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



 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:

motivating messages videos games

Lifestyle Coaches' input used to design, test, quizzes pledges

DIABETES PREVENTION

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





Managing Stress Personal Success Tool

Well, what I love about the Personal Success Tool is that it doesn't require a username or password. That was my biggest thing with my participants because a lot of them are seniors and they really needed it to be easy. As I engaged with it, I saw how easy it was, how interactive it was, and how helpful. I think just, really my own enthusiasm was contagious, and I asked them if they would make a commitment to try one and then come back and report to me on how it went.

and update the Personal Success Tool modules.

Personal

Success Tool

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







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



Quick Start Guide

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