

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

Getting Started Handout

On a scale of 0-10, **how important** is it to you to manage your weight?

0	1	2	3	4	5	6	7	8	9	10
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Why did you give it [#] and not [a lower number]?

On a scale of 0-10, **how confident** are you that you can manage your weight successfully?

0	1	2	3	4	5	6	7	8	9	10
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Why did you give it [#] and not [a higher number]?

What do you want **to achieve?** List in order what is most important to you.

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

Which goals fit best into your lifestyle? Choose 2-3 from the above list.

What are some **small first steps** you can take toward achieving those goals?

1. _____ 2. _____ 3. _____