

Health Center Professional Development Program

Lifestyle Coach Training

When: October 12 – November 9, 2023

Introduction: The NACHC Quality Center is excited to offer Lifestyle Coach Training as a course offering in the Fall 2023 Health Center Professional Development Program. The Quality Center recognizes the importance of offering lifestyle coaching training opportunities to health centers for improved type 2 diabetes patient care and health outcomes. More specifically, these training courses help to achieve the Quintuple Aim: improved health outcomes, improved patient experiences, improved staff experiences, reduced costs, and equity.

Course Description: This course provides foundational skills for health center staff to facilitate the Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program (NDPP) and PreventT2 lifestyle change program.

Who Should Apply: Health center staff with some knowledge of the National Diabetes Prevention Program who are interested in facilitating a PreventT2 lifestyle change program.

Instructors: An Association of Diabetes Care and Education Specialists (ADCES) Master Lifestyle Coach trainer. For more information on the instructor visit: [Jacqueline V. Carson](#).

**18 seats
available –
Apply today
for the
opportunity to
be accepted!**

Course Objectives:

- Describe the evidence base of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)-sponsored Diabetes Prevention Program Study.
- Identify key strategies used to translate the DPP Study into the National DPP and PreventT2, a CDC-recognized lifestyle change curriculum.
- Define the role of a lifestyle coach for CDC-recognized lifestyle change programs, comparing the lifestyle coach with other diabetes education professionals.
- Utilize case studies of eligible and ineligible participants, describe participant eligibility criteria for the National DPP.
- Describe participant outcomes for the National DPP, identifying how program structure, content, and activities, such as tracking and action planning, support the achievement of those outcomes.
- Review PreventT2 materials, including the participant's guide and the lifestyle coach training guide, to understand how program content supports skill building, self-monitoring, and psychosocial development.
- Diagram the core sessions (1-16) of PreventT2 to determine learning objectives, major concepts, major activities, and action planning guidance.
- Illustrate lifestyle coaching strategies to activate program content within group sessions.

Course information continues on page 2

Health Center Professional Development Program: Lifestyle Coach Training

Training includes:

- 8-10 hours of online courses (8 modules) participants complete on their own
- 5 virtual training sessions (90 minutes each)
- Feedback and guidance from a Master Lifestyle Coach trainer
- Completion of 10 hours of interactive training with the Master Trainer is required to receive a ADCES Lifestyle Coach PreventT2 Lifestyle Change Program badge

Course Schedule	2023 Dates	Time
Session #1	Thursday, October 12	1:00 – 2:30 pm ET
Session #2	Thursday, October 19	1:00 – 2:30 pm ET
Session #3	Thursday, October 26	1:00 – 2:30 pm ET
Session #4	Thursday, November 2	1:00 – 2:30 pm ET
Session #5	Thursday, November 9	1:00 – 2:30 pm ET

Questions?

Please contact us at: qualitycenter@nachc.org

- Review and practice group facilitation techniques that build trust, increase participation, and encourage positive health behavior change.
- Practice group facilitation techniques, lifestyle coaching strategies, and understanding of program content through role-playing activities, i.e., teach-backs.
- Describe the core maintenance sessions (17-26) of PreventT2 to determine learning objectives, major concepts, and key materials.
- Discuss key strategies to increase participant readiness, engagement, and retention across the 12-month CDC-recognized lifestyle change program.
- Identify best practices in reviewing food and physical activity tracking logs, action plans, and other participant materials.
- Explain how programs can meet the National Diabetes Prevention Program Recognition Standards to achieve full recognition.
- Describe the national landscape of the diabetes prevention program, especially as it relates to coverage by Medicare, Medicaid, and commercial payers.

For more information and to apply, click [here](#).



**Applications
due by
September 28, 2023
11:59pm EDT**