



PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Lifestyle Coach Training Guide

Eat Well Away from Home

Eat Well Away from Home

Session Focus

Eating well away from home can help prevent or delay type 2 diabetes. This module teaches participants how to stay on track with their eating goals at restaurants and social events.

Participant Learning Objectives

By the end of the session, participants will:

- ▶ Identify some challenges of eating well at restaurants and social events
- ▶ Explain how to plan for and cope with these challenges

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
- Variety of menus from local restaurants (some healthy, some unhealthy; some sit down, some fast food; different cuisines; some that provide calorie and fat facts, some that don't). Find them online, or pick them up in person.**

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 on 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
- Challenges of Eating Well at Restaurants Page 7 5 Min
- How to Eat Well at Restaurants Page 8. 18 Min
- Challenges of Eating Well at Social Events Page 12 5 Min
- How to Eat Well at Social Events Page 13 10 Min
- Plan for Success Page 15 5 Min
- Summary and Closing Page 16 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 how to eat well when you are away from home.</p> <p>Before we start, let’s spend a few minutes reviewing 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: Eating well when you're at home can be hard enough. But eating well when you're <u>away</u> from home presents special challenges. Today, we will talk about:</p> <ul style="list-style-type: none"> ■ Some challenges of eating well at restaurants and social events ■ How to plan for and cope with these challenges <p>Finally, you will make a new action plan.</p>
<p>Challenges at restaurants include:</p> <ul style="list-style-type: none"> ■ Large portions ■ No healthy choices ■ Not knowing ingredients or how food was made ■ Tempting food ■ Wanting to be polite ■ Wanting to get your money's worth 	<p>Challenges of Eating Well at Restaurants (5 minutes)</p> <p>► SAY: It can be challenging to eat well at restaurants. Let's look at an example. Please turn to "José's Story" on page 3 of this module's handouts.</p> <p>↗ DO: Read (or ask a volunteer to read) the first two paragraphs of the story.</p> <p>🗣️ DISCUSS: What do <u>you</u> find challenging about eating well at restaurants?</p>

Notes to Coach	How to Eat Well at Restaurants (18 minutes)
<p>To learn more about healthy food choices, see the handouts that go with the <i>Eat Well to Prevent T2</i> and <i>Have Healthy Food You Enjoy</i> modules.</p>	<p>► SAY: We've talked about some challenges of eating well at restaurants. Now let's talk about how to plan for and cope with those challenges.</p> <p>The first thing to do is choose a restaurant.</p> <p>In order to choose a restaurant wisely, it's a good idea to look at the menu in advance.</p> <p>► ASK: How can you find the menu?</p> <p>ANSWER: You may be able to find it online. Or you can pick it up in person.</p> <p>► ASK: And what types of food will you look for on the menu?</p> <p>ANSWER: Food that is <u>low</u> in calories, fat, and sugar; <u>high</u> in fiber and water; and <u>high</u> in vitamins, minerals, and protein.</p>

Notes to Coach	How to Eat Well at Restaurants
<p>.....</p> <p>This activity is optional.</p> <p>Words that suggest an item is healthy include:</p> <ul style="list-style-type: none"> ■ Baked ■ Broiled ■ Low-fat ■ Steamed <p>.....</p> <p>To find out if an item is healthy, you could ask:</p> <ul style="list-style-type: none"> ■ How is this made? ■ What ingredients are in this? ■ What kind of oil is this cooked in? 	<p>.....</p> <p>✳ ACTIVITY: Make Sense of Menus</p> <p>▶ SAY: Let's look at some menus right now.</p> <p>↗ DO: Divide participants into small groups, or have them work alone. Pass out menus from a variety of restaurants in your area. Provide pens as needed.</p> <p>▶ SAY: Please circle any items that you think are healthy.</p> <p>↗ DO: Give participants a minute or two to circle items.</p> <p>💬 DISCUSS: What items did you circle? What are some words that make you think these items are healthy?</p> <p>.....</p> <p>💬 DISCUSS: What are some questions you could ask to find out if an item is <u>healthy</u>?</p>

Notes to Coach	How to Eat Well at Restaurants
<p>Healthy swaps you could ask for include:</p> <ul style="list-style-type: none"> ■ Can I have this baked/steamed/broiled/grilled instead of fried? ■ Can I have the dressing/sauce/gravy/sour cream/butter on the side? ■ Can this be cooked in vegetable oil instead of lard/butter? 	<p>► SAY: You can also ask for a <u>healthy swap</u>. For instance, you could ask to have a side salad or steamed veggies instead of French fries.</p> <p>Many restaurants are happy to do this. In some cases, you may need to pay a little extra. But it's worth it.</p> <p>🗨️ DISCUSS: What are some healthy swaps you could ask for?</p>

Notes to Coach	How to Eat Well at Restaurants
<p>To make sure you have a healthy <u>amount</u> of food, you could ask:</p> <ul style="list-style-type: none"> ■ Can I get the smallest size of this item? ■ Can I have an appetizer instead of a main course? ■ Can my friend and I share this item? 	<p>► SAY: In addition to finding out if an item is healthy, you'll also want to make sure you have a healthy <u>amount</u> of food.</p> <p>Many restaurants serve huge portions. Plus, there may be times when you want a tiny portion of an item that is fairly high in calories.</p> <p>🗨️ DISCUSS: What are some questions you could ask to make sure you have a healthy <u>amount</u> of food?</p>

Notes to Coach	Challenges of Eating Well at Social Events (5 minutes)
<p>Social events include:</p> <ul style="list-style-type: none"> ■ Cookouts ■ Holidays ■ Showers ■ Sports games ■ Weddings ■ Work parties <p>Challenges at social events include:</p> <ul style="list-style-type: none"> ■ Large portions ■ No healthy choices ■ Not knowing ingredients or how food was made ■ Pressure from others ■ Tempting food ■ Wanting to be polite ■ Wanting to join in 	<p>▶ SAY: We've talked about some challenges of eating well at restaurants. Now let's move on to social events.</p> <p> DISCUSS: What are some social events that might involve food?</p> <p>▶ SAY: It can be challenging to eat well at social events. Let's turn back to the story.</p> <p> DO: Read (or ask a volunteer to read) the third paragraph of José's story on page 3.</p> <p> DISCUSS: What do <u>you</u> find challenging about eating well at social events?</p>

Notes to Coach	How to Eat Well at Social Events (10 minutes)
<p>Ways to <u>prepare</u> for social events include:</p> <ul style="list-style-type: none"> ■ Have a healthy snack at home so you won't be too hungry. ■ Tell the hosts about your eating plan. ■ Ask if you can bring something healthy. <p>Ways to eat well <u>during</u> social events include:</p> <ul style="list-style-type: none"> ■ Ask about ingredients and how dishes were prepared. ■ Fill up on non-starchy veggies or a broth-based soup. ■ Keep a glass of water in your hand. 	<p>► SAY: We've talked about some challenges of eating well at social events. Now let's talk about how to plan for and cope with those challenges.</p> <p>There are things you can do <u>before</u> social events to help you stay on track.</p> <p> DISCUSS: How could you <u>prepare</u> for social events?</p> <p>► SAY: There are also things you can do <u>during</u> social events to help you stay on track.</p> <p> DISCUSS: How could you eat well <u>during</u> social events?</p>

Notes to Coach	How to Eat Well at Social Events
<p>..... This activity is optional.</p> <p>.....</p>	<p>..... * ACTIVITY: Plan for Challenges</p> <p>↗ DO: Break participants into small groups. Have them practice planning for and coping with the challenges of eating well at restaurants or social events. You can assign a situation. Or participants can choose their own. Tell them they can use “Eat Well at Restaurants” (pages 4 and 5) and “Eat Well at Social Events” (page 6) to get ideas. If you’d like, you can ask for volunteers to show their role-play to the whole group.</p> <p>.....</p>

Notes to Coach	Plan for Success (5 minutes)
	<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 eating well away from home.</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"> ■ Plan for challenges ■ Action Plan 	<p>▶ SAY: Between now and our next session, I'd like you to spend some time planning for the challenges of eating well away from home. That way, you'll be ready the next time you go to a restaurant or social event. You can use "Eat Well at Restaurants" (pages 4 and 5) and "Eat Well at Social Events" (page 6) to help you.</p> <p>↗ DO: Answer questions as needed.</p> <p>▶ SAY: We have come to the end of our meeting. Today, we discussed how to eat well when you are away from home. We talked about:</p> <ul style="list-style-type: none"> ■ Some challenges of eating well at restaurants and social events ■ How to plan for and cope with these challenges <p>💬 DISCUSS: Do you have questions about anything we talked about today?</p> <p>▶ SAY: Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about ____.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p>Meeting adjourned.</p>