

Curriculum for CDC-Recognized Diabetes Prevention Lifestyle Change Programs

Topics Covered in First 6 Months

Welcome to the Program
Be a Fat and Calorie Detective
Three Ways to Eat Less Fat and Fewer Calories
Healthy Eating
Move Those Muscles
Being Active - A way of Life
Tip the Calorie Balance
Take Charge of What's Around You
Problem Solving
Four Keys to Healthy Eating Out
Talk Back to Negative Thoughts
The Slippery Slope of Lifestyle Change
Jump Start Your Activity Plan
Make Social Cues Work for You
You Can Manage Stress
Ways to Stay Motivated

Topics Covered in Second 6 Months

Fats - Saturated, Unsaturated, and Trans Fat
Food Preparation and Recipe Modification
Healthy Eating - Taking it One Meal at a Time
Healthy Eating with Variety and Balance
More Volume, Fewer Calories
Staying on Top of Physical Activity
Stepping up to Physical Activity
Balance Your Thoughts for Long-Term Maintenance
Handling Holidays, Vacations, and Special Events
Preventing Relapse
Stress and Time Management
Heart Health
A Closer Look at Type 2 Diabetes
Looking Back and Looking Forward