



## Session Zero Script for Better Choices, Better Health<sup>®</sup> Diabetes

### 1. Say: Welcome!

My name is \_\_\_\_\_ from Better Choices, Better Health<sup>®</sup> South Dakota and I am excited to talk to you today about our program (if a workshop is scheduled, provide upcoming location, dates and time).

- We'd like to start by getting to know all of you
  - We are going to invite you to introduce yourselves
  - Briefly tell us one hobby you enjoy or interesting fact about yourself
- (Leaders model first)

### 2. Say: What is diabetes?

- By a show of hands, who here either **has diabetes** or **knows someone with diabetes**? (leaders raise hands)  
This would include type-1 and type-2 diabetes. What about pre-diabetes or those at high risk of getting diabetes? How about those who just want to live a better lifestyle to help prevent diabetes and other chronic conditions?

If you are dealing with any of these on a regular basis- you are going to get SO much out of this workshop.

### 3. Say: What is the Better Choices, Better Health<sup>®</sup> Diabetes program?

- Better Choices, Better Health<sup>®</sup> Diabetes is a 6-week workshop designed for adults with **pre-diabetes or type-2 diabetes**. Those with type-1 diabetes and people in support roles are also welcome to participate.
- Participants learn skills and techniques on menu planning, preventing or delaying complications, how to lessen pain and fatigue, deal with difficult emotions, and improve their quality of life while dealing with diabetes.
- Better Choices, Better Health<sup>®</sup> is a statewide program, offering not only workshops but also trainings for lay leaders to facilitate workshops.
- The workshop is FREE to attend and you will be given a book titled "Living a Healthy Life with Chronic Conditions" as well as a Relaxation CD

### 4. Say: Here is the Workshop Format

- A small group, usually 10 to 15 people, meets at the same time and location each week.
- Facilitated by trained leaders personally impacted by chronic health concerns or diabetes
- The six-week workshop meets for 2-½ hours each time and includes a break.
- The group discussions and activities are highly interactive; we try new skills together, share experiences, and support.
- It's not a sit and listen class
- Each week you get to set your own small goals called action plans—you pick something you want to do.



**(Optional) Show: PARTS OF AN ACTION PLAN (CHART 7)**

**5. Say:** Here is an example of an Interactive Activity - Brainstorming

- We're going to do a **"brainstorm"** next. The purpose of brainstorming is to allow us to share as many ideas about a topic as possible in the quickest way possible. To do this, we'll be following these guidelines:

**(Optional) Show: BRAINSTORMING (CHART 5)**

- **Anyone can share**
  - **No commenting during brainstorm** (about others' ideas, negative or positive)
  - **No questions until after** (the brainstorm)
  - **Clarification waits until after** (when all the ideas are out, we'll go over anything that needs clarification)
- **Say:** The question we're going to brainstorm now is:

**How has diabetes affected your day-to-day choices?**

**Instructions to Leaders:** Follow brainstorming fundamentals as you would in a workshop. After the brainstorm, read back the list, and ask for clarification.

- **Say:** As you can see, diabetes impacts many different parts of your life. This workshop can help you live better with diabetes, or prevent it entirely.

**6. Say:** During the course of the workshop, participants will learn:

- How to solve problems when "life happens".
- How to deal with difficult emotions.
- How to relax.
- How to deal with pain and fatigue.
- How to make small changes for healthier eating.
- How to communicate effectively with others.
- How to use medications correctly.
- How to manage depression.
- How to work with their health care professionals.

Topics specific to diabetes self-management:

- Techniques to manage symptoms of diabetes including high or low blood sugar, fatigue, pain and emotional stress
- Exercise for maintaining and improving strength and endurance
- Healthy eating and menu planning
- Preventing or delaying complications



**7. Show BCBH DVD – optional (2 or 5 minute versions)**

**8. Program History and Success**

**Say:** Better Choices, Better Health<sup>®</sup> is an evidence-based program. That means that a study was done with about 1,000 people who had ongoing health conditions. These people were followed for three years. The study looked at:

- Changes in pain, fatigue, shortness of breath, and depression.
- Visits to physicians and to emergency rooms, and hospital visits.
- Level of confidence in managing health conditions.
- Use of self-management behaviors in taking medications, doing exercise, eating healthy foods, using community resources, and communicating with doctors.
- Managing stress.

The results of the study showed that people who took this workshop did better in all of the areas than those who didn't attend the workshop. The program was created by Stanford University more than 20 years ago, is still there today, and is offered in all 50 states and 27 countries.

**Diabetes Self-Management Program Outcomes**

Original research shows that six months after the workshop participants had significant improvements in the following areas:

- Depression
- Symptoms of low blood sugar
- Communication with physicians
- Healthy eating
- Reading food labels
- Patient activation
- Confidence in ability to manage their diabetes

**9. Say: Here are examples of things taught in the workshop:**

**Show: DIABETES SELF MANAGEMENT TOOL BOX (CHART 2):**

Here are some techniques you will be learning in this Better Choices, Better Health<sup>®</sup> workshop.

We call this our Diabetes Self-Management Tool Box.

Obviously, we use different tools for different jobs –a hammer, a screw driver, etc.

When we're talking about our diabetes –we are going to use *self-management* tools

(Point to each tool in the Diabetes Self-Management Tool Box – Chart 2):

- **Healthy Eating** –we don't talk about diets but how to make the right choices.
- **Physical Activity** –we spend a lot of time discussing being physically active and how it can help with all our symptoms.
- **Monitoring** – discuss tests that help you and your health care teams monitor your blood sugar and



brainstorm what makes your blood sugar go up and down.

- **Action Planning** –every week you will be doing an action plan. This is something just for you. Something you want to do and something achievable during the week.
- **Stress Management** – how to know when you are feeling stressed and learn ways you can deal with stress, including stress caused by diabetes
- **Understanding Emotions** –we will discuss how your emotions affect your condition and also talk about depression.
- **Medications** –discuss how to take your medications and common side effects, and ways to remember to take them.
- **Using your Mind** –techniques to relax both the mind and body and taking steps toward positive thinking
- **Avoiding Complications** – learn ways to prevent or delay the complications caused by high blood sugar.
- **Communication** –how to ask for what you want by using “I” messages not “You” messages.
- **Decision-Making** –how do you make future plans for yourself? This topic we will discuss by working through some decisions and how to do that process.
- **Not Smoking** – it is very important for those of you who smoke that you work at becoming a non-smoker.
- **Problem-Solving** –throughout the whole workshop-we focus on problem solving techniques.
- **Working with Health Professionals** –always an interesting topic –we will talk about better ways to communicate with your healthcare system and your providers (physicians, nurses, etc.).

#### 10. **Say:** In Closing...

This is a course that is focused on your personal choice - you work on what you **want** to work on. It's an exciting course that is very interactive.

This has been just a brief look at what is offered in the Better Choices, Better Health<sup>®</sup> with Diabetes workshop.

Participants also receive a *Living a Healthy Life with Chronic Conditions* Workbook and a Relaxation CD, and a certificate of completion if meeting attendance requirements.

I'm going to send around a sign-up sheet if you're interested in attending, but before I do that,

#### 11. **Say:** Does anyone have any QUESTIONS?

**Instructions to Leaders:** If time, interest, and attendance allows you may have participants fill out some of the Session 1 paperwork (media release).