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Disclosure to Participants

- Notice of Requirements For Successful Completion
  - Please refer to learning goals and objectives
  - Learners must attend the full activity and complete the evaluation in order to claim continuing education credit/hours
- No Conflict of Interest (COI) or Financial Relationship Disclosures
- Non-Endorsement of Products
  - Accredited status does not imply endorsement by AADE, ANCC, ACPE or CDR of any commercial products displayed in conjunction with this educational activity
- Off-Label Use
  - Participants will be notified by speakers to any product used for a purpose other than for which it was approved by the Food and Drug Administration

Goals and Objectives

- Provide strategies to effectively teach the NDPP and facilitate group engagement
- Demonstrate hands on activities that inspire engagement at sessions
- Provide information on what to expect at each stage of the NDPP process

Prevent T2: One Session at a Time
Session Zero
- Having multiple informational sessions will set you up for success
  - Understand why the program works
  - Testimonial videos of past participants
  - Explanation of requirements for class
  - Readiness Assessments

Readiness Assessment
www.LCcommonground.org

Core Sessions (1-16)
Core Session- 1

• Introduction
  - Program Goals and Structure
  - Basics of Type 2 Diabetes
  - Meeting Guidelines

Activity & Tools

– Icebreaker
– Sign Contract
– Bookbag & Notebook
– Welcome Sign & Guidelines

Core Session- 2

• Get Active
  – Benefits of getting active
  – Ways to get active
Activity & Tools
- March in place
- Talk test
- Red exercise band

Core Session- 3
- Track your activity
  - The purpose of tracking
  - How to track your activity

Activity & Tools
- Write down things you track
- Reasons to track (whiteboard)
- Examples of ways to time activity
- Marching activity
Core Session- 4

• Eat Well
  – How to eat well
  – How to build a healthy meal
  – Items in each food group

Activity & Tools

• Build a Healthy Plate
• Bite Size Snacks
• My Plate Magnet
• Video
  – “Healthy Can Be Tasty”

Core Session- 5

• Track your food
  – The purpose of tracking food
  – How to track your food
  – How to make sense of food labels
Activity & Tools
• Demonstrate Measuring Foods
• Measuring Cups & Spoons
• Food Scale Raffle

Core Session- 6
• Get more active
  – The purpose of getting more active
  – Some ways to get more active
  – How to track more details about fitness

Activity & Tools
• Resistance Bands
• Video
  – "The ExCITE Program: Resistance Band Exercises Pt. 1"
• Handout
  – "Introductory Resistance Program"
Core Session- 7
• Burn more calories than you take in
  – The link between calories and weight
  – How to track the calories you take in
  – How to track the calories you burn
  – How to burn more calories than you take in

Activity & Tools
• Balance Scale Demo
• Calorie Count Formula
• "Calorie King" Book

Core Session- 8
• Shop and Cook
  – Healthy food
  – How to shop for healthy food
  – How to cook healthy food
Activity & Tools

• Grocery Store Flyers
• Meal Planning & Prepping
• Videos
  – "Make it Good, Make it Fast"
  – "Budget-Stretching Healthy Meals"

Core Session- 9

• Manage Stress
  – Some causes of stress
  – The link between stress and type 2 diabetes
  – Some ways to reduce stress
  – Some healthy ways to cope with stress

Activity & Tools

• Stress Balls
• Adult Coloring
• Apps for Stress
• Meditation
  – "Leaves on a stream" by Naomi Goodlett
Core Session- 10

• Find time for fitness
  – Some benefits of being active
  – The challenge of fitting in fitness
  – How to find time for fitness

Activity & Tools

• Fitness Apps & Trackers
• Handout
  – “100 Ways To Add 2,000 Steps”
• Re-think Your Drink
Core Session- 11
• Cope with triggers
  – Unhealthy food triggers and ways to cope
  – Unhealthy eating triggers and ways to cope
  – Triggers of sitting still and ways to cope with them

Activity & Tools
• Write down triggers and ways to cope (whiteboard)
• Video
  – "Healthy Eating 101" by DocMikeEvans

Core Session- 12
• Keep your heart healthy
  – Why heart health matters
  – How to keep your heart healthy
  – How to be heart smart about fats
Activity & Tools

- Fat Models
- Fat Tubes
- Handout
  - "Choose Healthy Fats"

Core Session- 13

- Take charge of your thoughts
  - The difference between harmful and helpful thoughts
  - How to replace harmful thoughts with helpful thoughts

Activity & Tools

- Talk Back to Negative Thoughts
- Stop Signs
Core Session- 14

• Get Support
  – How to get support from:
    • Family, Friends & Coworkers
    • Groups, Classes & Clubs
    • Professionals

Activity & Tools

• Write down ways to get support
  – Ways that hinder
  – Ways that support
• Have participants write down who they get support from

Core Session- 15

• Eat well away from home
  – Challenges of eating well at restaurants and social events
  – Plan for and cope with these challenges
Activity & Tools
- Pick healthiest meals from different restaurant menus

Core Session- 16
- Stay Motivated
  - Look how far you have come
  - Our next steps
  - Your goals for the next 6 Months

Activity & Tools
- Fat Models
- Pounds Lost in Jar
- Motivation Boards
Activity & Tools

• Motivation Box
• 3 Questions:
  – Why are you on this journey?
  – Why is it important to you?
  – How will you carry this forward to the next improvement?

Post- Core Sessions (17-23)

Post Core Sessions

• Vote on the last 6 months’ classes
  – Must do “Prevent T2 for Life” as last class

When Weight Loss Stalls
Stay Active to Prevent T2
More about Type 2 Diabetes
Have Healthy Food You Enjoy
Get Back on Track
Stress and Time Management
Fitting Fitness In
Stay Active Away from Home
More about Carbohydrates
Get Enough Sleep
Prevent T2 for Life **
Post Core- Termination

- Graduation Party/ Prevent T2 For Life
- Decorate
- Hand Out Diplomas
- Gift Cards- Best Attendance & Most Weight Lost

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Top 8 Tips

1. BUILD RAPPORT
2. Email in between sessions
3. Acknowledge birthdays
4. It's group work, but treat them as individuals

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Top 8 Tips
5. You are the facilitator, not the teacher
6. Action Plans - encourage self-determination
7. Stress the importance of tracking
8. Take up the food and activity logs

Transformations
Before After (66 lbs. lost)

Testimonial
Before After (71 lb. weight loss)
Questions?

References
- https://wellness.illinoisstate.edu/downloads/living/100waystoaddsteps.pdf
- https://www.eatright.org/food/nutrition/dietary-guidelines-and-nutrition/choose-healthy-fats
- https://dttaccommonground.ning.com
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- https://www.youtube.com/watch?v=-01tdbdIsM4
- https://www.youtube.com/watch?v=rB5TUlo2p_A
- https://www.youtube.com/watch?v=ixl3-kg59xU
- https://www.youtube.com/watch?v=jovZDkEnFng
- https://www.youtube.com/watch?v=fqhYBTg73fw