

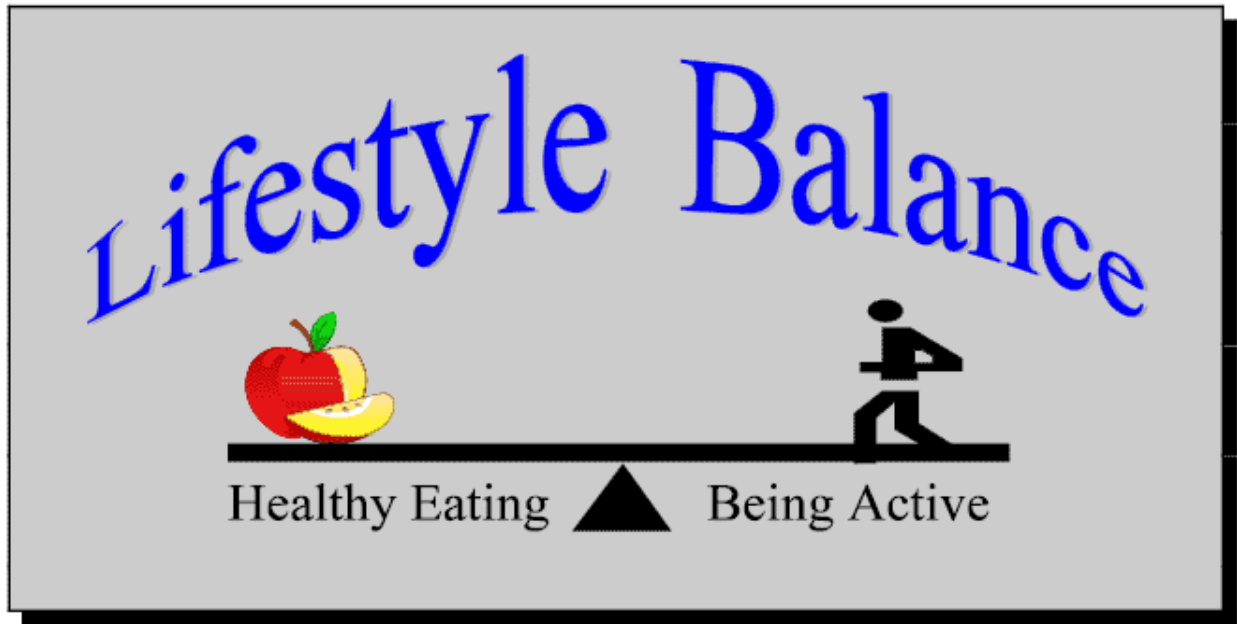


# Native Lifestyle Balance

## Preventing Diabetes in American Indian Communities

Native Lifestyle Balance Programs began in the Dineh Nation in 2002 based on the diabetes prevention results of the Diabetes Prevention Program (DPP). This manual is a modified version of the Lifestyle Balance Manual used in DPP. The manual was modified by Carol Percy in 2007. For more information on Native Lifestyle Balance contact:

Carol Percy, RN, MS and Cathy Manus, LPN  
Diabetes Prevention Program Outcomes Study Staff  
(505) 368-6345 or email [carol.percy@ihs.gov](mailto:carol.percy@ihs.gov)



The Diabetes Prevention Program's  
*Lifestyle Change Program*

**Manual of Operations - Introduction**

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Developed by the Diabetes Prevention Program Lifestyle Resource Core,

Supported by the  
National Institute of Diabetes and Digestive and Kidney Diseases,  
National Institutes of Health.

## **Overview**

The Diabetes Prevention Program (DPP) Lifestyle Intervention Manual of Operations was developed during the DPP research study to provide detailed information and instructions for implementing the lifestyle intervention for the DPP. The DPP Lifestyle Intervention Manual of Operations was the basis for developing this Native Lifestyle Balance (NLB) Manual. The intent of the NLB Manual is to assist community members in implementing Lifestyle Balance in Native American/American Indian communities, to prevent and delay the onset of type 2 diabetes.

## **Copyright**

In 2002, the University of Pittsburgh released the copyright for the DPP Lifestyle Intervention Manual of Operations. It is now available for public access at the website:

<http://www.bsc.gwu.edu/dpp>

Information at this website includes:

- The complete and original DPP Lifestyle Manuals
- Slide sets showing DPP results
- Links to DPP publications
- Link to National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) website
- Other miscellaneous DPP information

## **How in Use this Manual**

The purpose of this manual is to provide:

- Detailed information on the lifestyle balance goals
- A description of key principles underlying NLB
- Detailed instructions for leading lifestyle balance sessions
- Strategies for responding to adherence problems
- Supplementary materials for participants and coaches

## **Acknowledgments**

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### **DPP Lifestyle Resource Core** at the University of Pittsburgh Medical Center

Rena Wing, PhD  
Beth Venditti, PhD  
Bonnie Gillis, MS, RD

### **DPP Lifestyle Advisory Group**

Jim Hill, PhD  
Mary Hoskin, MS, RD  
Andrea Kriska, PhD  
Wylie McNabb, PhD  
Xavier Pi-Sunyer, MD  
Michael Pratt, PhD  
Judith Wylie-Rosett, PhD, RD

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