Welcome to the Diabetes Prevention Program: Group Lifestyle Balance™

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Participant Notebook

Welcome to the Diabetes Prevention Program: Group Lifestyle Balance™

Your Name:

_____

Your Lifestyle Coach:

_____

How to Contact Your Lifestyle Coach:

_____

_____

_____

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Session 1:
Welcome to the Diabetes Prevention Program: Group Lifestyle Balance™

Be a Good Group Member

In this program, you will be part of a group. A group is like a team. By working together, group members can:

- Support and encourage each other.
- Share ideas to solve problems.
- Motivate one another.

Being a good group member is a responsibility to others. It is also the best way to help YOU be successful. Team spirit helps *everyone* on the team.

10 Ways to Be a Good Group Member

- Do your very best to come to every meeting.
- Do your best to be on time. Camera on.
- Complete the things you're supposed to do at home.
- Bring your notebook and Food and Activity record to every meeting.
- Take part in sharing your ideas with other group members.
- Let everyone have a chance to share. Be careful how much time you spend talking.
- Be willing to listen to the concerns of others. Do what you can to show you understand and care. Share what has worked for you.
- Do not repeat to other people outside of the group anything personal that is talked about in the group.
- Respect other people's ideas. Avoid putting others down.
- Stress the good things.

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Remember Your Purpose

Let's reflect on and discuss these questions:

- Why did I join Group Lifestyle Balance™ 4 Me?

  _____

  _____

  _____

- What do I hope to achieve by taking part in Group Lifestyle Balance™?

  _____

  _____

  _____

- How will healthy eating and being active help me and/or others?

  _____

  _____

  _____

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The Diabetes Prevention Program

Let's start with some background.

This program is based on a landmark study, funded by the National Institutes of Health. It was called the **Diabetes Prevention Program (or DPP).**

The DPP involved more than 3,000 adults with pre-diabetes.
In pre-diabetes, a person's blood glucose (this is sometimes referred to as blood sugar) levels are above normal. However, these levels aren't high enough to have a diagnosis of diabetes.

- About half of participants in the DPP were African Americans, Hispanics, American Indians, Asians, or Pacific Islanders. Two out of 10 were 60 years of age or older. Diabetes is very common in these groups.
- Each person was assigned by chance to one of three groups:
  - One group took part in a "lifestyle program" to lose weight and be more active.
  - One group took metformin, a pill used to treat diabetes.
  - One group took a placebo (sugar pill).

The DPP was a great success.

1. Compared to the placebo group, taking metformin cut the chances of getting type 2 diabetes by 31%.
2. The lifestyle program to lose weight and be more active was even more successful.

- **Losing 10 to 15 pounds and being moderately active** (similar to a brisk walk) for at least **150 minutes** per week **cut the chances of getting type 2 diabetes by 58%.** More than half.
- For **those over the age of 60,** the lifestyle program **cut the chances of getting diabetes by 71%.** Close to three-quarters**.**

3. The DPP Outcomes Study (DPPOS) continues to show positive benefits of modest weight loss and physical activity.

The bottom line is that losing weight and being more active lower your chances of getting type 2 diabetes.

Now there are programs like the DPP all over the world.

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The DPP and the Metabolic Syndrome

The DPP lifestyle program also reduced the chances of the metabolic syndrome by 41%.

Someone with the metabolic syndrome has three or more of the following:

- More fat stored in the belly than on the hips (being "apple shaped")
- High triglycerides (a kind of fat in the blood)
- Low HDL cholesterol ("good cholesterol")
- High blood pressure
- High fasting blood glucose

One of every four American adults has the metabolic syndrome. Metabolic syndrome increases your chances of:

- Heart attack
- Diabetes
- Stroke
- Other problems related to these conditions such as eye, nerve, and kidney problems

Group Lifestyle Balance™ (or GLB) is a direct adaptation of the successful DPP lifestyle program. GLB is designed to help you make lifestyle changes to prevent diabetes and also prevent or treat the metabolic syndrome.

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Group Lifestyle Balance™ Goals

We call this program "Lifestyle Balance" because, just like the DPP, we will **help you reach a healthy balance between two parts of your lifestyle:**

- What you eat and
- How physically active you are.

Your goals will be the same as the DPP lifestyle goals. Many studies, including the DPP, have shown that these goals are safe, can be reached, and kept up over time.

Goal 1. Lose 7% of your weight.

You will lose weight at a pace that is safe and do-able: about 1-2 pounds per week.

To get started: Look at your **Weekly Record** to check how much you weighed today. Find that weight in the first column of the boxes on the next pages.

Circle it. Then circle the other numbers in that row. Copy them below.

Starting weight (Session 1: today): _____

Pounds to lose: _____

Goal weight (7% loss): _____

Also write the numbers at the **top of your Weekly Record.**

Goal 2. Do at least 150 minutes of physical activity each week.

Your physical activity program will be one that you CAN achieve. We will help you reach your activity goal at a pace that is safe and do-able.

For now, pay close attention to how active you are now and where you may be able to add activity to your day.

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Group Lifestyle Balance™
Goal Weights

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
120	8	112
121	8	113
122	9	113
123	9	114
124	9	115
125	9	116
126	9	117
127	9	118
128	9	119
129	9	120
130	9	121
131	9	122
132	9	123
133	9	124
134	9	125
135	9	126
136	10	126
137	10	127
138	10	128
139	10	129
140	10	130
141	10	131
142	10	132
143	10	133
144	10	134
145	10	135
146	10	136
147	10	137
148	10	138
149	10	139
150	11	139
151	11	140
152	11	141

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
153	11	142
154	11	143
155	11	144
156	11	145
157	11	146
158	11	147
159	11	148
160	11	149
161	11	150
162	11	151
163	11	152
164	11	153
165	12	153
166	12	154
167	12	155
168	12	156
169	12	157
170	12	158
171	12	159
172	12	160
173	12	161
174	12	162
175	12	163
176	12	164
177	12	165
178	12	166
179	13	166
180	13	167
181	13	168
182	13	169
183	13	170
184	13	171

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Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
185	13	172
186	13	173
187	13	174
188	13	175
189	13	176
190	13	177
191	13	178
192	13	179
193	14	179
194	14	180
195	14	181
196	14	182
197	14	183
198	14	184
199	14	185
200	14	186
201	14	187
202	14	188
203	14	189
204	14	190
205	14	191
206	14	192
207	14	193
208	15	193
209	15	194
210	15	195
211	15	196
212	15	197
213	15	198
214	15	199
215	15	200
216	15	201
217	15	202
218	15	203
219	15	204
220	15	205
221	15	206
222	16	206
223	16	207

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
224	16	208
225	16	209
226	16	210
227	16	211
228	16	212
229	16	213
230	16	214
231	16	215
232	16	216
233	16	217
234	16	218
235	16	219
236	17	219
237	17	220
238	17	221
239	17	222
240	17	223
241	17	224
242	17	225
243	17	226
244	17	227
245	17	228
246	17	229
247	17	230
248	17	231
249	17	232
250	18	232
251	18	233
252	18	234
253	18	235
254	18	236
255	18	237
256	18	238
257	18	239
258	18	240
259	18	241
260	18	242
261	18	243
262	18	244

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Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
263	18	245
264	18	246
265	19	246
266	19	247
267	19	248
268	19	249
269	19	250
270	19	251
271	19	252
272	19	253
273	19	254
274	19	255
275	19	256
276	19	257
277	19	258
278	19	259
279	20	259
280	20	260
281	20	261
282	20	262
283	20	263
284	20	264
285	20	265
286	20	266
287	20	267
288	20	268
289	20	269
290	20	270
291	20	271
292	20	272
293	21	272
294	21	273
295	21	274
296	21	275
297	21	276
298	21	277
299	21	278
300	21	279
301	21	280

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
302	21	281
303	21	282
304	21	283
305	21	284
306	21	285
307	21	286
308	22	286
309	22	287
310	22	288
311	22	289
312	22	290
313	22	291
314	22	292
315	22	293
316	22	294
317	22	295
318	22	296
319	22	297
320	22	298
321	22	299
322	23	299
323	23	300
324	23	301
325	23	302
326	23	303
327	23	304
328	23	305
329	23	306
330	23	307
331	23	308
332	23	309
333	23	310
334	23	311
335	23	312
336	24	312
337	24	313
338	24	314
339	24	315
340	24	316

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Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
341	24	317
342	24	318
343	24	319
344	24	320
345	24	321
346	24	322
347	24	323
348	24	324
349	24	325
350	25	325
351	25	326
352	25	327
353	25	328
354	25	329
355	25	330
356	25	331
357	25	332
358	25	333
359	25	334
360	25	335
361	25	336
362	25	337
363	25	338
364	25	339
365	26	339
366	26	340
367	26	341
368	26	342
369	26	343
370	26	344
371	26	345
372	26	346
373	26	347
374	26	348
375	26	349
376	26	350
377	26	351
378	26	352
379	27	352

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
380	27	352
381	27	354
382	27	355
383	27	356
384	27	357
385	27	358
386	27	359
387	27	360
388	27	361
389	27	362
390	27	363
391	27	364
392	27	365
393	28	365
394	28	366
395	28	367
396	28	368
397	28	369
398	28	370
399	28	371
400	28	372
401	28	373
402	28	374
403	28	375
404	28	376
405	28	377
406	28	378
407	28	379
408	29	379
409	29	380
410	29	381
411	29	382
412	29	383
413	29	384
414	29	385
415	29	386
416	29	387
417	29	388
418	29	389

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Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
419	29	390
420	29	391
421	29	392
422	30	392
423	30	393
424	30	394
425	30	395
426	30	396
427	30	397
428	30	398
429	30	399
430	30	400
431	30	401
432	30	402
433	30	403
434	30	404

Starting Weight	Pounds to Lose	Goal Weight (7% Loss)
435	30	405
436	31	405
437	31	406
438	31	407
439	31	408
440	31	409
441	31	410
442	31	411
443	31	412
444	31	413
445	31	414
446	31	415
447	31	416
448	31	417
449	31	418
450	31	419

Keep an eye on ***your*** 7% weight loss goal.

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How Reaching the Group Lifestyle Balance™ Goals Can Help You

Losing weight and being more physically active:

1. May prevent diabetes and the metabolic syndrome.
   The DPP proved this to be true for many people.

2. Will help you be healthier, look better, and feel better.

Research has shown that being active and losing weight can:

- Ease tension, help you relax and sleep.
- Give you more energy, and make it easier to get around.
- Lower blood pressure.
- Lower blood levels of LDL ("bad" cholesterol or fat in the blood).
- Raise blood levels of HDL ("good" cholesterol or fat in the blood).

3. Will set a good example for your family, friends, and community.

Changing eating and activity behaviors takes work.

You *can* do it and we are here to help.

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Group Lifestyle Balance™ Program Design

We will help you reach the study goals by making **gradual, healthy, and reasonable changes** in your eating and activity. The kind of changes you can **stick with for a lifetime.**

In this program you will learn:

- **Facts** about healthy eating and being active.
- **What makes it hard** for you to eat healthy and be active.
- **How to change** these things so they work *for* you, not against you.

For example, you'll learn how to:

- Be more aware of what you are eating and how to make healthy food choices.
- Be more aware of how much activity you do in a day and find time to be active.
- Ask for what you want when you eat out.
- Keep things around you at home and at work that make it easier for you to be active and make healthy food choices. Get rid of things that get in your way.
- Stop self-defeating thoughts and replace them with positive ones.
- Get back on your feet again when you slip from your plans for healthy eating and being active.
- Handle stress, social events, and other people that make it hard for you to change.

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Group Lifestyle Balance™ Sessions

Group Lifestyle Balance™ (GLB) includes **22 sessions.**
We wil be covering a new topic each week.

Session Names and Topics

01: Welcome to the
Diabetes Prevention Program: Group Lifestyle Balance™
02: Be a Calorie Detective
03: Healthy Eating 04: Move Those Muscles
05: Tip the Calorie Balance
06: Take Charge of What's Around You
07: Problem Solving
08: Step Up Your Physical Activity Plan
09: Manage Slips and Self-Defeating Thoughts
10: Four Keys to Healthy Eating Out
11: Make Social Cues Work for You
12: Ways to Stay Motivated
13: Strengthen Your Physical Activity Plan
14: Take Charge of Your Lifestyle
15: Mindful Eating, Mindful Movement
16: Manage Your Stress
17: Sit Less for Your Health
18: More Volume, Fewer Calories
19: Stay Active
20: Balance Your Thoughts
21: Heart Health
22: Look Back and Look Forward

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We Will Work Together as a TEAM

We will count on you to:

- Attend or view the sessions each week and follow your handouts.
- Do your best to reach your goals for eating and activity. That includes doing assigned activities to practice what you learn.
- Keep track of your eating and activity seven days a week. Be honest.
- Keep track of your weight.
- Do your very best to tackle these changes now, while you have support from your coach and the group.
- Let your Lifestyle Coach know if you have any problems.
- Stay willing and open to change. Always "hang in there."

You can count on us to:

- Present accurate facts about healthy eating, physical activity, and weight loss.
- Answer your questions.
- Be honest.
- Believe you can reach your weight, eating and activity goals.
- Support and help you.

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Getting Started Losing Weight

The first step in behavior change is to **be aware.** Let's get going.

Be aware of how much you weigh.

- Weigh yourself at home, at least once a week, at the same time of day. Use the same scale from week to week.
- Make peace with the scale. If you have stopped self-weighing, it might feel hard to do this. We will help you with this important behavior.
- Record your weight on the Food and Activity record.

Be aware of what you eat and drink.

- The goal is to help you follow a **healthy eating pattern.**
- You will find ways to eat fewer calories.
- Being overweight or obese is related to heart disease, diabetes, and other health problems.

To begin, keep track of everything you eat and drink every day. It's the **MOST IMPORTANT** part of changing your eating habits.

Use your objects, fingers and/or hands to gauge quantity when measuring is difficult like when eating out. For example:

- Tip of thumb is about 1 tablespoon
- A deck of cards is about 3-4 ounces of protein
- 4 dice is 1 ounce of cheese

When keeping track, it is important to:

- **Be honest** (record what you really eat).
- **Be accurate** (measure portions, read labels).
- **Be complete** (include everything).

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To Do:

Check the boxes when you complete each item:

☐ **Keep track of your weight.**

- Weigh yourself at home at least once a week, at the same time of day. Use the same scale.
- Record your weight.
- Use your preferred app.

☐ **Record everything you eat and drink every day**.

- Be as accurate as you can.
- Pay attention to number of servings and measurement used.
- Place food or beverage in correct meal/snack.
- **Skip the assigned calorie and fat amounts** for now.

☐ **Use measuring cups and spoons.** A food scale that weighs in ounces is useful but not required.

☐ **Start thinking about physical activity.**

- What do you do now? What might you like to do?
- Be active for 150 minutes this week. If you were active less than 150 minutes, that is okay. Start at your current level and add 30 minutes more.
- If you are doing 150 minutes a week or more, great work and keep it up

☐ **Talk with your health care provider.**

- Let your health care provider know that you will be making changes in your eating, activity and weight. You may be advised to limit or avoid certain activities.

☐ **Bring to next week's ZOOM session** bring a notebook or paper to write on

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Session 1: Resources | Page

Group Lifestyle Balance™ Weekly Record	20
How Am I Doing? Sample Tracking Weight Loss	21
How Am I Doing? Tracking Weight Loss	22-23

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Name _____

Weekly Record

Use this log to record your progress throughout GLB4Me.

My Goals:
Calories _____ **Fat grams** _____ **7% weight loss** _____

Session	Date	Weight (pounds)	Activity Minutes	Steps
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				

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HOW AM I DOING? Tracking Weight Loss

Name: John Smith **Goal Weight:** 246 **Year:** 2017

1. In upper shaded block, write down current weight (ex: 265). **2.** Below the same shaded block, write pound increments in decreasing order (ex: 264,263,262). **3.** Determine 7% weight loss goal and make a straight line across the page (see example). **4.** In the lower shaded block, write down today's date (ex: 5/18); the next block to the right will be 5/25, etc. **5.** Track your weight weekly for the next six months. **YOUR GOAL IS TO REACH AND THEN STAY AT OR BELOW THE GOAL LINE!**

265	x																								
264		x																							
263				x																					
262			x																						
261					x																				
260								x																	
259						x	x																		
258																									
257									x																
256													x												
255										x	x														
254												x		x											
253															x	x									
252																	x								
251																									
250																		x							
249																									
248																			x		x				
247																									
246																				x		x			
245																							x	x	
241																									
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Date	5/18	5/25	6/1	6/8	6/15	6/22	6/29	7/6	7/13	7/20	7/27	8/3	8/10	8/17	8/24	8/31	9/7	9/14	9/21	9/28	10/5	10/12	10/19	10/26	11/2

SAMPLE

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HOW AM I DOING? Tracking Weight Loss

Name: _____ Goal Weight: _____ Year: _____

1. In upper shaded block, write down current weight. **2.** Below the same shaded block, write pound increments in decreasing order. **3.** Determine 7% weight loss goal and make a straight line across the page (see example). **4.** In the lower shaded block, write down today's date (ex: 5/18); the next block to the right will be 5/25, etc.
5. Track your weight weekly for the next six months. **YOUR GOAL IS TO REACH AND THEN STAY AT OR BELOW THE GOAL LINE.**

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Date																									

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HOW AM I DOING? Tracking Weight Loss

Name: _____ Goal Weight: _____ Year: _____

1. Determine 7% (or personal) weight loss goal and make a straight line across the page. **2.** Continue to track your weekly weight.

YOUR GOAL IS TO REACH AND THEN STAY AT OR BELOW THE GOAL LINE.

Week	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	46	48	49	50	51	52
Date																									

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