

# Discovery Session for the National Diabetes Prevention Program's Lifestyle Change Program

## Facilitator's Guide for In-Person Sessions

About 96 million adults living in the United States have prediabetes, and most of them don't know it.<sup>1</sup> The Centers for Disease Control and Prevention's (CDC) Division of Diabetes Translation (DDT) is committed to preventing or delaying type 2 diabetes among people with prediabetes through the National Diabetes Prevention Program (National DPP).<sup>2</sup>

The Discovery Session is a 60-minute introductory session (also known as Session Zero) designed to help you recruit and enroll participants into your National DPP lifestyle change program.

The Discovery Session facilitator should be someone who knows the program well. It can be the Lifestyle Coach who will lead the lifestyle change program classes, your program manager, or a past participant.

### How to Use This Guide

This *Facilitator's Guide for In-Person Sessions* provides step-by-step instructions for conducting Discovery Sessions in person. It provides:

- Information about how to prepare and conduct sessions in person.
- Estimated times for each section of the Discovery Session agenda.
- A list of steps to help you prepare for and facilitate a successful session.
- A list of supporting materials (Appendices A–I).



### The Discovery Session:

- Provides an overview of the National DPP lifestyle change program.
- Explains how participants can improve their health by using the lifestyle change program's proven behavioral strategies.
- Establishes a social connection with the Lifestyle Coach and other participants.
- Helps participants understand their ability to successfully improve their health.
- Helps participants identify healthy lifestyle skills that can be used right away.
- Encourages people who are at risk of developing type 2 diabetes to enroll in the lifestyle change program.



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National Center for Chronic Disease Prevention and Health Promotion

# Discovery Session Agenda

The Discovery Session has three parts, which are outlined below. Part 2 has separate segments that focus on different content and activities to make it more manageable. The estimated times are suggestions meant to help you stay within the 1-hour time frame. However, do what works best for your program. Changes to estimated times may depend on the size of your class and other factors that are unique to your group.

Discovery Session Agenda	Estimated Time (minutes)
Part 1: Attendee Welcome	<b>8 minutes</b>
Part 2: Presentation and Discovery Session Activities	<b>45 minutes</b>
Introduce the Session	5 minutes
Highlight the Goals	1 minute
Lead the Values Affirmation Activity	7 minutes
Describe Type 2 Diabetes	3 minutes
Describe Prediabetes	3 minutes
Describe the National DPP and Your Lifestyle Change Program Classes	8 minutes
Lead the Participant Testimonial or Show Video Testimonials	8 minutes
Lead the Collaborative Commitment Activity	8 minutes
Discuss the Next Step for Enrolling and Answer Questions	2 minutes
Part 3: Session Wrap-Up and Enrollment	<b>7 minutes</b>
Total Time	<b>60 minutes</b>

# Steps to Prepare for and Facilitate the Discovery Session

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These 6 steps will help you prepare for and facilitate the Discovery Session. All of the materials you need are hyperlinked here and in the [Discovery Session Facilitator's Script \(Appendix A\)](#).

NOTE: You do not have to do steps 1–4 in the order they are listed here. You can decide on the best approach before the session starts.

**STEP 1**—Send an email about the Discovery Session to potential attendees using the [Discovery Session Informational Email Template \(Appendix B\)](#). You will only need to add information about your organization and details such as the location, time, and date of the session.

**STEP 2**—Review the [Discovery Session PowerPoint Presentation \(Appendix C\)](#). You will use these slides in your session. You will need to customize them with information about your organization and lifestyle change program.

**STEP 3**—Use the [Discovery Session Facilitator's Script \(Appendix A\)](#) to tailor the actions and facilitator notes to fit your presentation style and the needs of your attendees.

This document explains the actions you will need to take during the session. It also provides suggested language to use during the session and lists the materials you will need for each part and segment of the session.

**STEP 4**—Use the [Discovery Session Checklist of Tasks \(Appendix D\)](#) before you start your session. This will help you be better prepared and identify additional tasks that might need to be done before the session.

**STEP 5**—After you complete steps 1–4, you should be ready to facilitate the Discovery Session. Other materials you will need are listed in the next section (Appendices E–H).

If multiple staff members or past participants will be helping you, consider setting up a practice call or session.

**STEP 6**—Use the [Lifestyle Change Program Session One Reminders and Notifications \(Appendix I\)](#) document to follow-up with your attendees about Session One of your lifestyle change program.

# Materials and Resources

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All of the materials you will need to facilitate a Discovery Session are available online. See the list of these materials below.

## Supporting Materials

- [Appendix A: Discovery Session Facilitator's Script](#)
- [Appendix B: Discovery Session Informational Email Template](#)
- [Appendix C: Discovery Session PowerPoint Presentation](#)
- [Appendix D: Discovery Session Checklist of Tasks](#)
- [Appendix E: Discovery Session Values Affirmation Worksheet](#)
- [Appendix F: Discovery Session Follow-up Email Template](#)
- [Appendix G: Lifestyle Change Program Enrollment Form](#)
- [Appendix H: Lifestyle Change Program Enrollment Checklist for Attendees](#)
- [Appendix I: Lifestyle Change Program Session One Reminders and Notifications](#)

## Additional Resources

**Webinar:** [You Had Me at My Best Life: New Resources to Foster Meaningful Conversations in National DPP Session Zero.](#)

In this webinar, CDC experts introduce a new suite of materials for supporting the Discovery Session designed to help you recruit and enroll participants into your National DPP lifestyle change program. Experts also present learnings from organizations currently using Session Zero and share the overall conceptual framework that was used to create the new Discovery Session Resources. Finally, a National DPP Lifestyle Coach shares their insights and experiences using CDC's Discovery Session resources, and a diabetes self-management education and support (DSMES) services expert discusses how these concepts and strategies might be applied to DSMES.

This webinar offers free continuing education credits for Certified Nurse Educator (CNE), Certified Health Education Specialist (CHES), Certified Public Health (CPH), and International Association for Continuing Education Training (IACET).

## References

1. Centers for Disease Control and Prevention. Prediabetes—Your Chance to Prevent Type 2 Diabetes. Accessed May 19, 2021. <https://www.cdc.gov/diabetes/basics/prediabetes.html>
2. Centers for Disease Control and Prevention. National Diabetes Prevention Program. Accessed May 19, 2021. <https://www.cdc.gov/diabetes/prevention/lifestyle-change.html>
3. Hale J, Grenny J. How to get people to actually participate in virtual meetings. Harvard Business Review. 2020. Accessed June 10, 2021. <https://hbr.org/2020/03/how-to-get-people-to-actually-participate-in-virtual-meetings>

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