

TITLE: Prevent T2 is for You!

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Learn how lifestyle changes to prevent T2 can be incorporated into every day living.

Background Information: T2 stands for type 2 diabetes. Prediabetes is a condition where the blood sugar level in the body is higher than normal, but not high enough to be diagnosed with T2. Recognizing the risk factors for T2 and identifying lifestyle changes that can be risk reducers can help delay the onset of T2 or prevent it altogether!

Target Audience:

EHC Members

Other adults

Objectives:

Participants will be able to define prediabetes and identify indicators for prediabetes.

Participants will be able to name lifestyle changes that can reduce the risk for developing T2.

Participants will identify small changes that can be made in everyday habits to prevent T2.

Major Teaching Points:

According to the World Health Organization (WHO), diabetes is one of four chronic disease that account for more than 70% of deaths worldwide. (The other three diseases are heart disease, cancer, and lung disease). Prediabetes is a growing concern among Americans. In Arkansas, the risk for prediabetes is higher than the national average. Risk factors for T2 include being overweight and being inactive, two areas that can be improved with lifestyle changes. Other risk factors for T2 include age and genetics. Although we can't control our genes or aging, we CAN control lifestyle choices. Four lifestyle choice to Prevent T2 we will talk about today are:

1. Eating well
2. Being active
3. Maintaining a healthy weight
4. Managing stress

Suggested handouts or visual aids:

Recipe Makeover Example

Chair Exercises (www.uaex.edu/publications/pdf/FSFCS71.pdf)

Deep Breathing Exercises “Body Scan” (https://www.uaex.edu/health-living/extension-homemakers/Handout%203_relaxation%20exercises.pdf)

Advanced Preparation:

Prior to teaching the lesson, review the main teaching points and study the handouts. Make copies of handouts that you want to give to attendees.

Discussion/Presenting the Lesson:

Eat well at home and when dining out. Choose smaller portions (lunch-sized entrees are smaller and often less expensive), fill half your plate with fruits and veggies, and try to drink non-calorie beverages most of the time. Modify current recipes, including family favorites, to be healthier. Often small changes, such as decreasing the sugar or fat of a recipe, can provide huge benefits by being lower in calories and fat, while still tasting good. Let’s do a quick recipe makeover together!

Activity:

Recipe makeover: Use the provided handout “Recipe Makeover Example” and follow instructions on handout with the group.

Be active

Think outside the box of traditional “exercise.” Instead, think of unique ways to “be active.” Examples could be walking or marching in place while making phone calls or taking extra steps (long route) to the mailbox or chair exercises during a favorite TV show. Of course traditional “exercise,” such as walking, biking, yoga, swimming are all great choices, too!

Let’s do a few chair exercises now!

Activity:

Select 3-4 exercise from the resource and lead the group in performing the exercise selected.
[https://www.uaex.edu/publications/pdf/FSFCS71.pdf](http://www.uaex.edu/publications/pdf/FSFCS71.pdf)

Maintain a Healthy Weight

The great news here is that eating healthy and being active helps achieve a healthy weight! So the first two lifestyle choices automatically affect choice # 3! Sometimes we may not see quick results, such as “lose 15 pounds in 15 days” but sustained lifestyle changes can pay big dividends over time. For example, research from the Diabetes Prevention Program revealed greater than 50% of adults who **participated** in at least 150 minutes per week of moderate physical activity and maintained healthy weight either delayed the onset of T2 diabetes or prevented T2 altogether!

Manage Stress

Stress affects everyone. Some stress is good, such as motivating a student to prepare for an exam, getting a different job, or becoming a new grandparent. In some instances, stress can actually be a lifesaver, such as when your body prepares to face a threat. Everyone feels stress from time to time. But what exactly is stress and how does it affect our health?

Stress is how the brain and body respond to any demand. Stress is both a physical and emotional reaction and is normal. Although stress affects everyone, not everyone responds to stress in the same way. Stress can cause us to act in unhealthy ways, such as making poor food choices or not being as physically active. If stress occurs over a long period of time or becomes constant or routine, it can harm our health. Over time, prolonged pressure on the body from stress can contribute to serious health problems, including diabetes. If you know someone that already has diabetes, stress can make blood sugars even higher! Learning ways to manage stress can help lessen the effect stress has on our body.

Examples of positive ways to reduce and/or cope with stress:

Relaxation techniques, such as exercise, deep breathing, or listening to music

Get enough sleep, plan ahead, stay connected with others who can provide support

Let’s practice a stress-relieving technique now!

Activity:

Deep Breathing Exercise (Use the “**Body Scan**” activity in the “Relaxation Activities” handout).

https://www.uaex.edu/healthliving/extensionhomemakers/Handout%203_relaxation%20exercises.pdf

For additional resources on managing stress: https://www.uaex.edu/health-living/personal-family-well-being/docs/managing_stress.pdf

Planning for Success:

Extension Homemakers are great planners. From meetings to community programs to county fairs or 4-H events, Extension Homemakers are called upon often to plan and coordinate a successful program. Our health should also be planned for. Simple activities such as planning meals and snacks in advance, looking for opportunities to be active, and being mindful of ways to reduce stress are all ways to plan for a successful, healthy lifestyle.

ASK: What are some ways you could plan for healthy lifestyle changes in your life?

Community Outreach:

Be an advocate in the community for healthy options at potlucks and picnics. Start a walking club. Encourage others to be more active and choose healthy foods.

ASK: What are other areas YOU see in the community that could encourage lifestyle changes for the community?

Summary:

Lifestyle changes, such as maintaining a healthy weight and regular physical activity, are key components to preventing or delaying T2. Everyone can benefit from lifestyle changes.

Evaluation:

Distribute the evaluation form and ask participants to complete it.

References and Resources:

American Diabetes Association. Prevention or delay of type 2 diabetes. Sec 5, in Standards of Medical Care in Diabetes-2017. Diabetes Care 2017;40:S44-47.

Center for Disease Control and Prevention. Diabetes Prevention Program. Standards and Operating Procedures. Retrieved from: www.cdc.gov/diabetes/prevention/recognition.

NIH Publication No. OM 16-4310

Chair Exercises retrieved from <https://www.uaex.edu/publications/pdf/FSFCS71.pdf>

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Stress Resources retrieved from https://www.uaex.edu/health-living/personal-family-well-being/docs/managing_stress.pdf

