



Diabetes Resources

Practical Information for Nevada Health Care Professionals

Step by Step: Motivating Patients To Be Physically Active and Attain Healthy Weight

The Issue:

While a review of the current literature contains numerous publications about the effects of weight loss and exercise as measures in the prevention of type 2 diabetes mellitus, there are fewer studies exploring these measures in people with the disease itself. The literature has shown that lifestyle interventions can result in significant improvements in metabolic and clinical variables in some people with persistent impaired glucose tolerance and type 2 diabetes. A Finnish study concluded that type 2 diabetes is preventable with altered diet and exercise, and a program of high-intensity progressive resistance training and moderate weight loss improved glycemic control and body composition in older subjects. While exercise should be combined with proper diet, we will not discuss dietary recommendations in this issue. The trick for practitioners is to find the time to discuss exercise in detail and get the patient to set some reasonable goals. In addition, a follow-up office visit within a few weeks is very important. Since regular exercise can affect blood glucose levels significantly, adjustment of glucose lowering agents may be necessary to avoid hypoglycemia.

Questions to Assess Patient Readiness and Motivation To Lose Weight:

- ❖ What are your goals concerning weight and exercise? Do these seem realistic to you? What behavioral changes are you ready to make right now? (e.g., give up smoking, start an exercise program, change my eating habits)
- ❖ Are there any behaviors you do not feel ready to work on right now?
- ❖ Have you tried making lifestyle changes before? What has kept you from succeeding in the past?
- ❖ Taking into consideration other factors in your life right now, is this a good time to make a serious lifestyle change?
- ❖ What is preventing you from exercising? (e.g., unsafe neighborhood, cost, access, support system)
- ❖ Can you set a specific date when you will be ready to begin?
- ❖ Are you able to devote time each day (e.g., 15-30 min) toward planning and achieving your goals?
- ❖ What do you need or want from others to help you succeed? (e.g., support from family and friends, enrollment in an exercise class, transportation to and from Weight Watchers meetings, help with menu planning)
- ❖ Do you feel comfortable asking for help? Do you know whom to ask?
- ❖ What are you willing to do right now? Let's discuss the specific behaviors you are going to address first (make notes in patient chart).
- ❖ How confident are you, on a scale of 1-10, that you will be able to meet each of these goals?
- ❖ How can I help you with this? (Provide referrals to other specialists as indicated.)
- ❖ Just in case it's needed, what kind of back-up plan can we develop if your plans are not working as well as we hoped?

Resources for Clinicians

The following resources are FREE and available to the public.

Walk Around Nevada—The Southern Nevada Health District offers a free on-line program called Walk Around Nevada that was designed to help participants increase their levels of daily physical activity. The program helps them track their physical activity using a daily log that is linked to a tracking map that allows them to virtually watch their progress as the trek around Nevada. At multiple checkpoints they are given healthy tips and information about Nevada. Walk Around Nevada can be accessed at www.getthehealthyclarkcounty.org/walk_new/index.php

References about How to Motivate Behavior Change—

- ❖ Sarkin JA, Johnson SS, Prochaska JO, Prochaska JM. Applying the transtheoretical model to regular moderate exercise in an overweight population: Validation of a stages of change measure. *Preventive Medicine*. 2001;33:462-9.
- ❖ Ruggiero L. Helping People With Diabetes Change Behavior: From Theory to Practice. *Diabetes Spectrum*. 2000;13(3):125.
- ❖ Prochaska JO, Norcross JC, DiClemente CC. *Changing for good*. New York: William Morrow and Co., Inc. 1994.
- ❖ Anderson JW, Kendall CWC, Jenkins DJA. Importance of Weight Management in Type 2 Diabetes: Review with Meta-analysis of Clinical Studies. *Journal of the American College of Nutrition*, 2003;22 (5):3319.

References for Additional Information about Diabetes and Exercise—

- ❖ Bartlett S. Motivating Patients Toward Weight Loss, Practical Strategies for Addressing Overweight and Obesity. *The Physician and Sportsmedicine*, 2003;31(11).
- ❖ Cuff DJ, et al. Effective exercise modality to reduce insulin resistance in women with type 2 diabetes. *Diabetes Care*, 2003;26(11):2977-82.
- ❖ Dunstan DW, et al. High-intensity resistance training improves glycemic control in older patients with type 2 diabetes. *Diabetes Care*, 2002;25(10):1729-36.
- ❖ Bourn DM. et al. Impaired glucose tolerance and NIDDM: does a lifestyle intervention program have an effect? *Diabetes Care*, 1994;17(11):1311-9.
- ❖ Tuomilehto J, et al. *N Eng J Med*. 2001 May 3;344(18):1343-50.

Websites—The editorial committee has identified websites that you may find informative:

- ❖ National Diabetes Education Program: www.ndep.nih.gov
- ❖ American Diabetes Association: www.diabetes.org
- ❖ National Institute of Health: www.diabetes.niddk.nih.gov
- ❖ American Heart Association – Heart of Diabetes Program: www.iknowdiabetes.org/know.html
- ❖ Find a dietitian near you through the American Dietetic Association - www.eatright.com

Please see iDo Adult Diabetes Practice Guide at www.snmic.com/ido-improving-diabetes-obesity-outcomes/ for additional clinical management recommendations.

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