

The Diabetes Prevention Program's
Lifestyle Change Program

Manual for Contacts after Core

Section 4 Lifestyle Coach Resources

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Supported by the
National Institutes of Diabetes and Digestive and Kidney Diseases,
National Institutes of Health.

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.

Participant number _____
Participant initials (first, last) _____, _____

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 _____

For Coach

- Lifestyle Balance Update: After Core
- How Am I Doing? graphs (wt., activity)
- Session Prompts and Notes for Individual Contacts After Core

For participant

- Lifestyle Balance Update: After Core
- Keeping Track books (or Quick Track)
- In-Person Contact Form (L03.1)
- Medical record form (if required)
- Lifestyle Balance Calendar
- Handouts: What's Next?, Topics of Interest

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

Behavioral Handouts

- Self-Monitoring (*Core*)
- _____ SM1 How to Count Fat Grams in Recipes
 - _____ SM2 Quick Track
 - _____ SM3 Count 100 Cards
 - _____ SM4 Personal Fat Counter
 - _____ SM5 Lifestyle Balance Eating Plans
 - _____ SM6 Lifestyle Balance Calendar
 - _____ SM7 Why Weigh Myself?
 - _____ SM8 Blueprints for Weight Loss
 - _____ SM9 7 Ways to Size Up Servings
- Self-Monitoring (*After Core*)
- _____ SM1 Measuring My Hand
 - _____ SM2 Buyer Beware
- Handling the Holidays (*Core*)
- _____ HL1 Happy Holidays (mailer)
- Handling Holidays/Celebrations (*After Core*)
- _____ HL1 Getting Ready for the Holidays
 - _____ HL2 Lifestyle Balance on Vacation

Motivation (*Core*)

- _____ MT1 What's Your Pleasure?
- Motivation (*After Core*)
- _____ MV1 Give Yourself Credit
 - _____ MV2 How Do Successful Weight Losers Do It?
 - _____ MV3 A Tough Day, A Better Day
 - _____ MV4 What If Scale Doesn't Budge?
 - _____ MV5 If You Believe You Can't Lose Weight
 - _____ MV6 The Fight Against Flab (Nutrition Action article)

Problem Solving (*After Core*)

- _____ PS1 The Lifestyle Balance Problem Solver
- _____ PS2 Do More of What Works
- _____ PS3 Shake Things Up a Little

Self-Talk (*After Core*)

- _____ ST1 The Angel and the Devil
- _____ ST2 Mental Gremlins

Participant number _____
Participant initials (first, last) _____, _____

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 Clubs (*Core*)
_____ EE1 Health Clubs, Right Choice?
_____ EE2 Mountain Bikes
_____ EE3 Exerc. Choice, Which Machine

- _____ EE4 Step, Two, Three!
Resistance Training (*After Core*)
_____ RT1 Muscle Training
Walking (*Core*)
_____ WK1 How to Start Brisk Walking

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)

Participant number _____
Participant initials (first, last) _____,
Date of contact (month/day/year) _____ / _____ / _____

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:

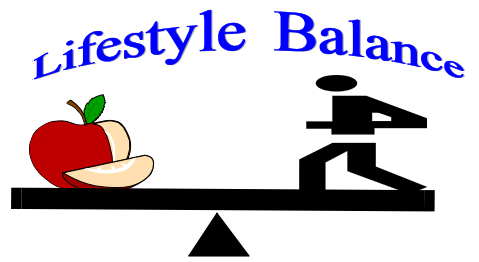
- Private weigh-in. Collect KT, distribute blank ones, distribute any returned at last session with comments from Coaches. Comment on pt. progress toward goals and whether pt. needs to see Coach more often.
- Introduce staff and pts. (e.g., state their names, when joined DPP, current goals for wt. and 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:

DPP Lifestyle Balance

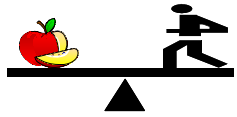


Name: _____

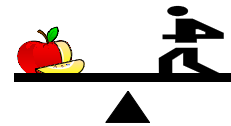
Goals: Weight _____ pounds.

Activity _____ minutes per week. (Month Year)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Totals
_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Activity _____ Weight _____ <input type="checkbox"/> Recorded diet	_____ Weekly Activity _____ _____ minutes
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Don't let diabetes catch up with you.



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?

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?
