

Health Center Professional Development Program

## Lifestyle Coach Training

**When: May 2-May 30, 2024**

**Introduction:** The NACHC Quality Center is excited to offer Lifestyle Coach Training as a course offering in the Spring 2024 Health Center Professional Development Program. NACHC recognizes the importance of offering lifestyle coaching training opportunities to health centers for improved type 2 diabetes patient care and health outcomes. More specifically, these training courses help to achieve the Quintuple Aim: improved health outcomes, improved patient experiences, improved staff experiences, reduced costs, and equity.

**Course Description:** This course provides foundational skills for health center staff to facilitate the Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program and PreventT2 lifestyle change program.

**Who Should Apply:** Health center staff with some knowledge of the National Diabetes Prevention Program who are interested in facilitating a PreventT2 lifestyle change program.

**Instructors:** An Association of Diabetes Care and Education Specialists (ADCES) Master Lifestyle Coach trainer.

**20 seats  
available -  
Apply today  
for the  
opportunity to  
be accepted!**

### Course Objectives:

- Describe the evidence base of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)-sponsored Diabetes Prevention Program Study.
- Identify key strategies used to translate the DPP Study into the National DPP and PreventT2, a CDC-recognized lifestyle change curriculum.
- Define the role of a lifestyle coach for CDC-recognized lifestyle change programs, comparing the lifestyle coach with other diabetes education professionals.
- Utilize case studies of eligible and ineligible participants, describe participant eligibility criteria for the National DPP.
- Describe participant outcomes for the National DPP, identifying how program structure, content, and activities, such as tracking and action planning, support the achievement of those outcomes.
- Review PreventT2 materials, including the participant's guide and the lifestyle coach training guide, to understand how program content supports skill building, self-monitoring, and psychosocial development.
- Diagram the core sessions (1-16) of PreventT2 to determine learning objectives, major concepts, major activities, and action planning guidance.
- Illustrate lifestyle coaching strategies to activate program content within group sessions.

*Course information continues on page 2*

Health Center Professional Development Program: Lifestyle Coach Training

**Training includes:**

- 8-10 hours of online courses (8 modules) participants complete on their own
- 5 virtual training sessions (90 minutes each)
- Feedback and guidance from a Master Lifestyle Coach trainer
- Completion of 10 hours of interactive training with the Master Trainer is required to receive a ADCES Lifestyle Coach PreventT2 Lifestyle Change Program badge

Course Schedule	2024 Dates	Time (ET)
Kick-Off Session	May 2, 2024	12 – 1:30 pm
Session #2	May 9, 2024	12 – 1:30 pm
Session #3	May 16, 2024	12 – 1:30 pm
Session #4	May 23, 2024	12 – 1:30 pm
Closing Session	May 30, 2024	12 – 1:30 pm

**Questions?**

Please contact us at: [qualitycenter@nachc.org](mailto:qualitycenter@nachc.org)

- Review and practice group facilitation techniques that build trust, increase participation, and encourage positive health behavior change.
- Practice group facilitation techniques, lifestyle coaching strategies, and understanding of program content through role-playing activities, i.e., teach-backs.
- Describe the core maintenance sessions (17-26) of PreventT2 to determine learning objectives, major concepts, and key materials.
- Discuss key strategies to increase participant readiness, engagement, and retention across the 12-month CDC-recognized lifestyle change program.
- Identify best practices in reviewing food and physical activity tracking logs, action plans, and other participant materials.
- Explain how programs can meet the National Diabetes Prevention Program Recognition Standards to achieve full recognition.
- Describe the national landscape of the diabetes prevention program, especially as it relates to coverage by Medicare, Medicaid, and commercial payers.

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**For more information and to apply, click [here](#).**

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