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## **Frequently Asked Questions**

National Diabetes Prevention Program: September 2019

### **What do the PreventT2 classes involve?**

The National Diabetes Prevention Program focuses on supporting you while you make changes in eating, physical activity, and stress management. As the class progress, participants work on their personal goals. To help keep you on track, we work on keeping up each other's motivation, supporting problem-solving, and helping each other. Most people aim to lose 5-7% of their weight.

Each class has a specific theme. For example, we focus on healthy cooking and shopping during one class; another class focuses on heart health; others focus on topics like stress management. The group and facilitator will select a few classes at the end of the year most relevant to their needs.

### **Who runs the class?**

Stephanie Bostic, PhD, RD facilitates the group. She is a registered dietitian with a doctorate in community nutrition. She took additional training classes so she could teach the PreventT2 curriculum well.

The class curriculum was developed by the CDC. Extra optional activities may include non-curriculum materials (such as a grocery store tour or a cooking class).

### **How long is it?**

There are 23 classes over 12 months. Each class is 60 minutes. Before class, you'll report your physical activity and jump on a scale so we can track your progress. Each group is offered a couple of optional activities during the 12 months to keep it fun.

### **What if I can't make it to every class?**

You're not expected to attend every class, but people who attend all of them generally find they get to their goals more easily. People who attend enough classes get a certificate of completion—we'll talk about the details during the first session!

Each person is able to make up some classes by meeting with Stephanie on a day when there are no classes.

### **Who can join?**

People with a high risk of developing diabetes or people who had specific blood tests showing prediabetes (elevated fasting blood sugar or elevated HbA1c). This is for the prevention of diabetes, so people who already have diabetes can't join.

### **What means someone has a high risk of developing diabetes?**

- Having high blood pressure
- Having had diabetes during pregnancy (gestational diabetes)
- Being overweight
- Having a close relative who has diabetes

There are other risk factors, but these are some common ones.

To take a quiz about your risk, click here:

<https://www.cdc.gov/prediabetes/takethetest/>

### **I'm not fit so I'm afraid a class focused on physical activity wouldn't work for me.**

This class recognizes that we all have a starting point—and the aim is to carefully reach for a target! Each person starts with small steps appropriate for them.

While everyone has a goal of 150 minutes of activity each week, you can meet that in different ways.

Here are some examples of different activities:

- Walking around the house for five minutes
- Walking in a pool for ten minutes
- Stationary cycling for five minutes
- Lifting weights for 15 minutes
- Doing yoga or Pilates for 30 minutes

- Taking an aerobics class in a pool
- Walking on a rail trail or in the mall

### **How much weight will I lose?**

That depends on your situation—some people lose 10 pounds, other people lose 30 pounds. That doesn't sound like much, but just 5% is enough to change your future health—for the better!

The goal with this program is to help you keep it off for the future, so you avoid the experience of re-gaining weight that many people have with popular diets.

### **What makes this different from other programs?**

This is a nationally recognized curriculum that is proven to prevent diabetes in 50-70% of participants. Many people are also able to stop medications for other conditions, like high blood pressure or high cholesterol, after talking to their doctor. This saves you money and time!

Those are facts—the numbers, the financial reasons—but PreventT2 means more than that. The “comprehensive lifestyle change” part means it is focused on your overall mental and social well-being, not just counting calories and steps. It's not a cookie-cutter approach to your life.

You're reading this because you are concerned about your future health—and this program gives you the tools you take your health back into your own hands, for life. So you can enjoy your future, at your best.

### **How large are the groups?**

The group sizes vary. The smallest class size is five people while the largest class size is 12 people. The room size may limit group numbers for some sessions.

### **Are there any money-back guarantees?**

There are no guarantees. However, one benefit of taking this program through Balance: Food and Nutrition is Stephanie offers bonus incentives. People who attend the first eight sessions receive a 30-minute free individual nutrition consultation with her.

Many people choose to use this bonus after they finish the program as a “tune-up”, but if you are struggling earlier in the program, that may be one extra way to help you achieve your goals. Stephanie also answers some general questions in a closed Facebook group for group participants.

**Is there a payment plan available?**

Yes! One payment plan is available. If you enroll after August 15, the initial deposit is \$220.

July 1-July 30: \$119

August 15: \$120

September 15: \$110

October 15: \$100

If you make a deposit and elect to withdraw from the program before it starts, there is a \$25 processing fee until August 24. No refunds are available after August 24.

**I want to sign up!**

You can call Stephanie at 304-377-9357.

**What if I think this a perfect for a friend or family member?**

Pass on this FAQ and/or call Stephanie to get an information packet you can share. Unfortunately, gift certificates are not available for this program.

However, gift certificates for individual nutrition counseling sessions are available.

## CMHA GROUP SCHEDULE: 2019-2020

Wednesdays, 4:30-5:30 pm\*

\*a second session may be added if needed

*This schedule is subject to minor changes and updates. All cancellations and rescheduled dates due to weather or facilitator illness will be sent by secure messaging, announced on Facebook, and confirmed by phone calls.*

<b>Session</b>	<b>Date</b>	<b>Session Topic</b>
1	September 4, 2019	Introduction to the Program
2	September 11, 2019	Get Active to Prevent T2
3	September 18, 2019	Track Your Activity
4	September 25, 2019	Eat Well to Prevent T2
5	October 2, 2019	Track Your Food
6	October 9, 2019	Get More Active
7	October 16, 2019	Shop and Cook to Prevent T2
8	October 23, 2019	Manage Stress
9	November 6, 2019	Burn More Calories than You Take In
10	November 14, 2019	Take a Fitness Break
11	November 20, 2019	Cope with Triggers
12	December 11, 2019	Find Time for Fitness
13	December 18, 2019	Manage Stress
14	January 8, 2020	Take Charge of Your Thoughts
15	January 22, 2020	Eat Well Away from Home
16	February 5, 2020	Get Support
17	February 19, 2020	Stay Motivated to Prevent T2
18	March 4, 2020	Have Healthy Food You Enjoy
	March 18, 2020	<i>Weather Cancellation Make-up</i>
19	April 1, 2020	Group Choice #1
20	May 6, 2020	Get Enough Sleep
21	June 3, 2020	Group Choice #2
22	July 1, 2020	Get Back on Track
23	August 5, 2020	Prevent T2—for Life!
24	TBD	Celebratory Outing!