



Session 13: Preparing for Long-Term Self-Management

What's Next?

Now that you have reached this stage of the GLB program, you will continue to come to regular sessions but now they will occur bi-weekly and monthly. We will continue to work with you to take charge of your healthy behaviors with an eye toward your increasing independence. It is important that you make every effort to participate in each of these meetings because attendance at these sessions will likely increase your chances for meeting your weight loss and physical activity goals.

Why is it Important to Keep Coming for GLB Support?

As you see your coach less often and you work on reaching and/or maintaining your personal weight and activity goals more and more on your own, you will discover new challenges that you may want to discuss with the group at these scheduled meetings.

We are confident that you will become more skillful in making long-term healthy lifestyle changes with the support, accountability and feedback provided in these sessions during the coming months. In a way, it is like a new driver in training, increasingly taking over the wheel of the car as the driving coach takes a back seat to the whole experience.

Each new meeting will give you a chance to:

- turn in self-monitoring records
- have a check-point for your current weight and physical activity levels
- get support and discuss plans for dealing with your biggest food and activity challenges
- benefit from the experience of your fellow group members
- reinforce all the self-management skills you have already learned
- learn new strategies for long term success

The goal of the GLB program is to provide you with the kind of information, skills and practice for healthy living that will last beyond the end of the program and, indeed, throughout your lifetime.

Does Attendance Matter?

Research has shown that attendance really does matter. Psychologists at the University of Florida* have studied factors related to long-term success in making changes in a behavioral lifestyle intervention program. The researchers concluded that regular participant attendance at group meetings over an extended period of time had a lot to do with personal success in achieving future lifestyle goals.

The participants who came to the most sessions were better at maintaining the necessary behavior changes and had the best weight loss in the final phase of the program. The researchers also found that improving problem solving skills was a key ingredient for success.

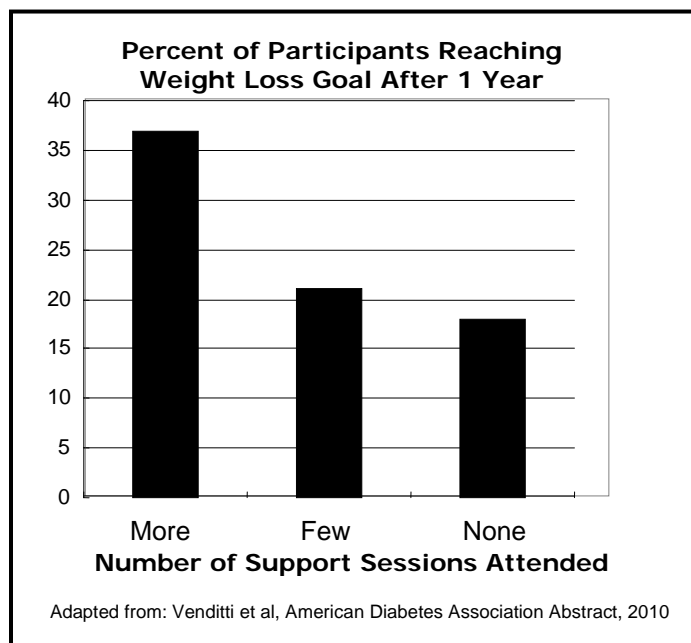
* Perri MG et al, 2001, JCCP. 57, 717-721

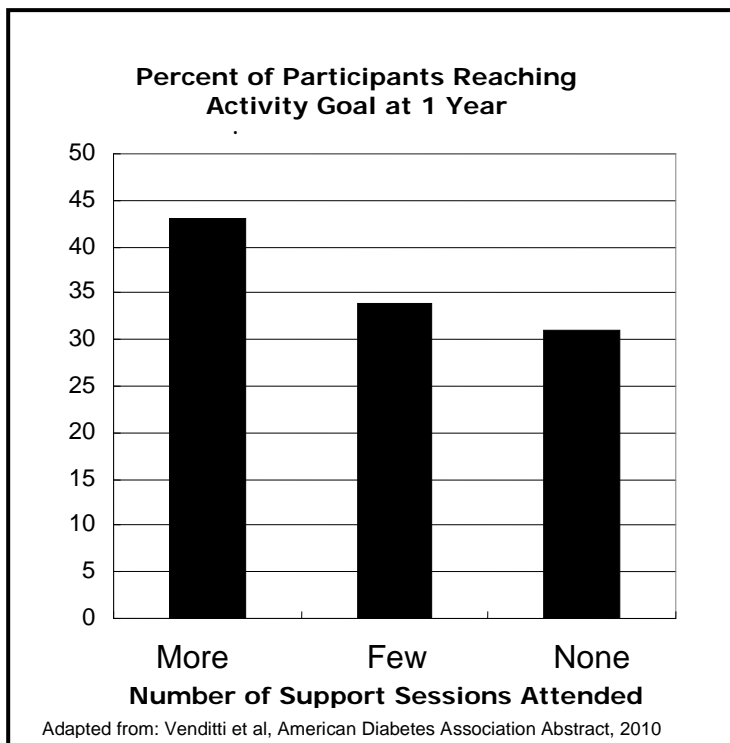
Attendance Mattered in the Diabetes Prevention Program Too

We already know that Diabetes Prevention Program (DPP) lifestyle participants, on average, were successful in reaching their 7% weight loss and 150 minute weekly physical activity goals following their initial core program participation.

However, what do we know about predicting their future healthy lifestyle success? Did attendance at ongoing group sessions offered during the long-term follow-up of the DPP (Diabetes Prevention Program Outcomes Study or DPPOS) matter? Well, see for yourself!

The figure to the right shows that those participants who attended the most group sessions offered throughout the later years in the DPP (DPPOS) were more likely to be at their weight loss goals than those who attended only a few sessions or none at all.





Continuing to participate in lifestyle sessions was also important for achieving long-term physical activity goals. As you can see in the figure to the left, participants who attended the most DPPOS sessions were more likely to be at their physical activity goal at one year, compared with those who attended fewer or none.

*Maintaining your physical activity levels as you go forward in the future is another important factor in long-term healthy lifestyle success. As discussed earlier in session #4, a physically active lifestyle is important to your health and your ability to function properly. In addition, maintaining adequate physical activity levels plays a key role in future weight loss. Research studies have shown that individuals who continued to maintain their physical activity goals tended to maintain a healthier diet and were more successful with their weight loss goals than those who abandoned their physical activity program**.*

**Catenacci and Wyatt. Nature Clinical Practice: Endocrinology & Metabolism. Vol 3, 2007.

The Bottom Line

- Coming to the GLB sessions will improve your chances of meeting (and exceeding) the 7% weight loss and 150 minute weekly physical activity goals.
- The more often you reach your healthy lifestyle goals, the more likely you are to continue meeting those goals in the future.
- In other words, "Nothing breeds success like success."

How Will I Prepare For Long-Term Success?

We will count on you to:

- Keep coming to sessions (and let us know when you can't so we can make a plan for you to get materials)
- Do your best to keep reaching your eating and activity goals. That includes practicing on your own what you have learned at group meetings.
- Keep track of your eating, activity and weight according to the plan you made in Session 12
- Pay close attention to the things in your life that help or hurt your ability to stick to healthy lifestyle behavior change
- Share some of your challenges at the group sessions so that everyone can benefit and work on ways to be more successful
- Keep at it (even when the slope gets slippery)



You can count on us to:

- Continue providing information, tools and coaching support to help you succeed over the long haul
- Believe you can be independent and successful
- Always “hang in there” for you.

Renew Your Commitment.

Based on what we have discussed today, and my desire for long-term success, I commit to attending ongoing GLB sessions. I will work with my lifestyle coach and fellow group members in the ways described above.

Signed: _____ Date: _____

Lifestyle Coach: _____

A Sneak Peak at What's Ahead (The Next Session)



To Do:

The Basics:

- Keep track of your weight.
 - Weigh yourself at home daily or at least once a week at the same time of day.
 - Record your weight in the Keeping Track book.
- Keep track of what you eat, drink, and your physical activity using the Keeping Track book (or preferred self-monitoring record). You may want to use your pedometer and record your steps.
- Be physically active for at least 150 minutes per week. Aim for an average of at least 50,000 steps per week.

Additional Notes:
