

Type 2 Diabetes Weight Management Workmat

Additional Materials

The Type 2 Diabetes (T2D) Weight Management Workmat is an educational tool designed to be used in small group discussions between a healthcare professional (HCP) and several patients. Navigating conversations about weight management with people with T2D can be difficult, but storytelling can provide an effective way to lead these discussions. To this end, the workmat depicts travellers journeying through a desert as an overarching analogy for weight management, with each pictorial scene including key knowledge (feasible goals, possible challenges, useful tools, and accessible resources) to better equip patients for success on their respective journeys.

To help HCPs walk through the workmat with their small groups, a facilitator guide is provided. For each workmat scene, the facilitator guide introduces the goal of the discussion, tells the story that connects the desert imagery to weight management journeys, provides educational information, and includes guided discussion questions. To facilitate active participation from each group member and tailor the content to their individualized needs, some additional handouts and activities to be used in conjunction with the facilitator guide are provided here:

- **Getting Started Handout** to help assess group members' motivations and goals
- **Personal Map and Stickers** to help track individuals' progress
- Interactive mythbuster activities to help dispel common misconceptions
 - **True or False Trivia Game**
 - **2 Facts and a Myth Handouts**
- **Energy Gap Handout** to help educate the group on the physiology behind weight loss and weight regain
- **Tips and Tricks Cards** for the group to share amongst themselves

Directions on when and how to best use these handouts and activities are included within the facilitator guide and can be easily located using the icons below:



Handout Icon



Map Icon



Mythbuster Icon



Tips and Tricks
Card Icon

What Diet Works?

Front of Card

TRUE or **FALSE**?

The dietary supplements I see advertised in commercials will help me lose weight faster without having to change my diet and exercise habits.



Back of Card

FALSE!

There is no evidence that dietary supplements are effective for weight loss.

Some supplements can interfere with medications and pose physical harm.

TRUE or **FALSE**?

I won't lose weight unless I completely change everything I eat and carefully follow a "diabetes diet."



FALSE!

Start by making small changes to foods you already eat.

There is no one "diet" for diabetes—there are many ways to have a healthy meal plan!

TRUE or **FALSE**?

A dietitian can help me find healthy strategies for managing my calories that fit into my lifestyle.

TRUE!

A registered dietitian who has experience with type 2 diabetes can help you decide on a healthy plan to manage calories.

Bonus: Spending 15 minutes (or less) a day recording your meals can help promote weight loss.

2 FACTS and a MYTH

Can you spot the myth?

1. The dietary supplements I see advertised in commercials will not help me lose weight faster. I need to start by changing my diet and exercise habits.
 2. I won't lose weight unless I completely change everything I eat and carefully follow a "diabetes diet."
 3. A dietitian can help me find healthy strategies for managing my calories that fit into my lifestyle.
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1. FACT! There is no evidence that dietary supplements are effective for weight loss. Some supplements can interfere with medications and pose physical harm.

2. MYTH! Start by making small changes to foods you already eat. There is no one "diet" for diabetes—there are many ways to have a healthy meal plan!

3. FACT! A registered dietitian who has experience with type 2 diabetes can help you decide on a healthy plan to manage calories.

BONUS: Spending 15 minutes (or less) a day recording your meals can help promote weight loss.

What Exercise Works?

Front of Card

TRUE or **FALSE**?

Working out needs to be long and intense to count.



Back of Card

FALSE!

Exercise can be any physical activity you enjoy if it gets your heart rate up!

Examples: walking to get the mail, playing with your kids, playing virtual reality games

TRUE or **FALSE**?

I need to immediately start exercising every single day in order to lose any weight.



FALSE!

You can build gradually to reach the recommended goals of:

1. 150 minutes of moderate physical activity per week
2. Twice-a-week strength training

TRUE or **FALSE**?

I should talk with my HCP before starting an exercise program so that they can tailor the plan to work best for me and my health.

TRUE!

Your HCP can consult on the appropriate timing of meals, insulin needs, and exercise to reduce chances of hypoglycemia or injury.

2 FACTS and a MYTH

Can you spot the myth?

1. I should talk with my HCP before starting an exercise program so that they can tailor the plan to work best for me and my health.
 2. Exercise can be any physical activity I enjoy as long as it gets my heart rate up.
 3. I need to immediately start exercising every single day in order to lose any weight.
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1. FACT! Your HCP can consult on the appropriate timing of meals, insulin needs, and exercise to reduce chances of hypoglycemia or injury.
2. FACT! Working out doesn't need to be long and intense to count. Some examples of fun physical activities that are easy to incorporate are walking to get the mail, playing with your kids, and playing virtual reality games.
3. MYTH! You can build gradually to reach the recommended goals of 150 minutes of moderate physical activity per week and twice-a-week strength training.

Where Do I Find the Time?

Front of Card

TRUE or **FALSE?**

I don't have the time to make all these decisions to change my eating habits, and there aren't any meal plans out there for type 2 diabetes.



Back of Card

FALSE!

There are multiple meal planning guidelines to help patients with diabetes eat better and save time!

Examples: Choose My Plate, DASH, Diabetes Placemat

TRUE or **FALSE?**

I don't have enough time in my day to exercise for long enough for it to matter and help me lose weight.



FALSE!

Ten minutes of exercise 3 times a day gives you the same cardiovascular benefits as 30 minutes all at once!

Hint: Think about 3 spots in your day that you could fit in 10 minutes of exercise.

TRUE or **FALSE?**

Feeling as though I don't have the time to change my routine is a common myth that prevents people from starting their weight loss journeys.

TRUE!

"Finding the time" is a reported barrier to weight loss. But as you've learned, there are strategies available to help save you time and make this journey possible!

2 FACTS and a MYTH

Can you spot the myth?

1. I don't have enough time to make the changes in my routine required for weight loss and weight management.
 2. Ten minutes of exercise 3 times a day gives you the same cardiovascular benefits as 30 minutes all at once.
 3. Following meal planning guidelines can help save me from having to make time-consuming decisions on dietary changes.
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1. MYTH! "Finding the time" is a reported barrier to weight loss, but there are strategies and support available to help save you time and make this journey possible!
2. FACT! Just think about 3 spots in your day that you could fit in 10 minutes of exercise. And yes, cleaning the house can count!
3. FACT! There are multiple meal planning guidelines to help patients with diabetes eat better and save time! Examples include Choose My Plate, DASH, Diabetes Placemat, and more!

What if I Stop Losing Weight or Hit a Plateau?

Front of Card

TRUE or **FALSE?**

If the weight isn't lost after 6 months, then I am out of options.



Back of Card

FALSE!

If a patient hasn't lost 1 lb/week after 6 months of dietary changes, increased physical activity, behavior therapy, and then pharmacotherapy can be considered.

TRUE or **FALSE?**

If I don't lose the weight, then I haven't succeeded, and all the work was for nothing.



FALSE!

There is strong evidence that increased physical activity increases cardiorespiratory fitness, with or without weight loss.

TRUE or **FALSE?**

Weight loss plateau is a normal part of my body's physiology and isn't something I should blame myself for.

TRUE!

After 6 months, the rate of weight loss usually declines and weight plateaus because energy requirements decrease as weight decreases.

2 FACTS and a MYTH

Can you spot the myth?

1. There is strong evidence that increased physical activity increases cardiorespiratory fitness, with or without weight loss.
 2. Weight loss plateau is a normal part of my body's physiology and isn't something I should blame myself for.
 3. If the weight isn't lost after 6 months, then I am out of options.
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1. FACT! Weight loss is not the only measure of success, and the primary goal should always be about improving your health and quality of life.
2. FACT! After 6 months, the rate of weight loss usually declines and weight plateaus because energy requirements decrease as weight decreases.
3. MYTH! Pharmacotherapy can be considered if a patient hasn't lost 1 lb/week after 6 months of dietary changes, increased physical activity, and behavior therapy.