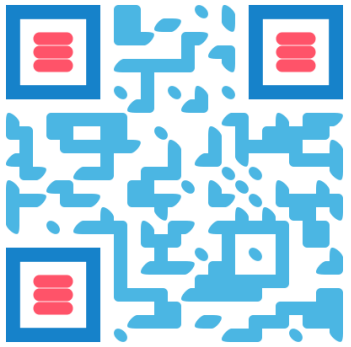


Motivation Anytime, Anywhere: Sharing the Personal Success Tool With Participants to Enhance Delivery and Retention of PreventT2

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Personal Success Tool Overview



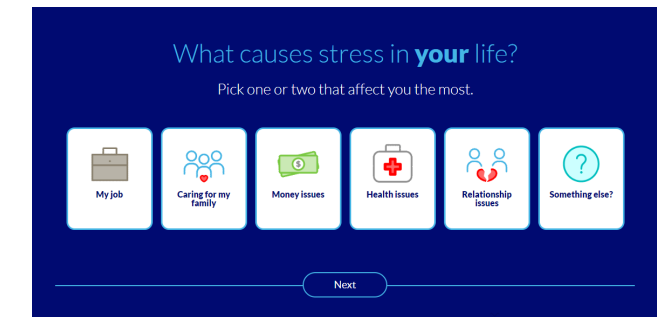
Scan for
Personal Success Tool

- **Web-based** resource for National Diabetes Prevention Program Lifestyle Coaches to share with their participants.
- Set of **14 interactive modules** that are easy to use by participants (**no login needed!**) and offer:



Lifestyle Coaches' input used to design, test, and update the Personal Success Tool modules.

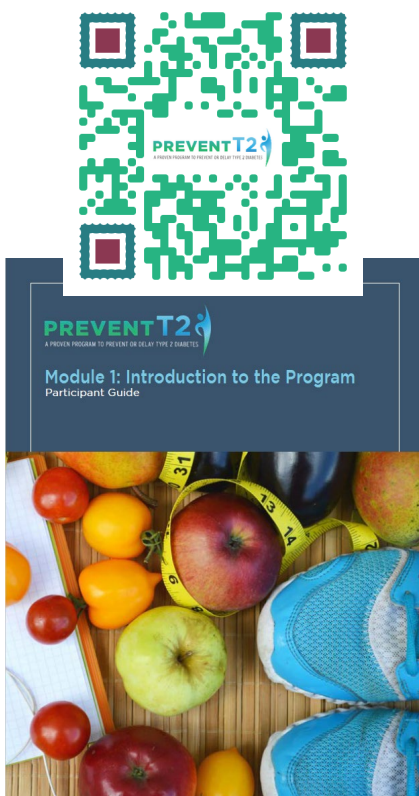
- Plus, **Lifestyle Coach resources** for help in using the Personal Success Tool with PreventT2.



Managing Stress
Personal Success Tool

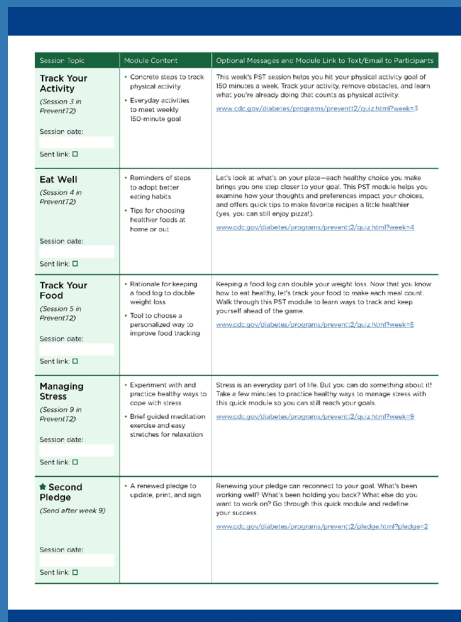
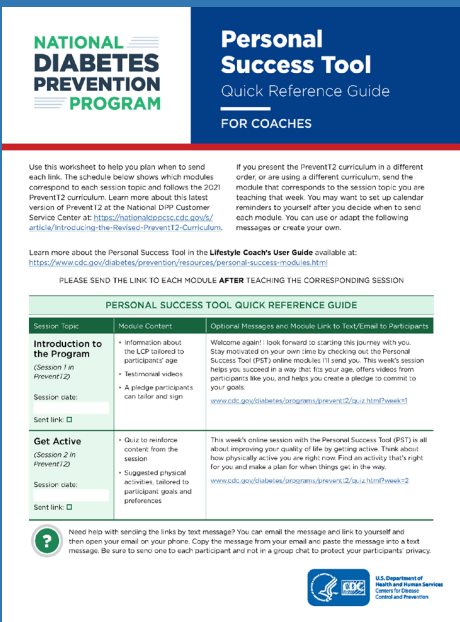


Scan for PreventT2



How it Connects to PreventT2

- Personal Success Tool modules **follow the order of the PreventT2 curriculum**, but you can use it with any CDC-recognized lifestyle change program curriculum.
- The coach tools include a **Quick Start Guide**, for week by week sharing of the Personal Success Tool with participants.
- The 2021 PreventT2 includes recommendations for integrating the Personal Success Tool, **which supports program retention**, into relevant sessions



Quick Start Guide

Talking Points



- Take a Fitness Break
- Managing Stress
- Coping with Triggers
- Eat Well Away from Home
- When Weight Loss Stalls
- Get Back on Track



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