

Appendix. Overview of DPP Topics Covered by Session*

Module	Description	Learning Objectives
Introduction to the Program	This module sets the stage for the entire Prevent T2 course.	<ul style="list-style-type: none"> • Identify the goals and structure of Prevent T2 • Identify the basics of type 2 diabetes • Explain how to make an action plan • Set goals and plan basic actions
Get Active to Prevent T2	This module provides the core principles of getting active.	<ul style="list-style-type: none"> • Identify some benefits of getting active • Identify some ways to get active
Track Your Activity	This module provides the core principles of tracking activity.	<ul style="list-style-type: none"> • Identify the purpose of tracking their activity • Describe how to track their activity
Eat Well to Prevent T2	This module provides the core principles of healthy eating.	<ul style="list-style-type: none"> • Explain how to eat well to prevent or delay type 2 diabetes • Explain how to build a healthy meal • Identify the items in each food group
Track Your Food	This module provides the core principles of tracking food.	<ul style="list-style-type: none"> • Identify the purpose of tracking their food • Explain how to track their food • Explain how to use Nutrition Facts labels
Get More Active	This module provides the core principles of increasing activity level.	<ul style="list-style-type: none"> • Identify the purpose of getting more active • Identify some ways to get more active • Explain how to track more details about their fitness
Burn More Calories Than You Take In	This module provides the core principles of caloric balance.	<ul style="list-style-type: none"> • Recognize the link between calories and weight • Explain how to track the calories they take in • Explain how to track the calories they burn • Explain how to burn more calories than they take in
Shop and Cook to Prevent T2	This module teaches participants how to buy and cook healthy food.	<ul style="list-style-type: none"> • Identify healthy food • Explain how to shop for healthy food • Explain how to cook healthy food
Manage Stress	This module teaches participants how to reduce and deal with stress.	<ul style="list-style-type: none"> • Identify causes of stress • Explain the link between stress and type 2 diabetes • Identify ways to reduce stress • Identify healthy ways to cope with stress
Find Time for Fitness	This module teaches participants how to find time to be active.	<ul style="list-style-type: none"> • Identify some benefits of being active • Recognize the challenge of fitting in fitness • Explain how to find time for fitness

Cope with Triggers	This module teaches participants how to cope with triggers of unhealthy behaviors.	<ul style="list-style-type: none"> • Identify unhealthy food shopping triggers and ways to cope with them • Identify unhealthy eating triggers and ways to cope with them • Identify triggers of sitting still and ways to cope with them
Keep Your Heart Healthy	This module teaches participants how to keep their heart healthy.	<ul style="list-style-type: none"> • Explain why heart health matters • Explain how to keep your heart healthy • Explain how to be heart smart about fats
Take Charge of Your Thoughts	This module teaches participants how to replace harmful thoughts with helpful thoughts.	<ul style="list-style-type: none"> • Recognize the difference between harmful and helpful thoughts • Explain how to replace harmful thoughts with helpful thoughts
Get Support	This module teaches participants how to get support for their healthy lifestyle.	<ul style="list-style-type: none"> • Explain how to get support from: <ul style="list-style-type: none"> ○ Family, friends, and coworkers ○ Groups, classes, and clubs ○ Professionals
Eat Well Away from Home	This module teaches participants how to stay on track with their eating goals at restaurants and social events.	<ul style="list-style-type: none"> • Identify some challenges of eating well at restaurants and social events • Explain how to plan for and cope with these challenges
Stay Motivated to Prevent T2	This module helps participants reflect on their progress and keep making positive changes over the next six months.	<ul style="list-style-type: none"> • Reflect on how far they've come since they started this program • Identify the group's next steps • Set their goals for the next six months

*Adapted from the Centers for Disease Control and Prevention. National Diabetes Prevention Program curricula and handouts 2019 [Internet]. Atlanta (GA): Centers for Disease Control and Prevention; [accessed 2019 Nov 19; updated 2020 Aug 25] Available from: <https://www.cdc.gov/diabetes/prevention/resources/curriculum.html>.