

# SESSION 21: Learn About T2 Diabetes



## Welcome and Review (10 minutes)

**SAY:** Welcome back, everyone!

Today, we are going to learn about Type 2 Diabetes, a health problem that is more common in people with obesity.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

**DO:** Briefly summarize previous session.

**DISCUSS:** What questions do you have about our last session?

**SAY:** Let's talk about how things went with the action plan you made last time.

**DISCUSS:** What went well? What didn't go so well?

**SAY:** Now let's talk about how things went with the other things you tried at home.

**DISCUSS:** What went well? What didn't go so well?

## Objectives (2 minutes)

**SAY:** You've been working hard to improve your health by eating better and being active. If you have Type 2 Diabetes, this will likely help decrease your blood sugar levels. If you do not have Type 2 Diabetes, this will help prevent you from developing Type 2 diabetes. Understanding this connection may help you continue your healthy habits. Today, we will learn more about that disease. We'll talk about:

- The basics of type 2 diabetes
- How to find out if you have type 2 diabetes
- How to manage type 2 diabetes

Finally, you will make a new action plan.

## Basics of Type 2 Diabetes (10 minutes)

**SAY:** Let's start with a review of the key facts. Please turn to "Basics of Type 2 Diabetes" in this module's handouts.

**DO:** Use the handout to review what type 2 diabetes is, how it can harm you, and the risk factors that make you more likely to get it.

## How to Find out If You Have Type 2 Diabetes (5 minutes)

**SAY:** We've reviewed the basics of type 2 diabetes. Now let's discuss how to find out if you have it.

Most people who are in the early stages of type 2 diabetes don't have any symptoms, so they don't know they have it.

**ASK:** What is the best way to find out if you have it?

**ANSWER:** Get your blood sugar checked.

**SAY:** People who have obesity are at higher risk for type 2 diabetes. It's important that they get their blood sugar checked by a healthcare provider on a regular basis. That's because the sooner you find out you have Type 2 diabetes, the better you can manage it. That way, you can prevent the health problems we just talked about.

## How to Manage Type 2 Diabetes (23 minutes)

**SAY:** The goal of managing type 2 diabetes is to keep your blood sugar in a healthy range.

Let's look at an example. Please turn to "Mike and Henry's Story".

**DO:** Read (or ask a volunteer to read) the story.

**SAY:** Most people with type 2 diabetes have eating and fitness goals very much like yours. Like you, they are trying to reach and stay at a healthy weight. They may also track their eating and activity. Also, most people with type 2 diabetes check their own blood sugar daily or weekly. And they track the results.

**DO:** If you'd like, show participants a blood glucose meter.

**SAY:** Many people with type 2 diabetes also take medicine to control their blood sugar. Some take pills. Others inject medicine.

**DO:** If you'd like, show participants some devices for injecting insulin, such as a syringe or a pen.

**SAY:** People with type 2 diabetes visit their healthcare provider often. They also have many lab tests. In addition to getting their blood sugar checked, they need to get their blood pressure, cholesterol, kidneys, eyes, and feet checked on a regular basis.

**DISCUSS:** If you do not have Type 2 diabetes, how would your life change if you had type 2 diabetes?

What will you do to prevent type 2 diabetes?

If they had type 2 diabetes, participants might need to track their blood sugar, take medicine, and have more provider visits and lab tests.

In order to prevent type 2 diabetes, participants might work harder to meet their eating and fitness goals and track their food and activity.

### **Optional Activity: Guest speaker**

**DO:** Present a guest speaker who has type 2 diabetes. If there is a group member who does have Type 2 diabetes, they could share instead of or in addition to a guest speaker. Ask the speaker to describe (in a positive, non-scary way) what it's like to manage diabetes. Invite participants to ask questions.

### **Setting goals: Plan for Success (5 minutes)**

**SAY:** Please turn to your Action Plan Journal. Review the concept of SMART goals (only if needed).

**SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound**

**Decide:**

**Specific:** What will you do and where will you do it

**Measurable:** How will you know that you met your goal

**Achievable:** Is this something you can do between now and the next session

**Relevant:** Does this relate to your overall goals

**Time-bound:** When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

**ASK:** Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound.

## Summary and Closing: (5 minutes)

**SAY:** Please look at "Life With Type 2 Diabetes".

Between now and our next session, think about how your life would change if you had type 2 diabetes. What will you do to prevent it? Write down your thoughts.

**DO:** Answer questions as needed.

**SAY:** We have come to the end of our meeting. Today, we learned more about type 2 diabetes. We talked about:

- The basics of type 2 diabetes
- How to find out if you have type 2 diabetes
- How to manage type 2 diabetes

**DISCUSS:** Do you have questions about anything we talked about today?

**SAY:** Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about \_\_\_\_\_.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.