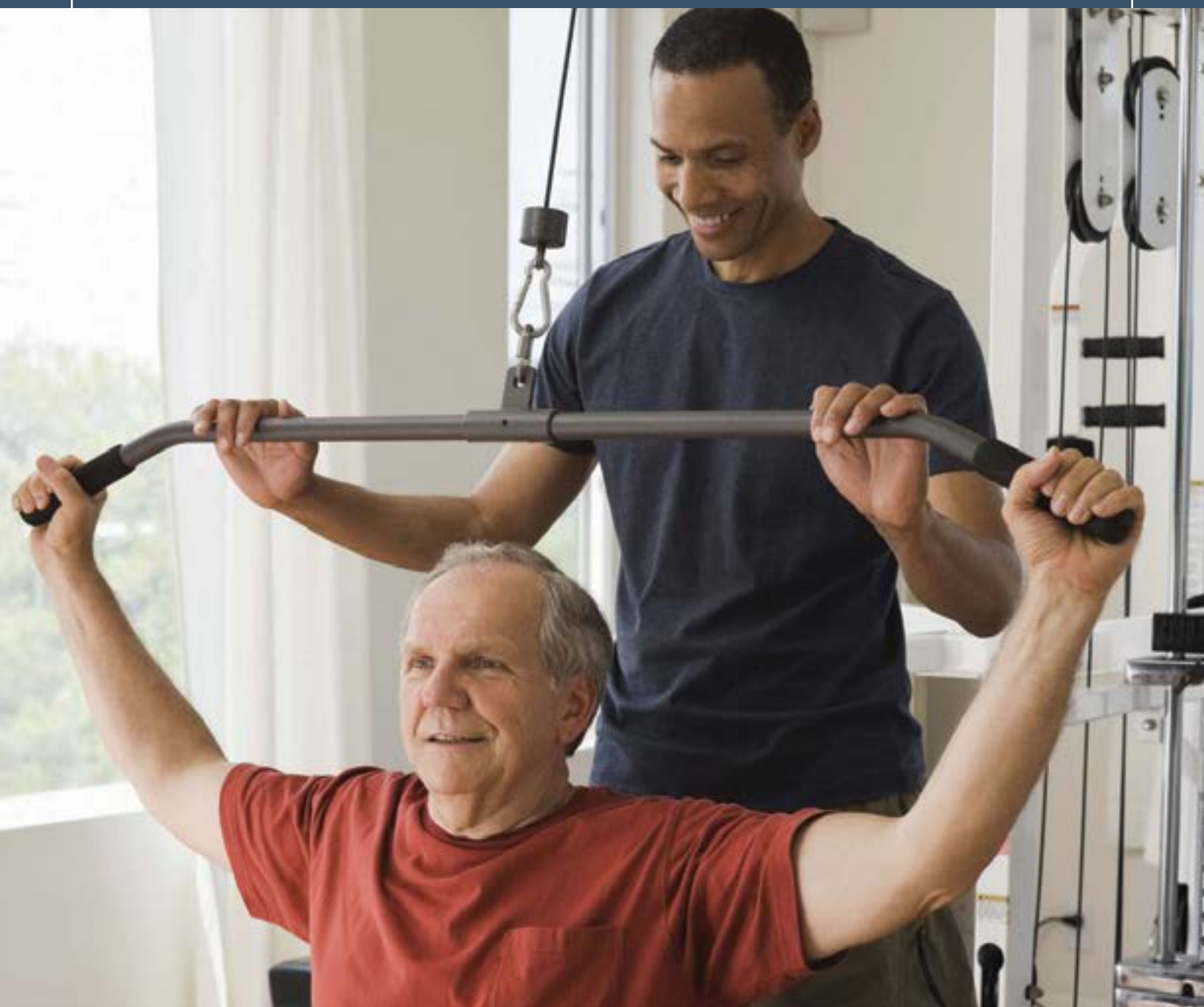




Module 15: Get Support

Participant Guide



Session Focus



In this session, we will talk about:

- How to get support from family, friends, and coworkers; groups, classes, and clubs; and health care and other professionals.

You will also make a new action plan!

Tips:

- ✓ Tell family, friends, and coworkers what you're doing, and why you're doing it. And tell them what kinds of support you would find helpful.
- ✓ Check with your local library, recreation center, community center, or senior center. Ask about local or online groups, classes, and clubs that support your healthy lifestyle.

How To Get Support

Jim's Story

Jim is at risk for type 2 diabetes. He's made healthy changes in his eating and activity habits. But he doesn't always get the support he needs from his family, friends, and coworkers.

At home, his kids complain about missing their favorite foods, like pizza and ice cream. His wife resents the time Jim spends working out instead of being with the family. His mom keeps telling him he's just fine the way he is. And some of his coworkers always put out candy.

Jim asks his family, friends, and coworkers to support his healthy lifestyle.



Jim starts with his family at home and explains to them how much he needs their support. He explains the reasons he is making these lifestyle changes, and he is open about his struggles. He is also specific about the kind of support he needs, such as trying new healthy recipes. Today, his wife helped Jim prepare a healthy new meal. Even though his kids are not very happy about the healthy foods, they are being much more cooperative. And his wife is also much more understanding about Jim spending time away from the family to work out. In fact, the two of them go out dancing sometimes. And the whole family plays soccer or tag after dinner.

Jim also has a conversation with his mom. She sees how hard he has been working and is proud of him for changing his lifestyle. She's thinking about changing hers too.

Jim also explained to his coworkers how he is changing his eating and activity habits. Many of them were interested in hearing more because they wanted to make changes too. They've even stopped putting out candy as often.

For additional support, Jim has also joined an online health community. He and the other members share tips and cheer each other on. Right now, they're competing to see who can take the most steps each week.

How To Get Support



Get Support From Family, Friends, and Coworkers

Your family, friends, and coworkers care about you and want you to be well. But they might not understand what you're doing or why you're doing it. Or they might not know how to support your efforts. It's up to you to tell them.

Ways To Get Family, Friends, and Coworkers To Support Your Healthy Lifestyle

- Share facts about type 2 diabetes and how to prevent it.
- Tell them why you are trying to lead a healthy lifestyle.
- Ask them nicely to support your efforts.
- Give them regular updates on your progress.
- Set family rules.

How To Get Support

You could also invite them to:

- Be active with you
- Plan and shop for healthy meals with you
- Cook and eat healthy food with you

Conversation Starters

Starting a conversation may include:

- “I care about my health and want to live a long life. I am working towards improving my health.”
- “I am working hard on living a healthy lifestyle and need help with _____.”

Write some of your own conversation starters here:

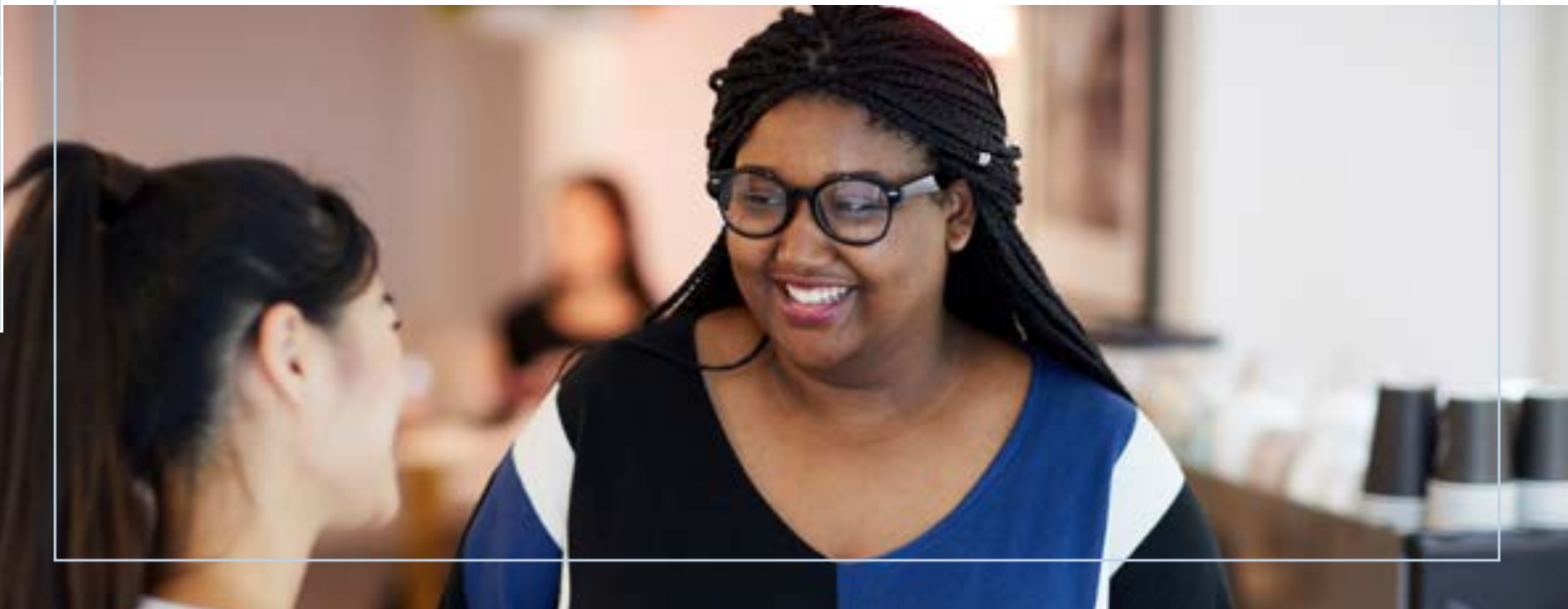
How To Get Support



Practice Getting Support

Directions: Work with a partner to role-play asking a family, friend, or coworker to support your healthy lifestyle. Think about what you would say. Then, act it out with your partner. Write some ideas and tips that you found helpful in your conversations.

Helpful Ideas/Tips for Getting Support



How To Get Support

Overcoming Challenges

Your family, friends, and coworkers may not always be supportive of your healthy lifestyle.

- In the left column, write some challenges that you face or might face.
- In the right column, write ideas on how you can overcome each challenge.

Challenge	Ways To Overcome
Example: My husband buys chips.	Example: I'll remind him that I'm trying to eat healthy to prevent type 2 diabetes. I'll ask him to stop buying chips or leave them at work.

How To Get Support

Get Support From Groups, Classes, and Clubs

Here are some groups, classes, and clubs that could support your healthy lifestyle and ways to find them.

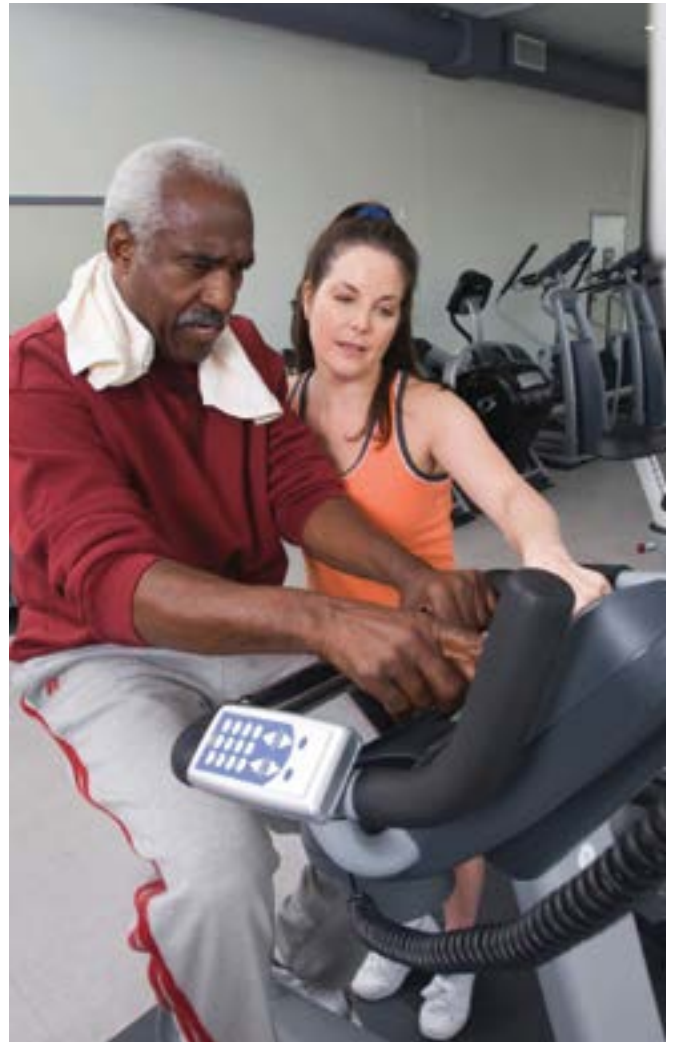
Groups, Classes, and Clubs	Ways To Find Them
Groups <ul style="list-style-type: none">• Online health community• Support group	<ul style="list-style-type: none">• Ask your health care provider.• Check with your local library, recreation center, community center, or senior center.• Contact the American Diabetes Association: 800-DIABETES (800-342-2383).• Contact community groups who provide links to other groups (for example community resource centers).• Contact your local health department.• Look for postings at your gym.• Look in your community newspaper.• Search online or in your phone book.• Start your own!
Classes and Clubs Healthy eating <ul style="list-style-type: none">• Healthy cooking• Healthy meal planning Physical activity <ul style="list-style-type: none">• Basketball• Biking• Dancing• Hiking• Martial arts• Softball• Walking• Weight lifting	

How To Get Support

Get Support From Professionals

Here are some professionals who could support your healthy lifestyle.

- Lifestyle coaches can help you adopt and sustain healthy habits.
- Nutritionists and dietitians can help you with healthy food and eating habits and concerns.
- Pharmacists can talk with you about the effects of medicine.
- Your primary care provider is likely the person who told you about being at risk for type 2 diabetes. He or she can help you learn about how to prevent this condition and refer you to other professionals.
- Psychologists and psychotherapists can help you manage and overcome thoughts, feelings, and behaviors.
- Recreational therapists can help you manage daily life and be involved in your community.
- Social workers can provide counseling and connect you to support services.
- Trainers and exercise physiologists can help you learn how to move your body in order to be healthy.



Plan for Success

Get Support Module

This “Get Support” module contains suggestions for how to find social support for positive changes and a Support Action Plan that you can tailor and print.

The image shows a screenshot of a digital module interface. At the top center, there is a logo for 'PREVENTT2' with the tagline 'A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES'. Below the logo, the main heading reads 'Get Support. Make Lasting Changes.' in a large, light blue font. Underneath the heading, a paragraph of text asks: 'To make sure small steps become true lifestyle changes, you need to build a strong support network. Can you count on friends? Talk to family members? Could a doctor or counselor help you succeed?'. At the bottom center, there is a white button with the word 'Start' in blue text. The background is dark blue with various white icons related to health, such as a calendar, a fork and plate, a carrot, a scale, a clock, and a brain.

www.cdc.gov/diabetes/programs/preventt2/quiz.html?week=14