

SESSION 1: Introduction to the Program and Calorie Balance



Session Focus:

This introductory module helps participants change their lifestyles by moving them from the thinking phase to the action phase. It sets the stage for the HOPE approach. HOPE is based on the National Diabetes Prevention Program, a proven program to prevent or delay type 2 diabetes in those at high risk through weight loss.

Goals:

- Identify the goals and structure of HOPE
- Understand how to make an action plan
- Set goals and plan basic actions

ASK and ASSESS:

First, try to UNDERSTAND this patient's motivation to change habits and lose weight, using motivational interviewing or similar techniques. You can start by saying something like: "I'm so excited to be working with you over the next year to manage your weight. I'd like to start by understanding why you decided to participate in this program. Can you tell me about that?"

DISCUSS with Patient:

Program goals:

- Lose around 10% of starting weight by the end of one year (explain: losing 10 pounds for every 100 pounds the patient weighs now. If they weigh 200 pounds, they would aim to lose about 20 pounds.)
- Work up to getting at least 175 minutes (about 30 minutes of physical activity six days/week) of moderate intensity physical activity each week – can talk while exercising, but can't sing (biking, brisk walking, dancing, etc.). 175 is the minimum goal, some people may be able to do more. This likely depends on how active they are to start.

Review participant notebook - this is where people will keep their action plans, food and activity logs if using paper rather than an app. It is also where any included handouts can be kept:

- Emphasize to the patient that this is a really important item. Please bring it to every visit.
- Contains information and resources for home as well as paper tracking logs and action plans (goals)

ADVISE:

Discuss what will happen at each visit:

- Track weight (does not have to be at every visit) and review tracking of diet and physical activity
- Discuss any medication or medical management of weight or other conditions
- Review your physical activity time and your diet/calorie goals.

Focus will be on specific ways to:

- Eat well, improve diet quality (increase fruit and veggie consumption), and reduce energy intake to lose weight
- Be active – increase activity over time to 175 minutes per week of moderate activity
- Changing other things like sleep and stress management as these are important to maintaining health and a healthy weight

AGREE on weight loss goal (generally around 10% over the course of the program – can set smaller goal for first six months, like 5–7% if you prefer. People usually have goals of more than 10% and it's good to emphasize that starting with smaller goals is more realistic and that there are significant health benefits to losing 10%)

People can fill in their weight goal in the participant handouts:

- What they weigh now
- What percentage of weight they want to lose
- How many pounds this percentage of weight is

AGREE on an action plan using SMART goals:

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Goals should not be things like "I will lose 3 pounds this week."

ASSIST:

- At the next session, we'll discuss how things went with your action plan.
- Schedule next visit in ___ weeks
- Place or arrange for any referrals for other care, orders for labs or prescriptions.
- Ask patients to review the "Things to Try at Home":
 - **Action Plan:** note the SMART goals for diet, physical activity and stress management/self-care on goal sheet and make sure patient has this copied/written down as well

SESSION 2: Burn More Calories Than You Take In



Session Focus:

This module teaches participants how to lose weight by burning more calories than they take in.

Goals:

- Recognize the link between calories/energy intake and weight
- Know how to track the calories/energy they take in
- Know how to track the calories/energy they burn
- Understand how to burn more calories/energy than they take in

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well? What didn't go so well? How did it go with SMART goals from last visit?
- Ask about anything else they tried at home:
What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

Energy balance is the main principle of weight loss or gain.

In order to lose weight, people have to burn more calories than they take in. There are factors which contribute to how fast people burn calories, but weight loss always depends on a calorie loss or deficit.

- **In general:** 1 pound = 3500 calories. If people want to lose 1 pound per week, they need to average a 500 calorie deficit every day.
- **However:** there are other contributing factors and weight loss can differ among people. Using a weight loss calculator can be helpful; here are some user-friendly examples you can use with people:
 - <https://www.niddk.nih.gov/research-funding/at-niddk/labs-branches/laboratory-biological-modeling/integrative-physiology-section/research/body-weight-planner?dkrd=prspf0115>
 - <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304>
 - <https://www.inchcalculator.com/mifflin-st-jeor-calculator/>

- The patient handouts illustrate this and also help people identify ways to reduce calories.
- Options are: Burn 500 more calories (about an hour of moderate to intense exercise), eat 500 less calories, or combine the strategies.
- If using the calorie calculator is too complex for a particular patient, a rule of thumb for calorie levels to lose about 1 pound/week: 1250 – 1500 for people weighing less than 200 pounds, 1500 – 1750 for people weighing more than 200 pounds. However, this does not account for activity level.
- In the coming sessions, other ways to track diet are discussed.

AGREE:

Make a new action plan using SMART goals

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about measuring calories taken in and burned.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ____ weeks for follow-up

SESSION 3: Eat Well to Manage Your Weight



Session Focus:

Eating well is foundational for weight management. This module introduces the concept of healthy eating. The HOPE approach does not endorse a specific diet as evidence supports multiple dietary approaches (Mediterranean, Low-carb, Intermittent fasting, etc. – see resources on HOPE website and eLearning modules).

Goals:

- Understand basic principles of how to eat well to manage their weight
- Understand how to build a healthy meal
- Be able to identify the items in each food group

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well?
What didn't go so well? How did it go with SMART goals from last session?
- Ask about anything else they tried at home: What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

Today, we are going to talk about eating well to manage weight. Calories are a measure of energy and come from foods and drinks. Losing weight requires a reduction in total calorie intake.

Main points:

- Fat is high in calories and fats that are solid at room temperature can harm your heart.
- Sweet foods can be high in calories, although not as high as fatty foods. (1 tablespoon white sugar has 48 calories. 1 tablespoon butter has 102 calories.)
- Recommend choosing foods that are high in fiber and water. Fiber is a type of carbohydrate that passes through your body without being digested so it makes you feel full.
- Recommend choosing foods that are high in vitamins, minerals, and protein.
- Recommend limiting foods that are high in calories, fat, and sugar, low in fiber and water, and low in vitamins, minerals, and protein.
- An easy way to reach vitamin and mineral needs and also increase fiber and reduce calories is to aim for at least five fruits and vegetable servings every day (serving size for raw or cooked veggies/fruit is approximately 1 cup or 4–6 oz by weight and 3 cups for green leafy vegetables)
- Aim for 1 serving of fruit/veggies with breakfast, 2 with lunch, and 3 with dinner and/or snacks. More is always better!

ASSIST:

Create meals using MyPlate

- Share this website: <https://www.myplate.gov/>
- If you can use a laptop or computer during the patient visit, you can demonstrate this interactive tool in the visit: <https://www.myplate.gov/myplate-plan>

Basic principles (see patient handouts):

- Half of your plate non-starchy veggies (such as broccoli, lettuce, and peppers)
- A quarter of your plate grains and starchy foods (such as potatoes, brown rice, quinoa, oatmeal)
- Another quarter of your plate protein foods (such as tofu, eggs, chicken, lean meat, and fish)

You can also have:

- A small amount of dairy foods (such as 1 cup skim milk or 1 oz. cheese)
- A small amount of fruit (such as one apple, half a banana, or ½ cup berries)
- A drink that has low or no calories (such as water, sparkling water, or coffee without sugar)

AGREE:

Make a new action plan using SMART goals.

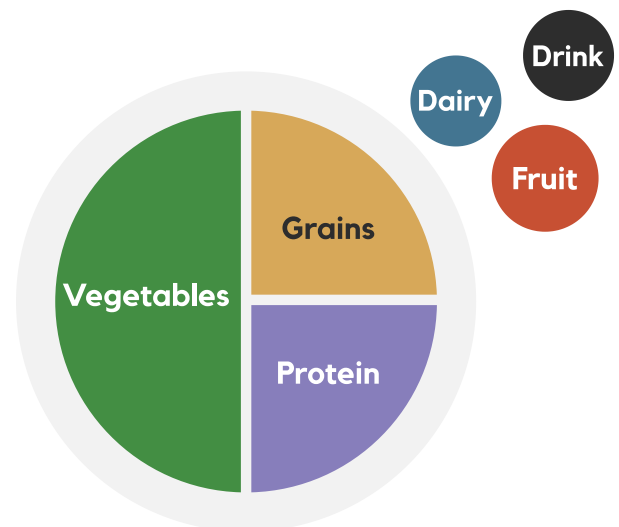
- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about eating well and planning your meals.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.



ASSIST:

Return in ___ weeks for follow-up

SESSION 4: Tracking Your Food Intake



Session Focus:

Abundant evidence exists that shows that tracking, or self-monitoring, can help with weight management. This module provides detailed instruction on how to track food.

Goals:

- Identify the purpose of tracking their food
- Understand how to track their food
- Understand how to use Nutrition Facts labels

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well? What didn't go so well?
- Ask about anything else they tried at home:
What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

Tracking your food each day can help you manage your weight. Today, we will talk about:

- The purpose of tracking
- How to track your food
- How to make sense of food labels

Use "Sally's Story" from this module's handouts to illustrate how people sometimes underestimate their calorie intake if they do not track their food and drinks.

Review the handouts "Everyday Objects and Serving Size" and "Hands and Serving Size" to help patients understand serving size.

Next introduce the food log or other methods for tracking calorie intake: MyFitnessPal or MyNetDiary are two options, introduce any others you know of and like.

Discuss with patient which method they think would be best for them.

Finally, Review the handout on food labels briefly. Pay special attention to the section on serving size as this is typically what causes errors in calorie and intake tracking. For many people, becoming aware of serving sizes can help reduce overall food intake. Even if this is all that someone feels able to do, it is a start in being more aware of food intake. Evidence shows that most people underestimate the amount they are eating.

AGREE:

Make a new action plan using SMART goals

- Keep in mind what worked and what didn't work well for you since our last session.
Are there any changes that you want to make?
- Also keep in mind what we discussed today about tracking your food and drink intake.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ____ weeks for follow-up

SESSION 5: Get Active to Manage Your Weight



Goals:

- Identify some benefits of getting active
- Identify some ways to get active

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant: What went well? What didn't go so well? How did it go with SMART goals from last session?
- Ask about anything else they tried at home: What went well? What didn't go so well?

Review weight change and any other clinical parameters (BP, meds, etc.)

ADVISE:

Being more active can help with weight management. Today we will talk about benefits of being more active:

- Getting active can help you lose weight. The more active you are, the more calories you burn.
- Calories are a measure of energy and come from food and drinks.

Benefits of getting active include:

- Better sleep and mood
- Improved balance and flexibility
- Lower blood pressure and cholesterol
- Lower risk of heart attack and stroke
- Lower stress level
- More energy
- Stronger muscles

ASSESS:

How much physical activity are you getting now? What would it take for you to become more active? What kind of physical activity do you enjoy? How do you plan to increase physical activity?

ADVISE:

Ways to get active include:

- Biking
- Climbing stairs
- Dancing
- Doing yard work
- Hiking
- Jogging
- Jumping rope
- Lifting weights
- Playing soccer
- Stretching
- Swimming
- Using resistance bands
- Walking briskly

AGREE:

Spend the next few minutes making a new action plan using SMART goals.

Ask patient if they want to make any changes to their action plan from the last session, keeping in mind trying to become more active.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

ASSIST:

At home, you can review the handouts that go with this visit.

Things to Try at Home:

- Teo's Story
- Ways to Get Active
- Are You Ready to Get Active? This is an assessment of readiness to participate in physical activity, you can use to assess a patient and decide whether further workup is needed prior to starting to exercise more
- Be Active, Be Safe
- How to Cope with Challenges
- Action Plan - focus on how you plan to increase activity, SMART goals likely reflect this intention.

RETURN in ___ weeks for follow up.

Discuss any referrals you may have made for other care.

SESSION 6: Tracking Your Physical Activity



Session Focus:

Tracking, or self-monitoring, can help people manage their weight. This module provides detailed instruction on how to track activity. Patients will likely have started doing this already, but can do additional discussion and talk about increasing PA this session

Goals:

- Identify the purpose of tracking their activity
- Describe how to track their activity

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant:
What went well? What didn't go so well? How did it go with SMART goals from last session?
- Ask about anything else they tried at home:
What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

Tracking your minutes of activity each day can help you manage your weight and will help you reach the goal of at least 175 minutes of moderate PA per week. Today, we will talk about:

- The purpose of tracking
- How to track your activity
- Finally, you will make a new action plan.

Timing and recording activity:



Ways to time your activity include:

- Watch
- Clock
- Timer
- Fitness tracker (e.g. FitBit)
- Smart phone apps
- Computer apps



Ways to record your activity include:

- Spiral notebook
- Spreadsheet
- Fitness tracker (e.g. FitBit)
- Smart phone apps
- Computer apps
- Voice recording

AGREE:

Make a new action plan using SMART goals.

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about tracking your activity.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ADVISE:

- Track activity of at least a moderate pace— activity that you can talk through, but not sing through. And make sure to include everyday activities, like sweeping the floor briskly and mowing the lawn.
- There may be some days when you write down zero minutes, and that's OK. The key thing is to track everyday if possible. It helps you identify patterns in your physical activity habits.

ASSIST:

Between now and the next session, please read "How to Track Your Activity" and "How to Cope With Challenges". It shows some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

Things to Try at Home:

- Fitness Log
- How to Track Your Activity
- How to Cope With Challenges
- Action Plan

RETURN in ___ weeks for follow up.

SESSION 7: Get Even More Active



Session Focus:

Getting more active can help with weight management. Participants have been increasing their activity so far - this module teaches participants how to increase their activity level even more.

Goals:

- Identify the purpose of getting more active
- Identify some ways to get more active
- Understand how to track more details about their fitness

ASK and ASSESS:

Review Action Plan from previous session:

- Ask the participant: What went well? What didn't go so well? How did it go with SMART goals from last session?
- Ask about anything else they tried at home: What went well? What didn't go so well?
- Review weight change and any other clinical parameters that require follow up.

ADVISE:

You've been doing a great job getting active. Today, we'll talk about how to get even more active. Getting more active can help you manage your weight. Today, we will talk about:

- The purpose of getting more active
- Some ways to get more active
- How to track more details about your fitness

The purpose of getting more active is to help you to reach your fitness goal for this program, but more importantly, to improve your health.

As you know, your goal in this program is to get at least 175 minutes of activity each week. Your pace should be at least moderate. To find out if you're being active at a moderate pace, you can do the Talk Test (you can talk, but not sing, while exercising). But here's the thing: Over time, your heart and lungs get into better shape. So, in order to get the same effect on your breathing, you need to be a little more active each week. Some ways to do this are to increase your pace (for example, walk the same distance but more quickly or cover more distance in the same amount of time).

The other thing you can do is add strength training. Some easy ways to do that are to use resistance bands or simple household items for resistance training. There are some great online resources to help with strength training. Or if you can afford it, you can do yoga or Pilates classes or weight training at a gym.

Here are some examples of online resources, but there are plenty out there!

- <https://www.self.com/story/8-strength-exercises>
- <https://www.youtube.com/watch?v=HIF-UfC8Mb8>
- <https://www.youtube.com/watch?v=Qbv2edgrgvI>

What are some ways to measure your activity? And what are some ways to record your activity?

- <https://www.mynetdiary.com/>
- <https://www.myfitnesspal.com/>
- Wearable devices such as FitBits.

Ask how they plan to track and increase PA.

AGREE:

Make a new action plan using SMART goals

- Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?
- Also keep in mind what we discussed today about further increasing your physical activity and adding strength training.

SMART goals are:

- **Specific:** what someone will do and how and where they will do it
- **Measurable:** how will people know if they've achieved the goal
- **Achievable:** something that the person can realistically attain
- **Relevant:** related to the overall goal
- **Time-bound:** for how long and over what period of time

Remind people to focus on behaviors.

Try to do just a little more than last time.

ASSIST:

Return in ____ weeks for follow-up