The Diabetes Prevention Program's
Lifestyle Change Program

Manual for
Contacts after Core

Section 4 Lifestyle Coach Resources

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Section 4: Lifestyle Coach Resources

The following pages are resources for the Lifestyle Coach to use after the core curriculum, organized as indicated in the Table of Contents.
Checklist for Lifestyle Balance Sessions--After Core

Fill in the participant information above. Before each session, circle the items below that you’ll need. If possible, have an assistant prepare them for you. Check those items that you give to the participant.

### Have the following on hand for all After Core sessions:
- Manual for Contacts After Core
- Fat Counter
- Telephone Contact Forms (L02.1)
- Schedule for physical activity sessions
- Attendance at Activity/Group Sessions

### In-Person After Core Session 1

**Date of session**

<table>
<thead>
<tr>
<th>For Coach</th>
<th>For participant</th>
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<tr>
<td>□ Lifestyle Balance Update: After Core</td>
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<tr>
<td>□ How Am I Doing? graphs (wt., activity)</td>
<td>□ Keeping Track books (or Quick Track)</td>
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<tr>
<td>□ Session Prompts and Notes for Individual Contacts After Core</td>
<td>□ In-Person Contact Form (L03.1)</td>
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<td>□ Medical record form (if required)</td>
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<td></td>
<td>□ Lifestyle Balance Calendar</td>
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<td></td>
<td>□ Handouts: What’s Next?, Topics of Interest</td>
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Before each After Core session, circle the items below that you’ll need. If possible, have an assistant prepare them for you. Record in the blanks the dates on which you give the items to the participant. (Note: The handouts listed are from the Manual for Contacts After Core, unless specified as from the Core, meaning those that are found in the optional handouts section of the Lifestyle Manual.)

**Date Given**

<table>
<thead>
<tr>
<th>Behavioral Handouts</th>
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<td>□ SM1 How to Count Fat Grams in Recipes</td>
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<tr>
<td>□ SM9 7 Ways to Size Up Servings</td>
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<tr>
<td>□ Self-Monitoring (After Core)</td>
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<tr>
<td>□ SM1 Measuring My Hand</td>
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<td>□ SM2 Buyer Beware</td>
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<td>□ Handling the Holidays (Core)</td>
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<td>□ HL1 Happy Holidays (mailer)</td>
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<tr>
<td>□ Handling Holidays/Celebrations (After Core)</td>
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<tr>
<td>□ HL1 Getting Ready for the Holidays</td>
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<tr>
<td>□ HL2 Lifestyle Balance on Vacation</td>
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**Handling the Holidays (Core)**

- HL1 Happy Holidays (mailer)
- HL2 Lifestyle Balance on Vacation
### Nutrition Handouts

**Cooking (Core)**
- CK1 Build a Better Recipe
- CK2 How to Lower Fat in Recipes
- CK3 Add Flavor Without Fat

**Binge Eating/Emotional Eating (After Core)**
- BE1 Managing Binges

**Food Cues (After Core)**
- CU1 Solving the Problem of Buffets and Receptions

**Fat in Foods (After Core)**
- FF1 Target In On Fat: Cheeses
- FF2 Target In On Fat: Dairy Foods
- FF3 Target In On Fat: Lunch Meats
- FF4 Target In On Fat: Meats
- FF5 Target In On Fat: Party Snacks

**Fat Intake (Core)**
- FT1 The Big Picture on Fat

**Meal Planning (After Core)**
- MP1 Build a Better Breakfast
- MP2 Build a Better Main Meal
- MP3 Build a Better Light Meal
- MP4 Build Better Snacks
- MP5 Happy Holidays! (menus)

**Other Nutrients (After Core)**
- ON1 Focus on Fiber (not avail.)
- ON2 If You Drink Alcohol...

**Shopping (Core)**
- SH1 Quick Guide to Low-Fat Shopping
- SH2 Meat Meets Its Match

### Physical Activity Handouts

**Barriers (Core)**
- BP1 Beat the Heat
- BP2 Keep Warm in the Cold

**Barriers (After Core)**
- BR1 Staying Active on Vacation
- BR2 Staying Active on Holidays
- BR3 Make It Fit
- BR4 Make It Fun
- BR5 Just Do It: Get Moving in the Morning
- BR6 Just Do It: Getting Going At Work or After Work
- BR7 Just Do It: Staying Active on Holidays and Vacations
- BR8 Just Do It Commitment

**Benefits of Physical Activity (Core)**
- BN1 Taking the Lead
- BN2 Menopause and Your Weight

**Cross Training (Core)**
- CR1 Cross Training: Switching Off

**Exercise Equipment and Snacks (Core)**
- EE1 Health Clubs, Right Choice?
- EE2 Mountain Bikes
- EE3 Exerc. Choice, Which Machine

### Handouts from the Tool Box

**Section 1**
- Map of Miles
- ...And Miles to Go Before I Sleep
- Spell DPP

**Section 2**
- How to Use Ultra Slim Fast Shakes
- How Is the DPP Doing?
- Step Your Way to Success (Pedometer)

### Books

**Behavioral Books**
- Keeping It Off

**Nutrition Books**
- Restaurant Companion

**Cookbooks**
- Cooking a la Heart (cookbook)
- Que Bueno: Five a Day Cookbook
- Quick and Healthy Recipes and Ideas
- Quick and Healthy Recipes and Ideas, Vol. II
- Black Family Dinner Quilt Cookbook
- Down Home Healthy Cooking
- Celebre la Cocina Hispana (cookbook)

### Magazines

- Cooking Light (magazine subscription)
- Heart and Soul (magazine subscription)
- Walking (magazine subscription)

### Videotapes/Audiotapes

- Break Your Behavior Chains
- Thin Dining
- Low-Fat and Fast!
- Keep It Off Today with Art Ulene
- Barbershop Talk
- Sweatin’ to the Oldies
- Hip Hop
- Three Minutes to Relax (audiotapes)
Session Prompts and Notes for
Individual Contacts after Core

Note: Use this page to record notes from individual contacts (either in-person or by phone or mail) with DPP lifestyle participants after the 16 core-curriculum sessions.

Before: Review past KT and progress notes. If participant is not at weight or activity goals, refer to Tool Box. Remind participant by phone to attend and to self-monitor. Gather together worksheets related to the planned topic, including a problem solving worksheet; blank Lifestyle Balance calendar(s) and KT; and any motivational items.

Notes:
Check one: ☐ In-Person ☐ Phone ☐ Mail

Greeting
• Explain the purpose of the contact.

Collect data
• Weigh pt. (or, if by phone or mail, ask for self-monitored weight from home). Graph.
• Physical activity minutes for each week? Graph.
• KT? Fat gram/calorie intake?

Review home activities assigned and action plans made at previous contact
• Any barriers? If so, problem solve and revise action plan.

Introduce new topic, as planned, or one related to current adherence issues, if more pressing. Or review a topic from an earlier session. (Record topic and any worksheets given or mailed to participant.)

Complete problem solving/action plan worksheet.
• Identify a problem related to today’s topic or adherence problem discussed.
• Develop specific action plan (if by phone, have participant record action plan in writing).

Assign self-monitoring and action plan.
• Give participant self-monitoring materials.

Schedule next contact(s) and plan topic(s).
Prompts for After-Core Class

Note: Use this page to record notes from an after-core class. Before conducting the class, be sure to thoroughly review Section 6 in the Manual for Contacts After Core: Guidelines for Conducting Lifestyle Classes after Core.

Note: Offer a supervised activity session before or after the class.

Before class:
- Send invitations and reply cards.
- Remind by phone.
- Prepare materials (handouts, notebooks, snacks and beverages, name tags, pencils, flipchart and markers, or chalk for a blackboard, scale, KT records returned at previous session with comments from Coaches)

During class:
- Private weigh-in. Collect KT, distribute blank ones, distribute any returned at last session with comments from Coaches. Comment on pt. progress toward goals and whether pt. needs to see Coach more often.
- Introduce staff and pts. (e.g., state their names, when joined DPP, current goals for wt. and activity).
- Review main points from previous session and homework. Answer questions.
- If first session of class, describe class structure and schedule, stress importance of attending all sessions.
- If first session of class, discuss class as opportunity for restart. Have pts. set realistic goals in writing for wt. loss, activity, eating (fat/calories).
- Conduct the session (see outline).
- Allow time to socialize during break.
- Summarize main points. Assign homework, including self-monitoring.

After class:
- Give KT to Coaches for comments, then collect them to return at next session.
- Schedule individual make-up sessions for pts. who missed the session, if needed.

Notes:
Name: ____________________ 

Goals: Weight _______ pounds.  

Activity _______ minutes per week.  (Month  Year)

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Handout: DPP Lifestyle Balance Calendar, SM6
Don’t let diabetes catch up with you.

DPP Mail-In Monday

On Monday ___ / ___ / ___, complete this card, fold, seal, and mail.

1. Name (first, last) __________________________________________
2. Today’s weight _____ pounds
3. In the past _____ week(s):
   • Number of days you kept track of eating _____
   • Average fat grams per day ______
   • Average calories per day ______
   • Number of days you did physical activity _____
   • Total minutes of activity ______
4. Any problems or questions?

______________________________

Don’t let diabetes catch up with you.