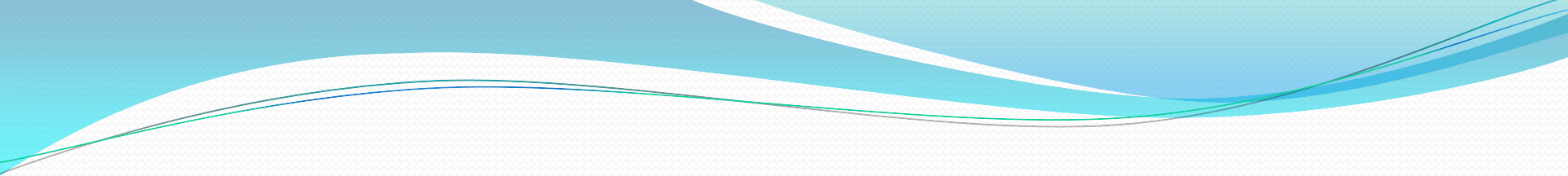




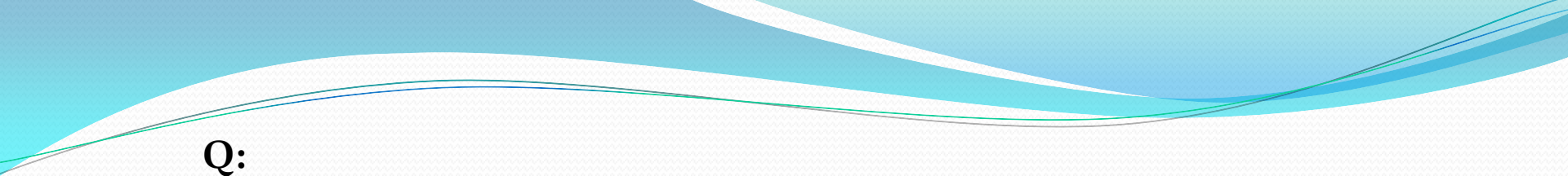
Support and Education Program

SES Co-Chairs: John Foreyt and Patrick O'Neil



From the D2d Protocol:

All participants will receive information on the current lifestyle recommendations for prevention of type 2 diabetes. Twice a year during follow-up, participants will be invited to join a support and education program, set up as a group meeting, to discuss issues on nutrition and physical activity relevant to type 2 diabetes.



Q:

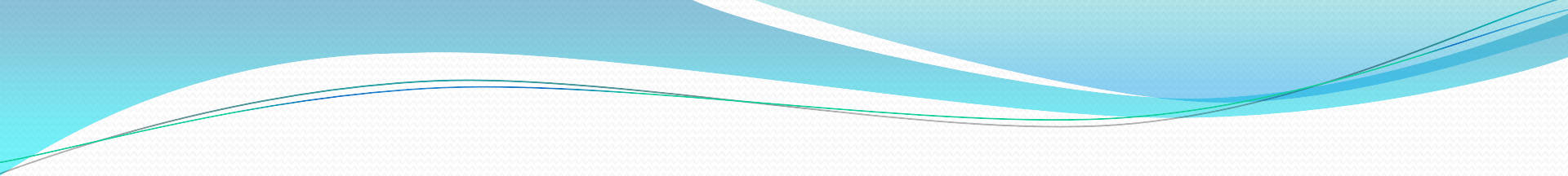
Why have a Support and Education Program if it is not part of the study intervention? Won't it confound the effect of the vitamin D?

A:

D2d is a *diabetes prevention* trial and we have an ethical obligation to give our participants the best information on diabetes prevention that we can.

SEP constitutes an important potential benefit for participants that may enhance their motivation, engagement, and retention in the study.

The same materials are being given to all participants and will not bias the results of one group over the other (Vitamin D or Placebo). Any resulting weight loss or other effects are expected to be minimal.



Role of the Support and Education Subcommittee (SES):

- Develop and incorporate materials to be used in twice-yearly meetings held at individual study sites.
- Evaluate meeting effectiveness. Use feedback from sites in the planning of future participant meetings.
- Seek out guidance and solicit possible topics from the Recruitment and Retention Subcommittee and Steering Committee.

Rationale for having 2 parts to SEP:

1. Handouts

Handouts given at regular study visits will ensure that all participants receive the same information whether or not they attend the group events and regardless of when they are enrolled.

D2d - Support and Education: Lesson 1

Introduction: At each follow-up visit the D2d study will provide you with a handout on the lifestyle changes you can make to reduce your risk for diabetes. Research shows that losing 5% to 7% of your body weight (about 10 to 14 pounds for a 200-pound person) and getting at least 150 minutes each week of physical activity can help you prevent or delay type 2 diabetes. We hope you find the information in these handouts helpful.

Healthy Eating: Fat and Calories

Reducing the fat and calories in your meals is one of the most important steps you can take to improve your health. To reach healthy eating goals, we suggest you track your weight and how much you eat. The first step in making changes to your diet is to find the high-fat, high-calorie foods in your meals and figure out ways to make them healthier or eliminate them.

When it comes to eating healthy to lose weight, the three most important steps are:

1. Take in fewer calories than you burn during the day.
2. Eat less fat (especially saturated fats and trans fats) than you currently eat.
3. Eat smaller portions of high fat and high calorie foods than you currently eat.



Focus on Fat:



- Fat has the most calories of all the foods we eat.
- Fat contains more than twice the calories as the same amount of sugar, starch, or protein.
- Even small amounts of high-fat foods are high in calories. Reducing the amount of fat you eat is an easy way to reduce the number of calories you eat.
- Reducing fat (especially saturated fats and trans fats) lowers cholesterol and reduces the risk for heart disease.

Goal: Eat less fat than you currently eat.

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D2d - Support and Education: Lesson 2

Introduction: At each follow-up visit the D2d study will provide you with a handout on the lifestyle changes you can make to reduce your risk for diabetes. Research shows that losing 5% to 7% of your body weight (about 10 to 14 pounds for a 200-pound person) and getting at least 150 minutes each week of physical activity can help you prevent or delay type 2 diabetes. We hope you find the information in these handouts helpful.

Healthy Eating

Healthy eating is determined both by what we eat and the way we eat. To eat healthier, try to eat at regular times. Eating slowly also can make you more aware of what you are eating. And, don't worry about cleaning your plate. These are just a few of the many tricks for changing how you eat. Continue reading to find out more!

MyPlate

MyPlate is a general guide to healthy eating, developed by the U.S. Department of Agriculture. It is based on the latest nutrition and health research and has suggestions for how much people should eat, depending on their sex, age, and level of physical activity.

The plate image shows the amount we need of each food group. Go to choosemyplate.gov to learn more about this useful tool. The suggestions offered can help you make better food choices. It gives ideas for changing the way we eat.



To prevent type 2 diabetes, should I avoid eating starchy foods such as bread, potatoes, and pasta?

No. Starchy foods are part of a healthy meal plan for people with or without diabetes. What is important is the amount you eat. Whole grain breads, cereals, pasta, rice, and starchy vegetables like potatoes, yams, peas, and corn can be part of your meals and snacks.

The key is the amount. For most people, having 3 or 4 servings of bread, fruit, or starchy foods is about right. Whole grain starchy foods are also a good source of fiber. They help keep your gut healthy.

- ✓ Grains - Make at least half of the grains you eat whole grains.
- ✓ Vegetables - Vary your veggies.
- ✓ Fruits - Fruits are sweet and nutritious.
- ✓ Dairy - Get your calcium-rich foods.
- ✓ Proteins - Go lean with proteins.

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D2d - Support and Education: Lesson 3

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Move Those Muscles

The recommended physical activity goal is at least 150 minutes, or 2 1/2 hours, each week. You can do the activity in several ways (for example, 30 minutes for five days) or however else you want to do it!

The important thing to remember is that you can work up to 150 minutes a week. It's a goal. Start with where you are, and increase your activity level slowly, steadily, and safely. Ask your health care provider to recommend types of exercises that are safe and appropriate for you.

The Importance of Being Active

Being physically active has many benefits. It helps improve our general well-being by keeping weight off, improving our mood, increasing our energy and ability to get around, and reducing stress. It also improves muscle tone and helps us sleep better. Physical activity makes our heart, lungs, and bones stronger, and it may reduce back pain and injuries.



How important is physical activity?

Being physically active helps lower our risk for heart disease and some kinds of cancer. It can lower blood pressure and help prevent type 2 diabetes by helping to control our blood glucose and weight. It also raises our "good" cholesterol and lowers our "bad" cholesterol, and helps prevent problems with our heart and blood flow.

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D2d - Support and Education: Lesson 4

Introduction: At each follow-up visit the D2d study will provide you with a handout on the lifestyle changes you can make to reduce your risk for diabetes. Research shows that losing 5% to 7% of your body weight (about 10 to 14 pounds for a 200-pound person) and getting at least 150 minutes each week of physical activity can help you prevent or delay type 2 diabetes. We hope you find the information in these handouts helpful.



Tip the Calorie Balance

Calories are a measure of the energy value of food and drink. Our bodies need calories to survive because they fuel everything we do. Calorie balance (also called energy balance) means that the calories we take in through eating and drinking should equal the calories we use through physical activity and our body's other energy needs (for example, breathing, digesting food, and sleeping). When the calories we take in are more than the calories we use for our energy needs over a period of time, then we will gain weight.

Eating and being active work together. To lose weight, it is best to eat less and move more. Weighing yourself regularly is a great way to know how you are doing on energy balance. If the numbers go down consistently, you are consuming less energy than you are using. If your weight goes up, it is time to be a bit more careful in what you eat and strive to be more active. That way, you change both sides of the scale at once.



How is Calorie Balance Maintained?

Our CALORIES IN and CALORIES OUT don't have to balance every day. In fact it's normal for our food intake and physical activity to vary quite a bit from one day to the next. If having a balance over time that will help us stay at a healthy weight over the long term. Our body has several ways to keep us in energy balance, and among these are the familiar signals that tell us when to eat and when to stop eating. However, as most of us have experienced, it is easier to ignore the "full" signals than it is to ignore the "hunger" signals - making it easy to gain weight over time.

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Rationale for having 2 parts to SEP:

2. Group events

Group events add another dimension and provide an excellent opportunity to engage participants more fully in the study and enhance retention. Each event is completely independent and requires no prior knowledge or previous attendance.

YOUR ARE INVITED TO OUR FIRST |
D2d
EDUCATION SESSION



Eating healthy with seasonal local produce
We are happy to invite you to our first D2d education and support session. We will be discussing how to incorporate seasonal local produce into your meal planning. Representatives from the Durham Farmer's Market will be our guest presenters. We will have recipes and samples for you to try as well as light refreshments. You are welcome to bring one guest. We hope you will be able to attend.
Dr. Chatterjee, Kathy, Stephanie, Erica

November 6, 2014 5:30-6:30 PM
4020 N. ROXBORO ROAD, DURHAM
*Attendance is optional and you will not be compensated for participating in the session.
Please RSVP by November 3 (by phone or email)

D2d D2d PROGRAM CASE RESEARCH CO-OP
4020 N. ROXBORO ROAD, DURHAM, NC 27705
919-468-7843
D2dStudy@duke.edu | www.D2dStudy.org



**SEPTEMBER 24TH 5-6PM
OR
SEPTEMBER 25TH 5-6PM
D2D EDUCATION SESSION**

Seasonal Vegetables
We are happy to invite you to our first D2d education and support session! The topic for this session will be seasonal vegetables. We will go over information on the benefits of eating seasonally, when certain items are considered in season and where you can go to find recipes. We will be conducting cooking demonstrations and you will have the opportunity to sample the foods we make, as well as some foods that we have prepared ahead of time. We will have a registered dietitian available to answer any of your questions. We hope you will be able to attend!

*As a reminder you will not be compensated for participating in the session, however we will hold a raffle for those who decide to attend.

Cooking demonstrations!
Recipe Sampling!
Raffle for two tickets to Sprint NASCAR race October 5th!

4350 Shawnee Mission Pkwy.
Fairway, KS 66205

3rd Floor
Demo Kitchen

Each participant is welcome to bring 1 guest

Please RSVP by September 19th
(email or phone)

D2d STUDY
919-588-4052
D2dStudy@duke.edu

D2d
www.D2dStudy.org

D2d Participant Event
Friday, October 17th
66 N. Pauline, Suite 402
10:30am-12:00pm

You are cordially invited to attend our first D2d Education and Support session.
This event will include nutritional education, refreshments and door prize.

***Please RSVP at 448-8405**

Hope to see you there!



Welcome to the **D2d**
Support and Education Program

**D2D EDUCATION SESSIONS
CHOOSE ONE:**
MONDAY OCTOBER 27TH 12:30-1:30PM
OR
THURSDAY OCTOBER 30TH 4:30-5:30PM

We are excited to invite you to our first D2d Education Session! We are lucky enough to welcome Holly Herrington, Registered Dietitian and Certified Diabetes Educator for the Northwestern Center for Lifestyle Medicine, who will be speaking about healthy eating. Following Holly, our D2d study physician, Dr. Lisa Neff, will be available to answer any questions you may have about type 2 diabetes, weight loss or anything you'd like to ask! Dr. Neff will also discuss a recent controversial article on artificial sweeteners.

Both sessions will involve the same speakers and information, so you only need to RSVP for one session. As a reminder, attending a session is optional and there is no compensation for attending.

RAFFLE PRIZES FOR BOTH SESSIONS!!
Feinberg Pavilion
Conference Center
251 E. Huron
3rd floor
Chicago, IL 60611
Oct 27 - Room D
Oct 30 - Room B
Everyone is welcome to bring 1 guest!

Please RSVP by Monday October 20th
or phone
d2d@northwestern.edu
via email
312-503-3413 (Jenny)
312-503-7203 (Dalya)

Development of SEP

- Decision to make use of existing materials from National Diabetes Prevention Program
- Modifications made to update information, streamline content, make it stand-alone material, and fit into the context of D2d
- Allow sites extensive flexibility to customize the group events and take advantage of their strengths (available expertise and facilities)
- Keep event topics standardized without making them formulaic or didactic

Broad Themes

- Healthy Eating
- Increasing Physical Activity
- Weight Loss
- Stress Reduction and Coping Skills
- Lifestyle Change

Main focus is on achieving lifestyle balance and healthy habits, with somewhat less emphasis placed on calorie-counting and weight loss

First group event topic:

Healthy Eating: MyPlate and Enjoying Seasonal Produce

- Participant feedback has been quite positive
- Main challenge for some sites is attendance



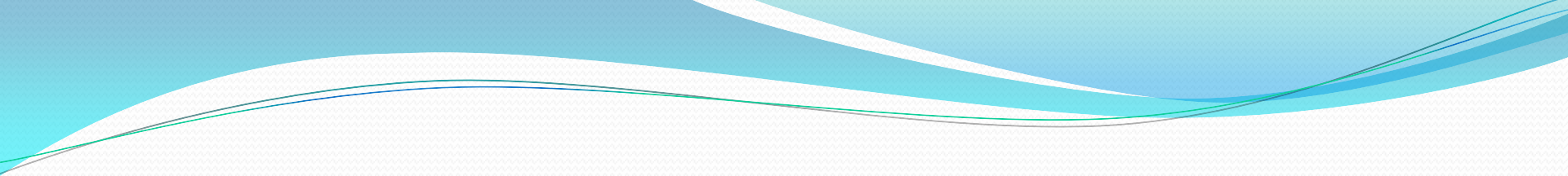
Dr. Irwin Brodsky – Maine Medical Center



Next topic preview:

Increasing Physical Activity (Spring 2015)

- Use of commercial monitoring devices such as Fitbit
- Incorporate simple exercises into the presentation that everyone can do (either sitting or standing)
- Emphasis on incorporating simple activities into everyday life that are easily sustainable, such as more walking



We welcome your feedback and would like to
hear your ideas for future topics!