutrients To Get More Of

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

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

#### Nutrients To Get Less Of

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

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

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

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

Nutrition Facts  
Read the Label

Revised: October 2018

[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)



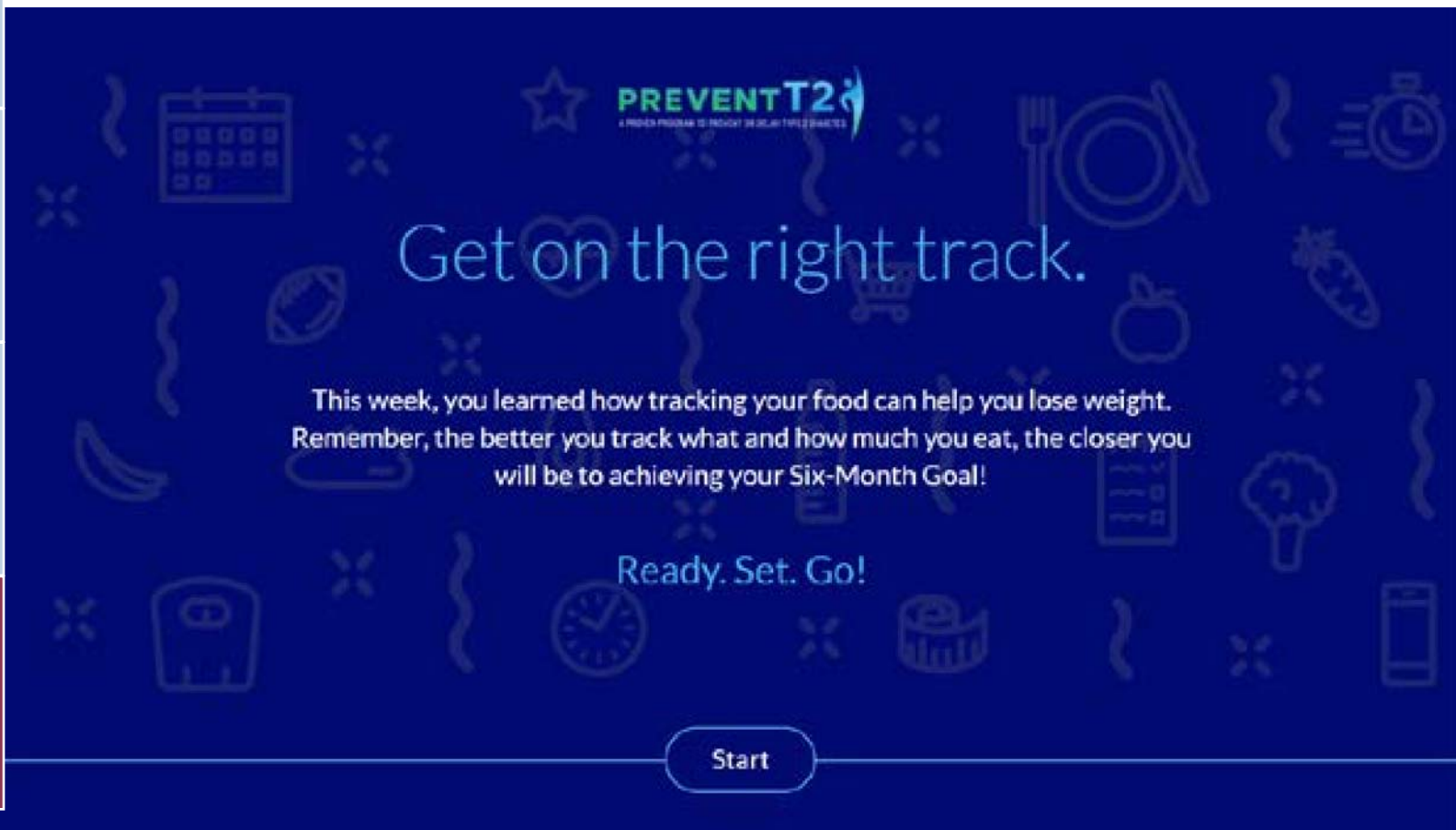
Source: [www.fda.gov/media/89314/download](http://www.fda.gov/media/89314/download)

# 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](http://www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=5)

# Plan for Success

## Personalized Pledge



Redefine your goals. Recommit to yourself. Make healthy living a habit.

Now that you're a few weeks into your program, it's important to stop and reflect on your goals. What has been working? What has been holding you back?

Let's go!

[www.cdc.gov/diabetes/programs/preventt2/pledge.html?pledge=2](http://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.	<ul style="list-style-type: none"><li><input type="checkbox"/> Make time to track. It takes just a couple minutes after each meal or snack. And it gets faster over time!</li><li><input type="checkbox"/> Remember why you are tracking—to lower your risk of type 2 diabetes!</li></ul>	
I have trouble reading and writing.	<ul style="list-style-type: none"><li><input type="checkbox"/> Record your voice with a smartphone or another device.</li><li><input type="checkbox"/> Take a photo of your food.</li><li><input type="checkbox"/> Ask your coach, friends, or family members to help write your food on your Food Log.</li></ul>	

# How To Overcome Challenges

Challenge	Ways to Overcome	Other ways to Overcome
I keep forgetting.	<ul style="list-style-type: none"><li><input type="checkbox"/> Make tracking part of your daily routine.</li><li><input type="checkbox"/> Put a reminder on your phone or computer.</li><li><input type="checkbox"/> Set a timer.</li><li><input type="checkbox"/> Leave yourself notes where you'll see them.</li><li><input type="checkbox"/> Ask friends and family to remind you.</li></ul>	
I don't like to track.	<ul style="list-style-type: none"><li><input type="checkbox"/> Share your results with others.</li><li><input type="checkbox"/> Give yourself a small (nonfood) reward for meeting your food goals.</li><li><input type="checkbox"/> Ask a friend or family member to track their food, too.</li><li><input type="checkbox"/> Try smartphone and computer apps.</li></ul>	

# 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.	<ul style="list-style-type: none"><li>• If you like spreadsheets or email, use those to track your meals.</li><li>• Start tracking for 3 to 4 days when you get little breaks in the day, or make a routine of tracking after you eat.</li></ul>	<ul style="list-style-type: none"><li>• 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.</li><li>• Knowing how your food choices add up will help you choose well in the future.</li></ul>
I think I eat pretty healthy, but I can't seem to lose weight.	<ul style="list-style-type: none"><li>• Tracking will increase your awareness of all the food you eat and uncover "hidden" calories.</li></ul>	<ul style="list-style-type: none"><li>• Losing a few pounds will help you prevent type 2 diabetes.</li></ul>
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.	<ul style="list-style-type: none"><li>• If you're already tracking your activity in an app, it's easy to start tracking your food the same way.</li></ul>	<ul style="list-style-type: none"><li>• By keeping track of calories you take in and the calories you burn through activity, you get a better understanding of energy balance.</li></ul>



# 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](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](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.



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

Walk. Run. Bike. Dance.  
It's time to get active!

Are you active already? Are you starting out for the first time? Whatever form of physical activity you choose, remember that it's OK to start small. Because small steps over time lead to big changes.

Let's get moving!

[www.cdc.gov/diabetes/programs/preventt2/week2-quiz.html](http://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:





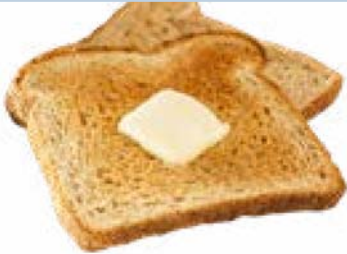

- He adjusted his regular breakfast from three eggs to two eggs and had an English muffin with light butter instead of two slices of toast with butter and jelly, saving him about 200 calories.
- He decided that he would measure the amount of sugar and cream he added to his coffee. To his surprise, he 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		
	<b>Instead of</b>	
1 cup oat cereal		1 cup bran and raisin cereal
	<b>Instead of</b>	
2 eggs cooked with 1 teaspoon of vegetable oil		2 eggs cooked in 1 tablespoon of butter
	<b>Instead of</b>	
2 slices of whole wheat toast with 2 teaspoons of butter		1 bagel with 2 tablespoons of cream cheese

# Calories and Weight

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

# Calories and Weight

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

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

# Calories and Weight

	<b>Instead of</b>	
<b>Water with lemon 0 calories</b>		<b>16 oz. sweet iced tea 120 calories</b>
	<b>Instead of</b>	
<b>Sparkling water with a splash of 100% fruit juice 25 calories</b>		<b>12 oz. regular ginger ale 130 calories</b>
<b>Sources:</b> <ul style="list-style-type: none"><li>• Rethink Your Drink. Department of Health and Human Services. Centers for Disease Control and Prevention. <a href="http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf">www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf</a></li><li>• USDA National Nutrient Database for Standard Reference</li></ul>		



# 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
<b>Amount per serving</b>	
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

Activities	Calories Burned at a Moderate Pace	
	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](http://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				Calories Burned		
Day	Item	Amount	Calories	Activity	Minutes	Calories Burned
Day 1						
Day 1 Totals						
Day 2						
Day 2 Totals						



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

# 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



- 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

### Lasagna Recipe Makeover



- 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.

