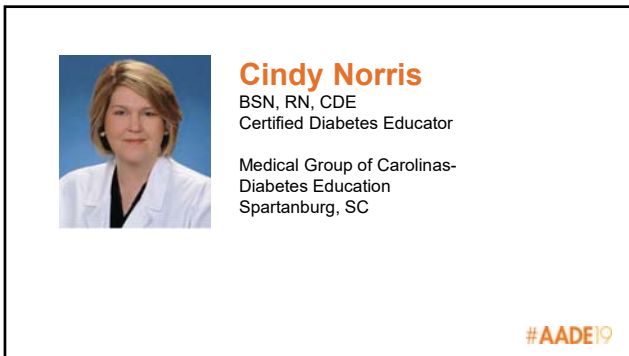


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Disclosure to Participants

- 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.

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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

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Prevent T2: One Session at a Time

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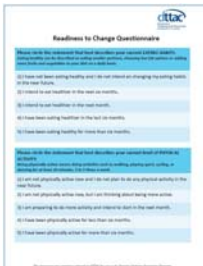
Session Zero

- 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

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Readiness Assessment



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Core Sessions (1-16)

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9

Core Session- 1

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

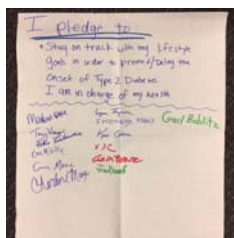


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Activity & Tools

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



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Core Session- 2

- Get Active
 - Benefits of getting active
 - Ways to get active



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Activity & Tools

- March in place
- Talk test
- Red exercise band



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Core Session- 3

- Track your activity
 - The purpose of tracking
 - How to track your activity



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Activity & Tools

- Write down things you track
- Reasons to track (whiteboard)
- Examples of ways to time activity
- Marching activity



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Core Session- 4

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



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Activity & Tools

- Build a Healthy Plate
- Bite Size Snacks
- My Plate Magnet
- Video
 - "Healthy Can Be Tasty"



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Core Session- 5

- Track your food
 - The purpose of tracking food
 - How to track your food
 - How to make sense of food labels



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18

Activity & Tools

- Demonstrate Measuring Foods
- Measuring Cups & Spoons
- Food Scale Raffle



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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

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20

Activity & Tools

- Resistance Bands
- Video
 - "The ExCITE Program: Resistance Band Exercises Pt. 1"
- Handout
 - "Introductory Resistance Program"



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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

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Activity & Tools

- Balance Scale Demo
- Calorie Count Formula
- "Calorie King" Book



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Core Session- 8

- Shop and Cook
 - Healthy food
 - How to shop for healthy food
 - How to cook healthy food



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Activity & Tools

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



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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

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Activity & Tools

- Stress Balls
- Adult Coloring
- Apps for Stress
- Meditation
 - "Leaves on a stream" by Naomi Goodlett



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Artwork
by Craig

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Core Session- 10

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




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29

Activity & Tools

- Fitness Apps & Trackers
- Handout
 - "100 Ways To Add 2,000 Steps"
- Re-think Your Drink



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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

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31

Activity & Tools

- Write down triggers and ways to cope (whiteboard)
- Video
 - "Healthy Eating 101" by DocMikeEvans

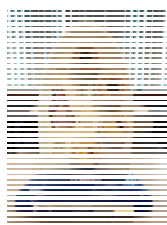


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Core Session- 12

- Keep your heart healthy
 - Why heart health matters
 - How to keep your heart healthy
 - How to be heart smart about fats



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33

Activity & Tools

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



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Core Session- 13

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

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Activity & Tools

- Talk Back to Negative Thoughts
- Stop Signs



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Core Session- 14

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

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Activity & Tools

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



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Core Session- 15

- Eat well away from home
 - Challenges of eating well at restaurants and social events
 - Plan for and cope with these challenges



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Activity & Tools

- Pick healthiest meals from different restaurant menus



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40

Core Session- 16

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

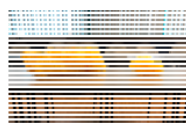
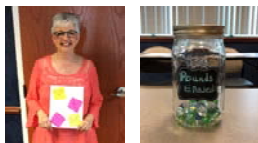


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41

Activity & Tools

- Fat Models
- Pounds Lost in Jar
- Motivation Boards



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42

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?



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Post- Core Sessions (17-23)

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Post Core Sessions

- 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 **

- Vote on the last 6 months' classes
 - Must do "Prevent T2 for Life" as last class

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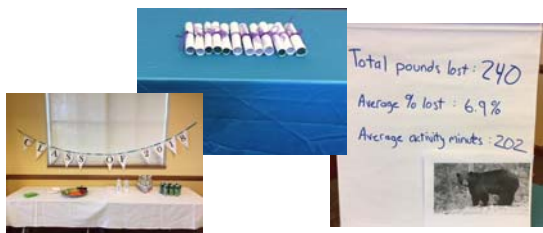
Post Core- Termination

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

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Post Core- Termination



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47

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

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Transformations

Before



After (66 lbs. lost)



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Testimonial

Before



After (71 lb. weight loss)



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51

Questions?

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52

References

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- <https://www.youtube.com/watch?v=jvZDKEnFnq>
- <https://www.youtube.com/watch?v=fghYBTa73fw>

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53
