



# I CAN Prevent Diabetes

## Facilitator Training Workshop

**Program Title:** I CAN Prevent Diabetes Facilitator Certification Training Program:  
Applications of the Indiana PLAN FORWARD and Diabetes Prevention Program Model for Coach's Training, Adapted for the Minnesota I CAN Prevent Diabetes Program

**Dates:** Contact [rita.mays@state.mn.us](mailto:rita.mays@state.mn.us) for next training dates  
**Hours:** 16 hours of continuing professional education  
**Location:** To be determined  
**Sponsored by:** The Minnesota Department of Health, Minnesota Diabetes Program  
**Instructors:** To be named

**Objective:** This training is designed to certify and prepare coaches and facilitators to conduct a diabetes prevention groups for people with prediabetes

**Background:** I CAN Prevent Diabetes is a lifestyle modification program based on Indiana's PLAN FORWARD and the national Diabetes Prevention Program (DPP) model, which has been proven successful. I CAN Prevent Diabetes was modified to allow more flexibility in community implementation while still retaining the core programmatic elements that made this model effective: Evidence based and research driven, Small group format with 16 weekly sessions, Led by a trained facilitator, presenting DPP-consistent materials.

### Training Overview:

This 2 day training covers the background, results, lessons learned and details of the DPP lifestyle intervention curriculum, including materials and seminars on how to present the program effectively. Group skills are incorporated throughout the training to ensure attendees are prepared to plan and conduct 16 group sessions, for people diagnosed with prediabetes, in YMCAs or similar non-clinical locations. Coaches have hands-on opportunity to prepare some of the lessons and obtain feed back from the instructor and other participants.

### Specific Topics:

Topics include the benefits of weight loss, orientation to coach's manual, changing nutrition behaviors, accountability, managing common barriers, motivating change, measuring and recording participant data, group dynamics and long term maintenance of weight loss. Activities include hands-on session preparation and delivery for instructor and group critique.

### Tentative Agenda

#### Day 1

##### Lectures:

##### The Scope and Scale of Diabetes

*Topics Covered: Diabetes definitions and diagnostic criteria, health and economic burden of diabetes in US, risk reduction and the rationale for prevention*

##### History of the Diabetes Prevention Program

*Topics Covered: DPP goals, sites, study design, participant demographics, lifestyle modification approach, study results, lessons learned from DPP*

## Overview of Type 2 Diabetes Prevention

*Topics Covered: Risk factors associated with Type 2 diabetes, health risks of obesity and benefits of weight loss, associated behavioral factors, system and community barriers, dietary intake, physical activity, effective program elements*

## Orientation to the Facilitator Manual

*Topics Covered: Changing nutrition behaviors, fundamental concepts, low-fat and popular diets*

## Presenting the Material to Groups, Sessions 1 – 4

*Topics Covered:*

*Session 1 Welcome to the Lifestyle Balance Program*

*Session 2 Be a Fat and Calorie Detective*

*Session 3 Three Ways to Eat Less Fat and Fewer Calories*

*Session 4 Healthy Eating*

**Homework: Prepare a short lesson on your assigned session to present for instructor and peer-review on Tuesday.**

## Day 2

### Lectures:

#### Exploring the Curriculum

*Topics Covered: General overview of program materials*

#### Group Practice and Peer Review

*Topics Covered: Participants lead mock sessions and are critiqued in group discussions facilitated by instructors*

#### Considerations in Group Structure and Facilitation

*Topics Covered: Taking correct weight measurements, establishing group schedule, accountability*

## Presenting the Material to Groups, Sessions 5 – 16

*Topics Covered:*

*Session 5 Move Those Muscles*

*Session 6 Being Active: A Way of Life*

*Session 7 Tip the Calorie Balance*

*Session 8 Take Charge of What's Around You*

*Session 9 Problem Solving*

*Session 10 Four Keys to Healthy Eating Out*

*Session 11 Talk Back to Negative Thoughts*

*Session 12 The Slippery Slope of Lifestyle Change*

*Session 13 Jump Start Your Activity Plan*

*Session 14 Make Social Cues Work for You*

*Session 15 You Can Manage Stress*

*Session 16 Ways to Stay Motivated*

#### Group Dynamics

*Topics Covered: Introductions and icebreakers, ground rules, encouraging participation, carousel technique, cross questioning, reflective responses, subgroups, unconditional positive regard, and motivational interviewing*

#### Frequently Asked Questions

*Topics Covered: Weight and activity goals, program maintenance and motivation, handling common and uncommon classroom situations*