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.
- Each session will take between 30-40 minutes.
- The intervention will typically last for a period of 12 weeks, but may vary depending on individual needs.

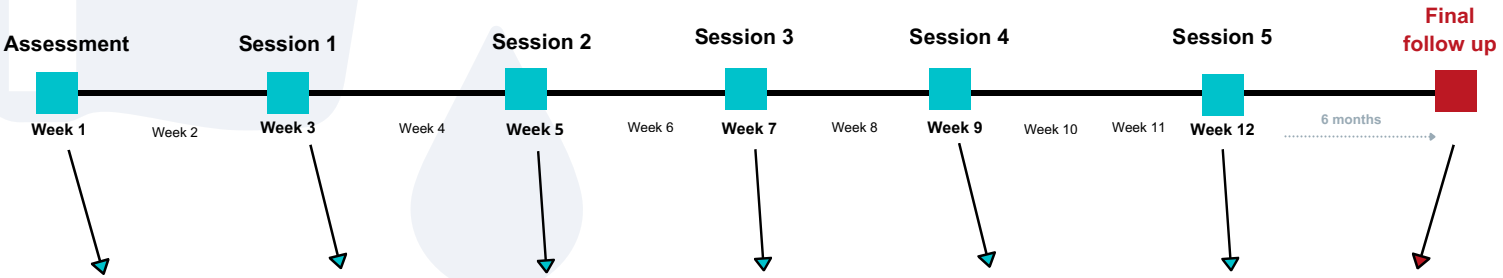
The brief intervention sessions involve:

- 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

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

Brief intervention timeline overview



Initial session
- Discuss current and desired lifestyle
- Discuss motivations
- Assess readiness (importance/ confidence)
- Identify barriers and solutions
- Prompt self monitoring

Healthy eating
- Review lifestyle diary
- Provide general healthy eating advice
  - Eatwell Guide
  - Portion sizes
  - Hunger/ fullness
- Set goals around diet and eating habits

Physical activity
- Review goals
- Discuss successes and challenges
- Assess current physical activity levels
- Discuss recommended physical activity guidelines and benefits
- Set physical activity goals
- Prompt self monitoring

Alcohol, sleep & stress
- Review goals
- Discuss successes and challenges
- Discuss alcohol advice
- Explore current habits around sleep & stress management
- Set goals where relevant

Relapse prevention
- Review goals
- Discuss successes and challenges
- Set new goals or amend current ones
- Discuss coping with lapses and relapse prevention
- Discuss negative thinking styles (if appropriate)

Maintenance
- Reflect on changes
- Discuss successes and challenges
- Discuss maintaining changes
- Discuss future goals
- Review skills
- Review "Know Your Risk" Score

Final follow up
- Review changes made
- Discuss successes and challenges
- Take measurements and review "Know Your Risk" Score
- Highlight tools
- Signpost if appropriate