

Q: When will the Toolkit be available?

A: The Toolkit will be available Friday, April 1, 2016. You may access the forms at:
<http://communityclinicalconnections.com/ODHDSP/index.php>

Q: Is the username and password provided in the slide deck accurate for us to use?

A: Yes. Both are accurate lifestyle coaches statewide, regardless of regional association.

User Name: **ODHDSP**

Password: **ODHDSP_Regions**

Q: Are you going to update the one-pager on the ODHDSP portal?

A: The one-pager that is currently on the ODHDSP portal will remain. We will be adding the new one as it offer specific information to a potential participant as opposed to a large scale overview.

Q: Does Wake Forest submit our data to CDC?

A: The Wake Forest Database will not automatically submit your data to CDC, but you will be able to export .csv file from the database. Due to the way that CDC requires data submission, only an approved individual from the site with “pending recognition” can upload the data file on the CDC website.

Q: Where can we obtain the Prevent T2 Curriculum?

A: You may download the curriculum here: <http://www.cdc.gov/diabetes/prevention/lifestyle-program/curriculum.html>

Q: Can the Prevent T2 Curriculum be ordered?

A: CDC does not have a single PDF of the full curriculum. The Prevent T2 curriculum was designed with flexibility in mind so that specific delivery organizations can shift the order of modules as needed to best serve their participants. Please e-mail dprpAsk@cdc.gov to determine if the curriculum maybe ordered.

Q: Did the participant workbooks change with new curriculum.

A: Yes. Both the Facilitator Guide and the participant workbooks have been updated with a new look and content.

Q: The new curriculum doesn't seem to use the Food and Activity Trackers. Can we still use those?

A: The new Prevent T2 curriculum does use the Food and Activity Trackers, but they are broken down into two separate trackers. You may continue to use the Food and Activity Trackers if that works with your group. Below are materials and handouts from the new Prevent T2 Curriculum that may be useful:

[Lifestyle Coach Log](#)

Use the lifestyle coaches log to record participants' data for each session.

[Fitness Log](#)

Participants must use their Fitness Log each day to track their minutes of activity (starting after the Track Your Activity module). The activity must be of at least a moderate pace. Participants must show their Fitness Log at the start of each session.

[Food Log](#)

Participants are encouraged to use their Food Log to track their eating (starting after the Track Your Food module).

[Weight Log](#)

At each session, weigh participants in private and tell them how much they weigh. Participants must record this number in their Weight Log.

[Action Plan Journal](#)

Participants are encouraged to make a new action plan during each session and to try it at home.

Other Materials:

[Program Meeting Schedule](#) - Program meeting schedule for participants

[Quick Guide](#) - Tips to reach and stay at a healthy weight

[Ready, Set, Quit!](#) - Tips for how to quit smoking

[To Learn More](#) - A list of resources for preventing type 2 diabetes

[Certificate of Completion](#) - May be given to participants at the last session

Q: When should we start using the new curriculum?

A: If you were trained in the National Diabetes Prevention Program (NDPP) curriculum (i.e.: AADE, DTTAC, State of Wellness) and are currently facilitating classes, continue with the curriculum you are using. When you start a new class, begin using the new curriculum. If you are planning to start a new class or cohort, you should begin using the Prevent T2 Curriculum. If you were trained in a curriculum other than NDPP, you will continue using that curriculum (i.e. HELP-PD).

Q: We are still our site recognition with DPRP is still “pending”, is there a way to notate which curriculum we used for each cohort when we switch to the Prevent T2 Curriculum?

A: Because the old curriculum and the new curriculum require that the same information is collected at each session, it is not necessary to note which curriculum is being used. They both are NDPP curriculums the new one is just an updated version of the old one.

Q: Where can I find our more information about the new Prevent T2 Curriculum?

A: You may visit <http://www.cdc.gov/diabetes/prevention/lifestyle-program/t2/t2faq.html> to review the frequently asked questions document or you may email dprpAsk@cdc.gov with specific questions about the curriculum. You may also contact the State Diabetes Prevention Specialist – Sharon Davis at sharon.r.davs@dhhs.nc.gov.