

At risk of type 2 diabetes brief intervention

- This is short, structured sessions that seek to motivate and support an individual to plan changes in their lifestyle to reduce risk of developing type 2 diabetes.
- Sessions can be flexible depending on the needs of the individual and can take up to 20-30 minutes.
- The intervention will typically last for a period of 8 weeks, but may vary depending on individual needs.

Main outcomes of the intervention:

- ★ Increased awareness and knowledge of type 2 diabetes and ways to reduce risk
- ★ Positive lifestyle change and self-management / coping skills
- ★ To feel empowered and motivated to take control of own decisions and actions
- ★ Equipped with necessary skills to continue with lifestyle changes for good
- ★ Raised awareness of self-help resources / support

The brief intervention sessions involve:

- Discussing lifestyle change and completing lifestyle diary
- Making healthier eating choices and setting food goals
- Ways to increase daily physical activity and setting goals
- Relapse prevention and helpful ways to cope
- Maintaining changes for good and forward planning



Brief intervention timeline overview

