

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

LET'S TALK ABOUT

WEIGHT MANAGEMENT FOR PEOPLE WITH TYPE 2 DIABETES

What challenges might you face?

What diet works?

Where do you find the time?

GOAL

5%-10% weight reduction
• Health benefits can start at 3%-5% weight loss

What motivates you?

Discuss with your clinician why weight matters to your diabetes:

Getting out of your usual routine

Where should you start your weight management journey?

What exercise works?

How do you stay motivated to lose weight?

GOAL

>10% weight reduction
• The benefits of weight loss continue to add up as you lose even more weight

QUICKSAND

What if you stop losing weight or hit a plateau?

How do you prepare to lose weight?

What strategies work best for you?

Why might you be regaining weight?

How to keep moving forward!

GOAL

Consolidating and maintaining weight loss
• What do you do now?

Stickers to use with blank map

Choose your mode of transportation stickers



Choose a travel guide



Family

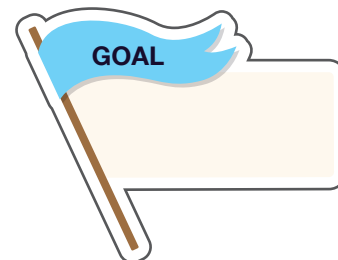
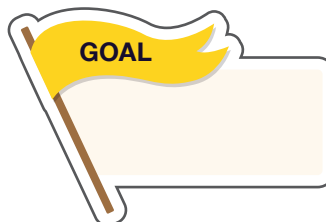
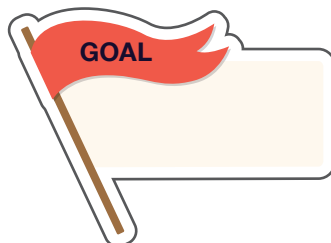


Friends



HCP team

Weight loss goals individualized



Weight loss benefits

Improved blood sugar control, blood pressure, and cholesterol levels

Decreased risks for cardiovascular disease and death

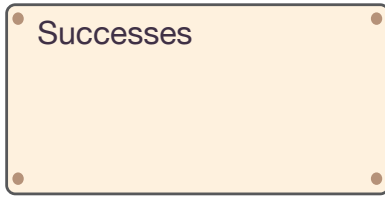
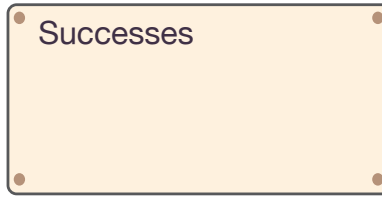
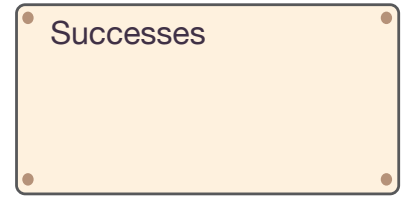
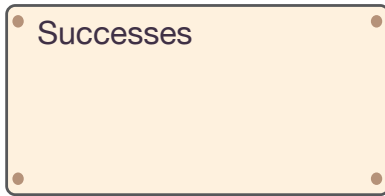
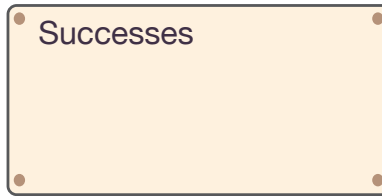
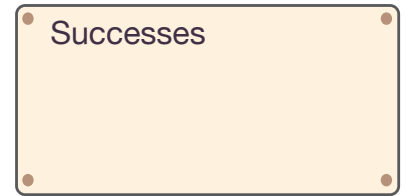
Reduced need for related medications

Improved physical and mental health

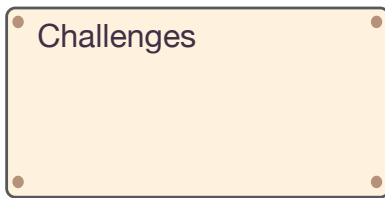
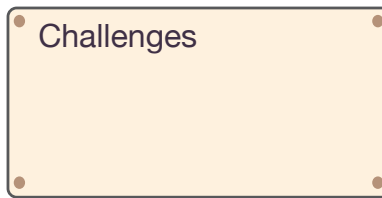
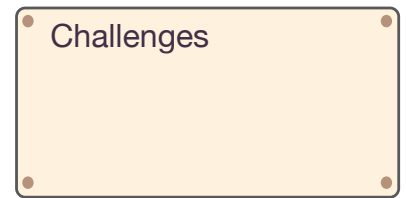
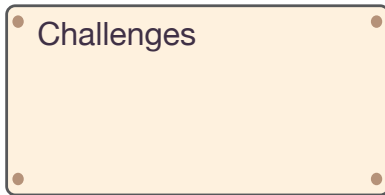
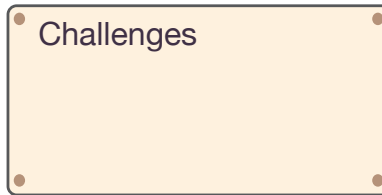
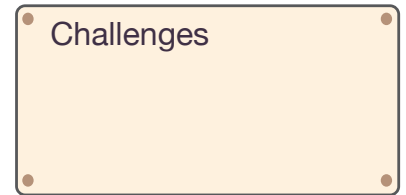
Improved mobility and physical and sexual function

Stickers to use with blank map (cont.)

Successes (fill in the blank)

A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Successes" is printed in the top left corner.A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Successes" is printed in the top left corner.A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Successes" is printed in the top left corner.A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Successes" is printed in the top left corner.A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Successes" is printed in the top left corner.A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Successes" is printed in the top left corner.

Challenges (fill in the blank)

A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Challenges" is printed in the top left corner.A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Challenges" is printed in the top left corner.A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Challenges" is printed in the top left corner.A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Challenges" is printed in the top left corner.A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Challenges" is printed in the top left corner.A rectangular sticker template with a light orange background and a thin purple border. It has four small brown dots at the corners. The word "Challenges" is printed in the top left corner.

Progress markers (to use at the end of each of the 3 sessions)

