The Diabetes Prevention Program's
*Lifestyle Change Program*

After-Core
Participant Handouts in Spanish
Lifestyle Balance:
Diabetes Prevention Program Lifestyle Change Program

After-Core Participant Handouts in Spanish
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**Handouts for After-Core Classes in Spanish**

**Behavioral Topics**
## Revision History

<table>
<thead>
<tr>
<th>Date</th>
<th>Revision</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/7/99</td>
<td>Sent to center 4 the Spanish translation of the following handouts as translated by centers 16 and 27:</td>
</tr>
<tr>
<td></td>
<td>Handouts for the after-core classes on time management, emotional eating, and muscle training</td>
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<tr>
<td>10/28/99</td>
<td>Sent to center 4 the Spanish translation of the following handouts as translated by centers 16 and 27:</td>
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<tr>
<td></td>
<td>Facing the Music, the National Weight Control Registry, the Gift That Gives (from the Tool Box)</td>
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<td>12/22/99</td>
<td>Sent Spanish translations of the following handouts to Program Coordinators at centers 4, 16, and 27:</td>
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<tr>
<td></td>
<td>What’s Next?, Topics of Interest, Give Yourself Credit for Your Success, If You Believe You Can't Lose Weight, Target In On Fat: Cheeses,</td>
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<tr>
<td></td>
<td>Target In On Fat: Dairy Foods, Target In On Fat: Luncheon Meats, Target In On Fat: Meats, Target In On Fat: Party Snacks, Build a Better</td>
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<td></td>
<td>Main Meal, Build a Better Light Meal, Build Better Snacks, Happy Holidays!</td>
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<td>Several handouts for a low-fat cooking class conducted at centers 16 and 27, with recipes and information on tofu</td>
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</table>
After-Core Participant Handouts in Spanish

In-Person After-Core Session 1
After-Core Participant Handouts in Spanish

Behavioral Topics
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Physical Activity Topics
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Healthy Eating Topics
Handouts for After Core Classes in Spanish

Behavioral Topics
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