

**Support and Education Program: Handouts for Scheduled Study Visits**

Study Visit	Handout Title	Notes
Baseline	<i>Small Steps Big Rewards, Your Game Plan to Prevent Type 2 Diabetes</i> (NDEP materials)	Overview of all basic education components; includes tracking tools
Month 3	Lesson 1	[Corresponding NDPP handouts – modified/condensed for D2d] 2: <a href="#">Be a Fat and Calorie Detective</a> 3: <a href="#">Reducing Fat and Calories</a>
Month 6	Lesson 2	4: <a href="#">Healthy Eating</a>
Month 12	Lesson 3	5: <a href="#">Move Those Muscles</a> 6: <a href="#">Being Active - A Way of Life</a>
Month 18	Lesson 4	7: <a href="#">Tip the Calorie Balance</a>
Month 24	Lesson 5	8: <a href="#">Take Charge of What's Around You</a> 9: <a href="#">Problem Solving</a>
Month 30	Lesson 6	10: <a href="#">Four Keys to Healthy Eating Out</a>
Month 36	Lesson 7	11: <a href="#">Talk Back to Negative Thoughts</a> 12: <a href="#">The Slippery Slope of Lifestyle Change</a>
Month 42	Lesson 8	13: <a href="#">Jump Start Your Activity Plan</a>
Month 48	Lesson 9	14: <a href="#">Make Social Cues Work for You</a> 15: <a href="#">You Can Manage Stress</a>

**Support and Education Program: Group Session Topics**

Groups	Session Topic	Focus of Presentation
Session 1	Healthy Eating	MyPlate and Enjoying Seasonal Produce
Session 2	Increasing Physical Activity	TBD
Session 3	Lifestyle Change	TBD
Session 4	Stress Reduction and Coping Skills	TBD
Session 5	Weight Loss	TBD
Session 6	Healthy Eating	TBD
Session 7	Increasing Physical Activity	TBD
Session 8	Lifestyle Change	TBD