

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

Study Visit	MOP 12 Appendix #	Name in Appendix	Description
Baseline	1	NDEP-60 <i>Small Steps Big Rewards, Your Game Plan to Prevent Type 2 Diabetes</i>	Overview of all basic education components with tracking tools
	2	NDEP-60 <i>Fat and Calorie Counter</i>	
	3	NDEP-60 <i>Food and Activity Tracker</i>	
Month 3	5	SEP Handout #1 Month 3	Handout 1 – Healthy Eating: Fat and Calories
Month 6	5	SEP Handout #2 Month 6	Handout 2 – Healthy Eating: MyPlate
Month 12	5	SEP Handout #3 Month 12	Handout 3 – Move Those Muscles: The Importance of Being Active
Month 18	5	SEP Handout #4 Month 18	Handout 4 – Tip the Calorie Balance
Month 24	5	SEP Handout #5 Month 24	Handout 5 – Taking Charge and Problem Solving
Month 30	5	SEP Handout #6 Month 30	Handout 6 – Four Keys to Healthy Eating Out
Month 36	5	SEP Handout #7 Month 36	Handout 7 – Talk Back to Negative Thoughts
Month 42	5	SEP Handout #8 Month 42	Handout 8 – Jump Start Your Activity Plan
Month 48	5	SEP Handout #9 Month 48	Handout 9 – Understanding Pre-diabetes
Month 54	5	SEP Handout #10 Month 54	Handout 10 – Healthy Sleep Basics

Also available for participants who have met the diabetes outcome: [Understanding Diabetes](#)

Support and Education Program: Participant Events

Session #	MOP 12 Appendix #	Session Topic	Focus of Presentation
Session 1	7	Healthy Eating	MyPlate and Enjoying Seasonal Produce
Session 2	7	Increasing Physical Activity	Increasing Activities of Daily Living
Session 3	7	Lifestyle Change	Making Behavior Changes
Session 4	7	Stress Reduction and Coping Skills	Keeping Your Cool in a Stressful World
Session 5	7	Increasing Physical Activity	Increasing Activities of Daily Living (revisit session 2)
Session 6	7	Healthy Eating	Nutrition Game Show
Session 7	7	Increasing Physical Activity	Pre-diabetes
Session 8	7	Lifestyle Change	Winning at Losing