



## **Prediabetes Video**

### **Companion Discussion Guide**

This guide provides optional discussion questions that you can use with the video. There are several natural points in the video where you can pause the video and have a group discussion. You can choose which pauses and questions make sense for your group and time frame.

#### Pause the video at minute 3:25 on the slide titled “Screening and Diagnosis”

- Only 20% of people with prediabetes know that they have it. What are some of the factors that you think contributes to this?
- Do you think most people are aware of prediabetes and its risks? Were you?

#### Pause the video at minute 11:24 on the slide titled “Reversing Prediabetes”

- The Prediabetes Risk Test highlights some of the risk factors for prediabetes. Which prediabetes risk factors do you think are common in our community?
- Some of the risk factors (age, gender, personal and family medical history) are beyond our control. Others (physical activity, weight) we have some control over. Do you have any ideas about how we could help lower the modifiable risk factors in our community?

#### At the end of the video

- What are some changes that you think you could make to lower your risk of prediabetes and type 2 diabetes? What are some of the challenges you might face in making those changes?
- Prediabetes is underdiagnosed which means that a lot of people are missing out on an opportunity to improve their health. What do you think are some ways that we could help increase awareness, screening, and diagnosis in our community?

General tips for facilitating discussion:

- **Encourage all voices.** Create a welcoming, encouraging environment. Gently invite, but don't force, quiet members to join the conversation.
- **Acknowledge contributions.** Thank participants for sharing their thoughts and experiences and highlight valuable insights.
- **Ask follow-up questions as needed.** If participants offer short answers, consider following up by asking "Why do you think that is?" or "Tell me more" to dig deeper.
- **Gently steer the conversation back to the topic if it gets off track.**