



PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Lifestyle Coach Training Guide

Keep Your Heart Healthy

Keep Your Heart Healthy

Session Focus

People who are at risk for type 2 diabetes are also at risk for heart problems. This module teaches participants how to keep their heart healthy.

Participant Learning Objectives

By the end of the session, participants will:

- ▶ Explain why heart health matters
- ▶ Explain how to keep your heart healthy
- ▶ Explain how to be heart smart about fats

Materials Checklist

You will need:

- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser

Things to Do

Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it in their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

Module Outline

Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review Page 6 10 Min
- Objectives Page 7 2 Min
- The Heart of the Matter Page 8 5 Min
- Keep Your Heart Healthy Page 9 13 Min
- Be Heart Smart About Fats Page 10 20 Min
- Plan for Success Page 11 5 Min
- Summary and Closing Page 12 5 Min

Lifestyle Coach Script

| Notes to Coach | Welcome and Review (10 minutes) |
|----------------|--|
| | <p>▶ SAY: Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about keeping your heart healthy.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↩ DO: Briefly summarize previous session.</p> <p>💬 DISCUSS: Does anyone have any questions for me about what we talked about last time?</p> <p>▶ SAY: Let’s talk about how things went with the action plan you made last time.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p> <p>▶ SAY: Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p> |

| Notes to Coach | Objectives (2 minutes) |
|----------------|--|
| | <p>► SAY: Since you are at risk for type 2 diabetes, you are more likely to have problems with your heart or arteries. So it's important to keep your heart healthy. Today, we will talk about:</p> <ul style="list-style-type: none">■ Why heart health matters■ How to keep your heart healthy■ How to be heart smart about fats <p>Finally, you will make a new action plan.</p> |

| Notes to Coach | The Heart of the Matter (5 minutes) |
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| <p>Problems with the heart or arteries include:</p> <ul style="list-style-type: none"> ■ Chest pain (angina) ■ Getting out of breath easily ■ Kidney problems ■ Narrow or blocked arteries in your legs ■ Numbness ■ Sexual problems ■ Sudden death ■ Thickened heart muscle ■ Vision loss <p>Participants may want to keep their heart healthy to stay active and live a long and healthy life. Some may have a family history of heart problems.</p> | <p>► SAY: Your heart is pretty amazing. With each beat, it pumps oxygen-rich blood to every cell in your body. The blood travels through tubes called arteries.</p> <p>When something goes wrong with your heart or arteries, it's a big deal for your health.</p> <p> DISCUSS: What are some problems you could have with your heart or arteries?</p> <p>► ASK: What happens if an artery to your <u>brain</u> gets blocked?</p> <p>ANSWER: You may have a stroke.</p> <p>► ASK: What happens if an artery to your <u>heart</u> gets blocked?</p> <p>ANSWER: You may have a heart attack.</p> <p> DISCUSS: Why do <u>you</u> want to keep your heart healthy?</p> |

| Notes to Coach | Keep Your Heart Healthy (13 minutes) |
|--|---|
| <p>Participants may <u>already</u>:</p> <ul style="list-style-type: none"> ■ Be active ■ Be trying to reach and stay at a healthy weight ■ Eat foods that are high in fiber, water, vitamins, minerals, and protein ■ Eat foods that are low in calories and fats ■ Manage stress <p>Participants may want to <u>start</u> cutting back on salt and alcohol. They may also want to quit smoking.</p> <p>To learn more about how to quit smoking, see the handout called “Ready, Set, Quit!”</p> | <p>▶ SAY: We’ve discussed why heart health matters. Now we’ll talk about how to <u>keep</u> your heart healthy.</p> <p>Please look at “Ways to Keep Your Heart Healthy” on page 3 of this module’s handouts.</p> <p>↗ DO: Use the handout to discuss things to do each day to keep your heart healthy. Also discuss what to ask your healthcare provider and tests for heart health. Explain that salt (sodium) can raise your blood pressure.</p> <p>▶ SAY: As you can see, some of the things you already do to prevent type 2 diabetes are also good for your heart.</p> <p>💬 DISCUSS: Which of these things are you <u>already</u> doing to prevent type 2 diabetes?</p> <p>And which of these things do you want to <u>start</u> doing to keep your heart healthy?</p> |

| Notes to Coach | Be Heart Smart About Fats (20 minutes) |
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| | <p>► SAY: As we've said, it's important to limit foods that are high in fats, especially unhealthy fats. Let's spend some time talking about fats and how they affect your heart.</p> <p>We all need a certain amount of fat in our diet. It gives us energy and helps us absorb vitamins. It helps us grow and stay healthy.</p> <p>At the same time, fat is very high in calories. In fact, it has more calories than any other food. So in order to reach or stay at a healthy weight, you'll want to limit fat.</p> <p>Plus, some fats are good for your heart and arteries. Others are bad for your heart and arteries.</p> <p>Please look at "All About Fats" on pages 4 and 5. Let's get to know the different types of fats.</p> <p>↗ DO: Use the handout to discuss unhealthy and healthy fats.</p> <p>► SAY: We've discussed the different types of fats. Now let's talk about how to cook the healthy way. Please turn to "All About Fats" on page 6.</p> <p>↗ DO: Use the handout to discuss ways to avoid unhealthy fats and limit healthy fats when you cook.</p> <p>💬 DISCUSS: What are some other ways to cook the healthy way?</p> |

| Notes to Coach | Plan for Success (5 minutes) |
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| | <p>► SAY: Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about keeping your heart healthy.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"> ■ Realistic ■ Doable ■ Specific ■ Flexible <p>Remember to focus on behaviors. And try to have fun!</p> <p>↙ DO: Give participants a few minutes to make their action plan.</p> |

| Notes to Coach | Summary and Closing (5 minutes) |
|---|--|
|  <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ All About Fats ■ Action Plan | <ul style="list-style-type: none"> ▶ SAY: Between now and our next session, I'd like you to complete "All About Fats" on page 6. Write your ideas in the column that says "Other Ideas." Check off each idea you try. ↗ DO: Answer questions as needed. ▶ SAY: We have come to the end of our meeting. Today, we talked about keeping your heart healthy. We discussed: <ul style="list-style-type: none"> ■ Why heart health matters ■ How to keep your heart healthy ■ How to be heart smart about fats 💬 DISCUSS: Do you have questions about anything we talked about today? ▶ SAY: Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about ____. <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p>Meeting adjourned.</p> |