



GROUP LIFESTYLE BALANCE™

A Modification of the Diabetes Prevention Program's
Lifestyle Change Program

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A Modification of the Diabetes Prevention Program's
Lifestyle Change Program

Participant Notebook



GROUP LIFESTYLE BALANCE™

A Modification of the Diabetes Prevention Program's Lifestyle Change Program

Your name: _____

Your Lifestyle Coach is: _____

Lifestyle Coach contact information:

Work Address: _____

Phone: _____

E-mail: _____



Session 1: Welcome to the Group Lifestyle Balance™ Program

Be a Good Group Member

A group is like a sports team. By working together, group members can:

- **Support and encourage each other.**
- **Share ideas to solve problems.**
- **Motivate one another.**

Being a good group member is a responsibility to others.

It is also the best way to help YOU be successful.

Ten Ways to Be a Good Group Member

- 1. Do your very best to come to every meeting. This is important even when it's hard to follow the program.**
- 2. Be on time. Call if you can't come.**
- 3. Complete the things you're supposed to do at home.**
- 4. Bring your notebook and Keeping Track to every meeting.**
- 5. Take part in sharing your ideas with other group members.**
- 6. Let everyone have a chance to share. Be careful how much time you spend talking.**
- 7. Be willing to really listen to other people's concerns. Do what you can to show you understand and care. Share what has worked for you.**
- 8. Do not repeat to other people outside of the group anything personal that's talked about in the group.**
- 9. Respect other people's ideas. Avoid putting others down.**
- 10. Stress the good things.**

Remember, "team spirit" helps everyone on the team!



Welcome to the Group Lifestyle Balance™ Program

Remember your purpose

- Why I joined the Group Lifestyle Balance™ Program:

- What I hope to achieve by taking part in the Group Lifestyle Balance Program:

- How healthy eating and being active will help me and/or others:



The Focus of the *Group Lifestyle Balance™* Program

We call our program "Lifestyle Balance" because we will help you reach a healthy balance between two parts of your lifestyle:

1. What you eat.
2. How physically active you are.



Your Lifestyle Balance goals will be to:

1. Lose weight through healthy eating.
2. Be more physically active.

An important study showed that making these lifestyle changes and keeping them up over time can **prevent diabetes** in people like you who are at risk for diabetes.

The study was called the "Diabetes Prevention Program".



The Diabetes Prevention Program (or DPP)

The **Diabetes Prevention Program (or DPP)** was conducted at 27 health centers throughout the United States. The DPP was funded by the National Institutes of Health.

More than 3,000 adults took part in the DPP.

All were at high risk for Type 2 diabetes. This means they had a condition known as “pre-diabetes”. Pre-diabetes is defined as having glucose (blood sugar) levels that are elevated but not high enough to be considered diabetes. People with pre-diabetes can have an elevated fasting glucose or an elevated glucose during an oral glucose tolerance test, or both.

- About half of the study participants were African Americans, Hispanics, American Indians, Asians, or Pacific Islanders. Diabetes is very common in those groups.
- Two out of ten were 60 years old or older, another high-risk group.
- The average starting weight was 207 pounds.

Each person was assigned by chance to one of three groups.

- One group took part in a program to lose weight and be more active.
- One group took metformin, a pill used to treat diabetes.
- One group took a placebo or sugar pill.

The DPP was a great success.

The volunteers were followed for about 3 years.

Taking metformin cut the risk of Type 2 diabetes by 31 percent.

The program to lose weight and be more active was even more successful.

- **Losing 10 to 15 pounds and being moderately active (similar to a brisk walk) for a minimum of 150 minutes per week cut the risk of Type 2 diabetes by 58% (more than half).**
- **For those over 60, it cut the risk by 71% (almost three-quarters).**

As a result of the DPP, many international, national, state, and local groups have begun programs like this one to help people lose weight and be more active.



The Diabetes Prevention Program (or DPP)

The DPP also showed that losing weight and being active can reduce the risk of what's called the "metabolic syndrome".

Someone with the metabolic syndrome has three or more of the following:

- Fat stored largely in the belly (being "apple shaped")
- High triglycerides (a kind of fat in the blood)
- Low HDL cholesterol ("good cholesterol")
- High blood pressure
- High fasting blood glucose (blood sugar)

One of every four American adults has the metabolic syndrome.

Metabolic syndrome increases your risk of:

- Heart attack
- Diabetes
- Stroke
- Kidney problems (if you have heart disease and diabetes)



The DPP lifestyle program reduced the risk of the metabolic syndrome by 41%.

The Group Lifestyle Balance™ Program is designed to help you make lifestyle changes to both prevent diabetes and prevent or treat the metabolic syndrome.



The Diabetes Prevention Program Outcomes Study (or DPPOS)

The landmark DPP study continues. About 88% (2,766 volunteers) of the eligible DPP group joined the DPPOS. This group of adults stuck with the program for more than five additional years.

DPPOS has two main goals.

- Continue to delay and prevent diabetes.
- Prevent diabetes complications such as kidney, eye and nerve problems and heart disease over the long run.

Because lifestyle treatment worked best, all DPP volunteers were invited to participate in a 16-session Lifestyle Balance group program during a bridge period before the DPPOS follow-up.

Then, during the first five years of DPPOS:

- Every participant was invited to four educational sessions per year on a variety of healthy lifestyle topics (HELP).
- The original lifestyle group was offered BOOST sessions (in the fall and the spring of each year) to reinvigorate their behavior change efforts.
- The original metformin group continued to receive metformin pills.





The Diabetes Prevention Program Outcomes Study (or DPPOS)

What are the main findings of the DPPOS?

A committed group of volunteers has been followed for 10 years, on average.

- The original lifestyle group developed diabetes at a rate 34% lower than the people who were in the original placebo group.
- **Lifestyle participants aged 60 and older developed diabetes at a rate 49% lower than those in the placebo group.**
- The original metformin group developed diabetes at a rate 18% lower than those in the placebo group.

How about weight loss?

- Both the lifestyle and metformin groups have demonstrated a 4-5 pound average weight loss since the start of DPP.
- This means there was a regain for the lifestyle group (from a 10 pound weight loss at the end of DPP).
- Nonetheless, there is no other study that shows this amount of weight loss over such a long period of time.

Making and maintaining healthy lifestyle changes can lower risk for diabetes over the long-run.



The Lifestyle Balance Design

The Group Lifestyle Balance™ Program is based on the DPP lifestyle change program. It is also based on many research studies of the best ways to help people change.

In this program we will help you:

- Learn the facts about healthy eating and being active.
- Learn what makes it hard for you to eat healthy and be active.
- Learn how to change these things so they work for you, not against you.



For example, you'll learn how to:

- Be more aware of what you are eating and how to make healthy food choices.
- Find time to be active.
- Ask for what you want when you eat out.
- Keep things around you at home and at work that make it easier for you to be active and eat healthy. Get rid of things that get in your way.
- Stop negative thoughts and replace them with positive ones.
- Get back on your feet again when you slip from your plans for healthy eating and being active.
- Handle stress, social events and other people that make it hard for you to change.



The Lifestyle Balance Goals

1. Lose 7% of your weight through healthy eating.

Your goal will be to weigh
_____ pounds or less.



2. Do 2 ½ hours of brisk, physical activity each week.

Example: Take a brisk walk for 30 minutes on five days of the week.

The Lifestyle Balance goals are safe and can be reached.

We will help you reach the goals by making **gradual, healthy, and reasonable changes** in your eating and activity.



Reaching the Lifestyle Balance Goals:

1. May prevent diabetes.

The Diabetes Prevention Program showed that reaching the same weight loss and physical activity goals reduced the risk of Type 2 diabetes.

2. Will help you look and feel better and be more healthy.

Research has shown that losing weight and being active can:

- Relieve tension, help you relax and sleep.
- Give you more energy, make it easier to get around.
- Lower blood pressure.
- Lower blood levels of LDL ("bad" cholesterol or fat in the blood).
- Raise blood levels of HDL ("good" cholesterol or fat in the blood).

3. Will set a good example for your family, friends, and community.

Changing behavior takes work. We are here to help.
And you can do it!



We Will Work Together as a TEAM

We will count on you to:

- Attend or view the sessions each week and follow your handouts.
- Do your best to reach your eating and activity goals. That includes doing assigned activities to practice what you learn.
- Keep track of your eating and activity 7 days a week. Be honest.
- Keep track of your weight.
- Let your Lifestyle Coach know if you have any problems.
- Stay willing and open to change.

Always "hang in there."



You can count on us to:

- Present accurate facts about healthy eating, physical activity, and weight loss.
- Answer your questions.
- Be honest.
- Believe you can reach your eating and activity goals.
- Always "hang in there" for you.
- Support and help you.

We agree to work together in the ways described above.

Signed: _____ Date: _____

Lifestyle Coach: _____



Group Lifestyle Balance™ Sessions

Month 1	1. Welcome to the GLB Program 2: Be a Fat and Calorie Detective 3: Healthy Eating 4: Move Those Muscles
Month 2	5: Tip the Calorie Balance 6: Take Charge of What's Around You 7: Problem Solving 8: Four Keys to Healthy Eating Out
Month 3	9: Slippery Slope of Lifestyle Change 10: Jump Start Your Activity Plan 11: Make Social Cues Work for You 12: Ways to Stay Motivated
Month 4	13. Long-Term Self-Management 14: More Volume, Fewer Calories
Month 5	15: Balance Your Thoughts
Month 6	16: Strengthen Your Exercise Program
Month 7	17: Mindful Eating
Month 8	18: Stress and Time Management
Month 9	19: Standing Up for Your Health
Month 10	20: Heart Health
Month 11	21: Stretching: The Truth About Flexibility
Month 12	22: Looking Back and Looking Forward



Recommended Weight Loss

Minimum Recommended Weight for Height

If you want to lose more than 7% of your starting weight, we encourage you to do so. However, we recommend that you remain at or above the weight given below for your height, based on a BMI of 21kg/m².

Height (in.)	Weight (lb.)
48	69
49	72
50	75
51	78
52	81
53	84
54	87
55	90
56	94
57	97
58	100
59	104
60	108
61	111
62	115
63	119
64	122
65	126
66	130
67	134
68	138
69	142
70	146
71	151
72	155
73	159
74	164
75	168
76	173
77	177
78	182
79	186
80	191



Goal Weights

Goal Weights for the Group Lifestyle Balance Program

Starting Weight	Pounds to Lose	Goal Weight
120	8	112
121	8	113
122	9	113
123	9	114
124	9	115
125	9	116
126	9	117
127	9	118
128	9	119
129	9	120
130	9	121
131	9	122
132	9	123
133	9	124
134	9	125
135	9	126
136	10	126
137	10	127
138	10	128
139	10	129
140	10	130
141	10	131
142	10	132
143	10	133
144	10	134
145	10	135
146	10	136
147	10	137
148	10	138

Starting Weight	Pounds to Lose	Goal Weight
149	10	139
150	11	139
151	11	140
152	11	141
153	11	142
154	11	143
155	11	144
156	11	145
157	11	146
158	11	147
159	11	148
160	11	149
161	11	150
162	11	151
163	11	152
164	11	153
165	12	153
166	12	154
167	12	155
168	12	156
169	12	157
170	12	158
171	12	159
172	12	160
173	12	161
174	12	162
175	12	163
176	12	164
177	12	165
178	12	166
179	13	166
180	13	167
181	13	168
182	13	169
183	13	170
184	13	171
185	13	172

Starting Weight	Pounds to Lose	Goal Weight
186	13	173
187	13	174
188	13	175
189	13	176
190	13	177
191	13	178
192	13	179
193	14	179
194	14	180
195	14	181
196	14	182
197	14	183
198	14	184
199	14	185
200	14	186
201	14	187
202	14	188
203	14	189
204	14	190
205	14	191
206	14	192
207	14	193
208	15	193
209	15	194
210	15	195
211	15	196
212	15	197
213	15	198
214	15	199
215	15	200
216	15	201
217	15	202
218	15	203
219	15	204
220	15	205
221	15	206
222	16	206

Starting Weight	Pounds to Lose	Goal Weight
223	16	207
224	16	208
225	16	209
226	16	210
227	16	211
228	16	212
229	16	213
230	16	214
231	16	215
232	16	216
233	16	217
234	16	218
235	16	219
236	17	219
237	17	220
238	17	221
239	17	222
240	17	223
241	17	224
242	17	225
243	17	226
244	17	227
245	17	228
246	17	229
247	17	230
248	17	231
249	17	232
250	18	232
251	18	233
252	18	234
253	18	235
254	18	236
255	18	237
256	18	238
257	18	239
258	18	240
259	18	241

Starting Weight	Pounds to Lose	Goal Weight
260	18	242
261	18	243
262	18	244
263	18	245
264	18	246
265	19	246
266	19	247
267	19	248
268	19	249
269	19	250
270	19	251
271	19	252
272	19	253
273	19	254
274	19	255
275	19	256
276	19	257
277	19	258
278	19	259
279	20	259
280	20	260
281	20	261
282	20	262
283	20	263
284	20	264
285	20	265
286	20	266
287	20	267
288	20	268
289	20	269
290	20	270
291	20	271
292	20	272
293	21	272
294	21	273
295	21	274
296	21	275

Starting Weight	Pounds to Lose	Goal Weight
297	21	276
298	21	277
299	21	278
300	21	279
301	21	280
302	21	281
303	21	282
304	21	283
305	21	284
306	21	285
307	21	286
308	22	286
309	22	287
310	22	288
311	22	289
312	22	290
313	22	291
314	22	292
315	22	293
316	22	294
317	22	295
318	22	296
319	22	297
320	22	298
321	22	299
322	23	299
323	23	300
324	23	301
325	23	302
326	23	303
327	23	304
328	23	305
329	23	306
330	23	307

Starting Weight	Pounds to Lose	Goal Weight
331	23	308
332	23	309
333	23	310
334	23	311
335	23	312
336	24	312
337	24	313
338	24	314
339	24	315
340	24	316
341	24	317
342	24	318
343	24	319
344	24	320
345	24	321
346	24	322
347	24	323
348	24	324
349	24	325
350	25	325
351	25	326
352	25	327
353	25	328
354	25	329
355	25	330
356	25	331
357	25	332
358	25	333
359	25	334
360	25	335
361	25	336
362	25	337
363	25	338
364	25	339



Getting Started Losing Weight

To help you **lose weight**, our goal is to help you eat a **healthy diet**.

Healthy eating involves eating **less fat and fewer calories**.

- Eating too much fat is fattening (makes us fat) and is related to heart disease, diabetes and other health problems.
- Eating too many calories from any type of food is also fattening.



The first step to eating less fat and fewer calories is to figure out how much fat and calories you are eating *now*.



Write down everything you eat and drink every day.

It's the **MOST IMPORTANT** part of changing your behavior.

Spelling IS NOT important. What IS important is to:

- Be honest (write down what you really eat).
- Be accurate (measure portions, read labels).
- Be complete (include everything).

Being aware of what you eat is the first step toward change.



To do:

I will:

- Write down my 7% weight loss goal: _____ pounds
- Keep track of my weight.
 - Weigh myself at home at least once a week.
 - Record my weight on the back of the Keeping Track book.
- Write down everything I eat and drink every day.

Include:

 - Time.
 - Amount and the name of the food and a description.
 - **Skip the fat, calorie and activity columns.**
 - Use one line for each food.
- Buy a set of measuring cups and spoons for next week (if you don't already have them).
- Have my Keeping Track book and notebook available for next week's session.

