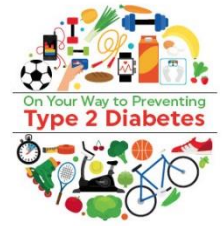


Diabetes Prevention Program: Considerations for Readiness

Please select the statements below that best describe you. You do not need to submit this form to participate. Your responses are for you to understand your current readiness for committing to a year of making progress towards the healthy lifestyle changes and completing Diabetes Prevention Program sessions and activities.



Please select the statement that best describes your current eating habits. Eating healthy can be described as eating smaller portions, choosing low-fat options, or adding more fruits and vegetables to your lifestyle on a daily basis.

- 1) I have not been eating healthy and I do not intend on changing my eating habits in the near future.
- 2) I intend to eat healthier in the next six months.
- 3) I intend to eat healthier in the next month.
- 4) I have been eating healthier in the last six months.
- 5) I have been eating healthy for more than six months.

Please select the statement that best describes your current level of physical activity. Being physically active means doing activities such as walking, playing sports, cycling, or dancing for at least 20 minutes, 3-5 times per week.

- 1) I am not physically active now, and I do not plan to do any physical activity in the near future.
- 2) I am not physically active now, but I am thinking about being more active.
- 3) I am preparing to do more activity and intend to start in the next month.
- 4) I have been physically active for less than six months.
- 5) I have been physically active for more than six months.

Please select the statement that best describes your current level of stress management. Tools for stress management may include relaxation activities such as meditation, reading, deep breathing, yoga, exercise, or connecting with family and friends.

- 1) I have not been doing using any tools for stress management, and I do not intend to change my stress management habits in the near future.
- 2) I intend to use stress management tools in the next six months.
- 3) I intend to use stress management tools in the next month.
- 4) I have been using stress management tools in the last six months.
- 5) I have been using stress management tools for more than six months.

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Please select the statement that best describes your current readiness for attending weekly and biweekly live DPP sessions for one year. Participants who attend most of the sessions tend to be more successful. Participants must attend at least 13 of 20 sessions in months 1-6 and 4 of 12 sessions in months 7-12.

- 1) I am not ready to attend weekly and biweekly DPP sessions, and I do not plan to be ready in the near future.
- 2) I intend to be ready to attend weekly and biweekly DPP sessions in the next six months.
- 3) I intend to be ready to attend weekly and biweekly DPP sessions in the next month.
- 4) I am ready to attend weekly and biweekly DPP sessions now and have been for the last six months.
- 5) I am ready to attend weekly and biweekly DPP sessions now and have been attending other lifestyle change programs/sessions for the past 6 months.

Please select the statement that best describes your current readiness to track your weight, food intake, and physical activity minutes weekly for one year. Participants must submit their weight and physical activity minutes weekly and track their nutrition and food intake. Participants who track are more likely to be successful.

- 1) I have not been tracking my weight, food intake, and physical activity minutes now, and I do not plan to track these in the near future.
- 2) I intend to track my weight, food intake, and physical activity minutes in the next six months.
- 3) I intend to track my weight, food intake, and physical activity minutes in the next month.
- 4) I have been tracking my weight, food intake, and physical activity minutes in the last six months.
- 5) I have been tracking my weight, food intake, and physical activity for more than six months.

Please select the statement that best describes your current readiness to set small weekly goals for lifestyle change. Participants who set small weekly goals throughout the program are more likely to be successful. This includes documenting specific behavioral goals (eating more fruits and vegetables, increasing exercise, etc.), how you will achieve them, and coming up with solutions to work around challenges and barriers.

- 1) I have not been setting small goals for lifestyle change now, and I do not plan to in the near future.
- 2) I intend to set small goals for lifestyle change in the next six months.
- 3) I intend to set small goals for lifestyle change in the next month.
- 4) I have been setting small goals for lifestyle change in the last six months.
- 5) I have been setting small goals for lifestyle change for more than six months.

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What motivates you to participate in lifestyle change?

On a scale of 1-10, how confident are you in your readiness to make lifestyle changes? 1 = not confident. 10 = very

What might help you improve your confidence?

What are some challenges or barriers that you might face in your effort to make lifestyle changes?

If you selected answers 3, 4 or 5 on most of the questions above, this means you likely have a higher readiness for joining the program. If you feel confident that you are ready to commit to action in these areas, we encourage you to sign up for an info session.

If you are unsure, we encourage you to meet with a [Health Coach](#) to discuss options and assess if DPP is right for you. If you don't feel ready right now, that is okay; you'll be more successful in this program when you have a high confidence in your ability to make changes. Consider meeting with a Health Coach to work with you individually to develop a plan to improve your health without feeling overwhelmed.

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