

**Summary of Modifications to Original Diabetes Prevention Program (DPP)  
Lifestyle Balance Core Manual  
for Native Lifestyle Balance (NLB) Core Manual  
12/16/10**

1. The DPP Core Manual (downloaded at <http://www.bsc.gwu.edu/dpp/index.htmlvdoc>) is a Coach's Manual and separate Participant Notebook Manual. The NLB Core Manual (downloaded at <https://www.hncp.org/wst/hpdp/NLB/default.aspx>) is one manual that includes the Participant Notebook.
2. The DPP Core Manual is seven sections including seven appendixes. The NLB Manual is divided into six sections marked with tabs. TAB 1 is MOO (Manual of Operations), TAB 2 is NLB Coach's Manual, TAB 3 is NLB Participant Notebook, TAB 4 is Session Outlines Prompts and Notes, TAB 5 is Participant Toolbox and TAB 6 is Problem-Solving.
3. The NLB Manual has removed references to DPP research forms (DPP Appendix F) and DPP research activities that are not needed for a community based Lifestyle Balance Program.
4. The DPP Lifestyle Balance Program was delivered one on one and the NLB Program is intended to be delivered with groups. The language in the NLB Coach's Manual and NLB Participant Notebook has been modified for delivering Lifestyle Balance in groups.
5. The DPP Participant Notebook offered a choice of order for the first eight sessions, depending on if a participant was interested in focusing on healthy eating or activity to start their Lifestyle Balance Program. To accommodate this choice, the DPP Coach's Manual and Participant Notebook have two session headers, for example 'Session 2 or 5'. The NLB Manual session order is organized to begin with Health Eating because DPP found that participants who focused on Healthy Eating first were more successful achieving their weight loss goals.
6. References to 'Standard Healthy Lifestyle Guidelines' were used in the DPP so all participants, regardless of assigned treatment group, received the same basic guidance on healthy eating and activity. This was for research purposes only and does not need to be implemented in community programs. The NLB Manual has removed references to 'Standard Healthy Lifestyle Guidelines'.
7. DPP Core Manual Appendix B is in the NLB Core Manual TAB 6, Problem-Solving with changes described here in 3 and 4.
8. DPP Core Manual Appendix C has been incorporated into the NLB Core Manual Coach's Manual and the NLB Core Manual Participant Notebook.
9. DPP Core Manual Appendix D.1 and D.2, Professional Resources has been removed from the NLB Core Manual since this information is 15 years old. DPP Core Manual Section D.3 is in the NLB Core Manual TAB 4, Session Outlines Prompts and Notes. DPP Core Manual Section D.4 is NLB Core Manual Coach's Manual Session 1, page 12. DPP Core Manual Appendix D.5 and D.6 have been removed. DPP Core Manual Section D.7 is NLB Coach's Manual Session 1, page 13. DPP Core Manual Section D.8 is NLB Core Manual Participant Notebook Session 6, page 10 and 11. DPP Core Manual Appendix D.9 and D.10, Professional Resources has been removed from the NLB Core Manual.

10. DPP Core Manual Appendix E, 'Optional Participant Materials' that were useful to the DPP American Indian Clinics are found in the NLB Core Manual Toolbox. Some handouts from this section E.1-E.4 are in the NLB After Core Manual.
11. Appendix G Section 1 includes information on national campaigns delivered during DPP. The NLB Manual has moved recommended campaigns to the NLB After Core Manual.
12. NLB Core Coach's Manual Session 1, pages 13-24, are added handouts to help coach's calculate the 7% weight loss goal and track attendance at group sessions.
13. NLB Core Manual Participant Notebook Session 2, page 4, has added a table for calculating fat and calorie goals in a group class. Session 2, page 7, the food label was modified to add information on Trans Fat.
14. The NLB Core Coach's Manual and Participant Notebook for Session 4, were revised in 2005 to incorporate the national changes to the Food Guide Pyramid.
15. NLB Core Manual Participant Notebook Session 10, page 5-7, were updated in 2010. Pages 5-7 of Session 10 are separated out on website as a .doc document. This is so sites can modify these pages to the popular fast food restaurants in their community.
16. NLB Core Manual Coach's Manual and Participant Notebook Session 16, have examples of certificates of completion you can modify for your Lifestyle Balance Program.
17. NLB Core Manual, Problem-Solving, page 30, is a brief summary of Motivational Interviewing.