

Compendium of Culturally and Linguistically Tailored Resources for Type 2 Diabetes Prevention

Assembled by NORC at the University of Chicago under contract with the Centers for Medicare & Medicaid Services Office of Minority Health

Nuestra Vida: Overview of Included Materials

Citation for Materials

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- NIH/NLBI R56 HL081604-01A1 (Gallo)
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McCurley JL, Fortmann AL, Gutierrez AP, Gonzalez P, Euyoque J, Clark T, Gallo LC. (2017). Pilot Test of a Culturally Appropriate Diabetes Prevention Intervention for At-Risk Latina Women. *Diabetes Educ.*, 43(6), 631–640. <https://doi.org/10.1177/0145721717738020>

Contact Person

Athena Philis-Tsimikas, (Philis-Tsimikas.Athena@scrippshealth.org)

Outline of Materials

Session 1- Welcome to the Diabetes Prevention Program:

- What is diabetes?
- Symptoms of High Blood Sugar
- Symptoms of Low Blood Sugar
- Risk Factors for Developing Type 2 Diabetes
- Tipping the Calorie Balance
- Self-Monitoring
- Weekly SMART Goal-Setting
- To-Do Next Week

Session 2- Healthy Eating I:

- My Weight Tracker
- BMI Chart: Tracking Your BMI
- Goal Weight Chart
- Tips for Healthy Eating
- Portion Control
- Rate my Plate Log
- Weekly SMART Goal-Setting
- To-Do Next Week

Session 3-Healthy Eating II:

- The Food Guide Book
- Foods to Eat More of
- Food to Eat Less of
- Reading the Nutrition Label
- Weekly SMART Goal-Setting
- To-Do Next Week

Session 4-Healthy Eating III:

- Stretching your Fruit and Vegetable Budget
- How to Find Community Resources for Health Eating
- Cooking Wisely
- Add Flavor Without Fat
- Activity: Cooking Demonstration
- Healthy Recipes
- Weekly SMART Goal-Setting
- To-Do Next Week

Session 5-Physical Activity I:

- Benefits of Physical Activity
- YOU CAN DO IT! Meet the Goal.
- Types of Physical Activity
- Safety and Physical Activity
- Wearing the Right Shoes
- Keep It Safe
- Weekly SMART Goal-Setting
- To-Do Next Week

Session 6-Physical Activity II:

- Being Active: a Way of Life
- Active
- Keep it Safe
- Weekly SMART Goal-Setting
- To-Do Next Week

Session 7-Physical Activity III:

- Finding Time To Be Active
- What Cues You To Be More or Less Physically
- Adding "Cues " TO Your Life"
- Weekly SMART Goal-Setting
- To-Do Next Week

Session 8-Stress Management:

- What Causes Stress?
- Stress and Your Health
- What are the Symptoms of Stress?
- How do you Feel Stress?
- How Can We Prevent Stress?
- Relaxation Exercise
- Sources of Community Help
- Your Stress Plan
- Weekly SMART Goal-Setting
- To-Do Next Week

Session 9-Negative Thoughts and Emotions:

- Myths and Attitudes About Diabetes
- The Habit of Negative Thoughts
- Practice Talking Back to Negative Thoughts
- Weekly SMART Goal-Setting
- To-Do Next Week

Session 10-Your Family's Health:

- Facts about Obesity
- Childhood Obesity: How Can I Help?

- Help Your Family Stay Active
- Menopause
- Reducing Screen Time
- Weekly SMART Goal-Setting
- To-Do Next Week

Session 11-The Slippery Slope:

- The Slippery Slope of Lifestyle Changes
- After a Slip
- Slips from Healthy Eating and Physical Activity: Action Plan
- Weekly SMART Goal-Setting
- To-Do Next Week

Session 12-Progress Review and Ways to Stay Motivated:

- Staying Motivated
- Progress Review
- A Plan for Staying Motivated
- Important Things to Remember
- Weekly SMART Goal-Setting
- To-Do Next Week

Guidance on Using Materials Along with the CDC-Approved PreventT2 Curriculum

Session 1- Welcome to the Diabetes Prevention Program:

These handouts could support the following Prevent T2 curriculum sessions: Introduction to the Program, More About T2, More About Carbs.

*To- Do Next Week – this document could be integrated into all sessions, including the maintenance phase of the program. As the weekly action plan is being set up, it reminds participants what they need to consider and prep for in the following week to support them in meeting their goals. (Applicable to all sessions)

Session 2- Healthy Eating I:

Charting is introduced early on in the Nuestra Vista curriculum. These handouts could support the following Prevent T2 curriculum sessions: Track Your Activity, Eat Well to Prevent T2, Track Your Food, Shop and Cook to Prevent T2, Wat Well Away from Home, More about Carbs, Have Healthy Food You Enjoy

***Rate My Plate Log – This handout in particular is nicely laid out for folks with literacy issues. Support them on one way to get them to start tracking, when tech based applications are not optimal or preferred.

Session 3-Healthy Eating II:

These handouts could support the following Prevent T2 curriculum sessions: Track Your Activity, Eat Well to Prevent T2, Track Your Food, Shop and Cook to Prevent T2, Burn More Calories than You Take In, Wat Well Away from Home, More about Carbs, Have Healthy Food You Enjoy

Session 4-Healthy Eating III:

These handouts could support the following Prevent T2 curriculum sessions: Track Your Activity, Eat Well to Prevent T2, Track Your Food, Shop and Cook to Prevent T2, Wat Well Away from Home, More about Carbs, Have Healthy Food You Enjoy

Session 5-Physical Activity I:

These handouts could support the following Prevent T2 curriculum sessions: Get Active to Prevent T2, Track You Activity, Get More Active, Find Time for Fitness, Keep You Heart Healthy, When Weight Loss Stalls, Take A Fitness Break, Stay Active to Prevent T2, Stay Active Away from Home, Get Back on Track, Prevent T2 for Life!

Session 6-Physical Activity II:

These handouts could support the following Prevent T2 curriculum sessions: Get Active to Prevent T2, Track You Activity, Get More Active, Find Time for Fitness, Keep You Heart Healthy, When Weight Loss Stalls, Take A Fitness Break, Stay Active to Prevent T2, Stay Active Away from Home, Get Back on Track, Prevent T2 for Life!

Session 7-Physical Activity III:

These handouts could support the following Prevent T2 curriculum sessions: Get Active to Prevent T2, Track You Activity, Get More Active, Find Time for Fitness, Keep You Heart Healthy, When Weight Loss Stalls, Take A Fitness Break, Stay Active to Prevent T2, Stay Active Away from Home, Get Back on Track, Manage Stress, Cope With Triggers, Take Charge of Your Thoughts, Get Support, Stay motivated to Prevent

Session 8-Stress Management:

These handouts could support the following Prevent T2 curriculum sessions: Get More Active, Find Time for Fitness, Keep You Heart Healthy, Take A Fitness Break, Stay Active to Prevent T2, Get Back on Track, Manage Stress, Cope With Triggers, Take Charge of Your Thoughts, Get Support, Stay motivated to Prevent T2, Get Enough Sleep, and Prevent T2 for Life!

Session 9-Negative Thoughts and Emotions:

These handouts could support the following Prevent T2 curriculum sessions: Get More Active, Find Time for Fitness, Keep You Heart Healthy, Take A Fitness Break, Stay Active to Prevent T2, Get Back on Track, Manage Stress, Cope With Triggers, Take Charge of Your Thoughts, Get Support, Stay motivated to Prevent T2, Get Enough Sleep, and Prevent T2 for Life!

Session 10-Your Family's Health:

These handouts could support the following Prevent T2 curriculum sessions: Get Support, Stay Motived to Prevent T2. The session is specifically tailored for overweight-obese women, women with children, grandparents or young families.

Session 11-The Slippery Slope:

These handouts could support the following Prevent T2 curriculum sessions: Stay Motivated to Prevent T2, Get More Active, When Weight Loss Stalls, Get Back on Track and Prevent T2 for Life.

Session 12-Progress Review and Ways to Stay Motivated:

These handouts could support the following Prevent T2 curriculum sessions: Stay Motivated to Prevent T2, Get More Active, When Weight Loss Stalls, Get Back on Track and Prevent T2 for Life.