



I CAN Prevent Diabetes

Facilitator Training Workshop

Program Title: PLAN FORWARD Coach Certification 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: December 10 – 12, 2007

Hours: 18 hours of continuing professional education

Location: Paul and Sheila Wellstone Community Center, St. Paul, Minnesota

Sponsored by: The Minnesota Department of Health, Minnesota Diabetes Program and Steps to a Healthier Minnesota

Instructors:

- ~ David Marerro, PhD, Professor of Medicine, Director, Diabetes Prevention and Control Center, Indiana University School of Medicine
- ~ Emily Anderson, MA CCRP, Diabetes Prevention Project Coordinator, Diabetes Prevention and Control Center, Indiana University School of Medicine

Objective: This training is designed to certify and prepare coaches to pilot a diabetes intervention beginning in Minnesota in 2008.

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 ½ 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 PLAN FORWARD 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 with instructor and group critique.