

REGISTERED
LIFESTYLE COACH
TRAINING & THE CDC
DIABETES
PREVENTION
CURRICULUM
CERTIFICATION

CATALOG

2016-2017

iHealth Partners Network reserves the right to make necessary changes without further notice. The regulations, courses, personnel, and costs listed herein are subject to change after publication of this bulletin through established procedures. In such cases, iHealth Partners Network will attempt to communicate these changes to all students, faculty, and staff through written means. It is **IMPORTANT** that each student familiarize himself with the regulations set forth in this Catalog and assumes his proper responsibilities concerning them.

Pathways to Proficiency in Lifestyle Coaching

Our lifestyle coach training is ideal for all clinical & nonclinical members of the care team who serve across the care continuum & care settings. Our programs build proficiency in brief, highly effective engagement, self-care, decision-making, and lifestyle management skills.

CDC Lifestyle Coach Training

iHealth Partners Network is a recognized Center for Disease Control and Prevention (CDC) program with credentialed Master Trainers of the National Diabetes Prevention Program. This training is based on the curriculum developed by the CDC Diabetes Prevention Program with additional course offerings developed by iHPNetwork to further the promotion and delivery of lifestyle change programs.

This robust certification training moves beyond other typical 2-day CDC curriculum course offering requirements. There is an initial 30-day core course offering for all member providers of iHealth Partners Network Membership.

Registered Lifestyle Coach ©

When you join iHealth Partners Network we provide full credentialing to ensure our contracted payers that you are qualified to work with their patients. As an extra added benefit and bonus, we provide you with continuous professional development trainings in the following categories, all of which are included when you sign up to be a provider in our network:

- Patient engagement strategies;
- Behavior change theories and practices;
- Product creation clinic;
- Practice management and marketing.

Registered
Lifestyle Coach ©



Core CDC Prevent T2 Curriculum Course Guide

The PreventT2 curriculum is based on the original 2002 DPP trial and follow-up studies. It promotes modest weight loss (5-7%) and increased physical activity through a 12 month lifestyle change program and also reflects new literature on self-efficacy, physical activity, and diet. There are 26 modules. In order to achieve CDC recognition, your program must complete at least 22 of these modules. Please see the chart below for details.

First six months of presenting the CDC program

You must present all 16 of these modules within the first six months. Introduction to the Program must come first. Otherwise, there is no required order. However, we recommend that you present the next six modules in the order listed, since they provide the foundation upon which the rest of the curriculum is based and we recommend presenting *Stay Motivated to Prevent T2* at the six-month mark.

Module	Description
CDC 105 – Program Overview	This Module provides an overview of the Prevent T2 Lifestyle program, background, goals, explanation of course structure, and your role as a coach.
CDC 110 – Introduction to the Program	This module sets the stage for the entire Prevent T2 course. You will learn how to help participants change their lifestyles by moving them from the thinking phase to the action phase.
CDC 211 – Get Active to Prevent T2	This module provides the core principles of getting active and how to help participants identify some benefits of getting active and the various methods of adding activity to their day.
CDC 212 – Why & How to Track Activity	This module provides the core principles of why and how to track activity.
CDC 213 – Eat Well to Prevent T2	This module provides the core principles of healthy eating
CDC 214 – The Importance of Tracking Food in-take.	This module provides the core principles of tracking food.
CDC 215 – Helping Patients Get More Active	This module provides the core principles of increasing activity level within the patient’s ability level and how to help assess activity level ability.
CDC 216 – How to teach patients to Burn More Calories Than They Take In	This module provides the core principles of caloric balance and metabolism.
CDC 217 – How to teach shopping and cooking to prevent T2	This module teaches patients how to buy and cook healthy foods.
CDC 218 – Teaching Stress Management	This module teaches participants how to reduce and deal with stress
CDC 219 - Helping Patients Find Time for Fitness	This module teaches participants to find time to be active.
CDC 220 - Cope with Triggers	This module teaches participants how to cope with triggers of unhealthy behaviors.
CDC 221- Help Patients Understand how to keep their heart healthy	This module teaches participants how to keep their heart healthy

CDC 222 – Teaching Patients to Take Charge of their Thoughts	This module teaches participants how to replace harmful thoughts with helpful thoughts..
CDC 223 – Helping Patients Get Support	This module teaches participants how to get support for their healthy lifestyle.
CDC 224 – Teaching how to Eat Well Away from Home	This module teaches participants how to stay on track with their eating goals at restaurants and social events.
CDC 225 – Stay Motivated to Prevent T2	This module helps participants reflect on their progress and keep making positive changes over the next six months

Last six months of presenting the CDC Diabetes Prevention program
 You must present at least six of these 10 modules during the last six months. Prevent T2—for Life! must come last. Otherwise, there is no required order.

Module	Description
CDC 305 – When weight loss stalls	This Module teaches participants how to start losing weight again when their weight loss efforts slow down or stop.
CDC 306 – Take a Fitness Break	This module teaches participants how to overcome barriers to taking a 2-minute fitness break every 30 minutes.
CDC 307 – Stay Active to Prevent T2	This module teaches participants how to cope with some challenges of staying active.
CDC 308 – Stay Active Away from Home	This module teaches participants how to stay on track with their fitness goals when they travel for work or pleasure.
CDC 309 – More About T2	This module provides participants with a deeper understanding of T2
CDC 310 – More About Carbs	This module gives participants a deeper understanding of carbohydrates.
CDC 311 – Have Healthy Food You Enjoy	This module teaches participants how to have healthy foods that they enjoy.
CDC 312 – Get Enough Sleep	This module teaches participants how to cope with the challenges of getting enough sleep.
CDC 313 – Get Back on Track	This module teaches patients what to do when they get off track with their eating or fitness goals.
CDC 314 – Prevent T2—for Life!	This module helps participants reflect on their progress and keep making positive changes over the long term. Presented at the last session.

Please check the course schedule supplement to determine course dates, times and locations.

Curriculum Course Guide

If you are a new applicant and do not have a certification in health or lifestyle coaching from a recognized institution, then you will need to complete all course requirements before you can receive the designation of Registered Lifestyle Coach. All others who have been credentialed through iHealth Partners Network can voluntarily choose courses at your discretion for advancing your professional development.

Basic Health Course Guide

Module	Description
HLTH 205 - Introduction to Health Professions	A survey of the health professions and requirements for educational, job and market demands in selected health careers, including health promotion philosophy, goals, history and development.
HLTH 211 – Anatomy and Physiology I for Associate Programs	An examination of the structure, function, and pathology of the various body systems and their roles, relevance, and applications in health and illness. The course employs virtual interactive cadaver dissection technology. The following topics are covered: introduction to the human body, organization of the body, the blood, cardiovascular system, lymphatic system, nervous system, special senses, endocrine system, and respiratory system.
HLTH 212 – Anatomy and Physiology II for Associate Programs	A continuation of HLTH 211 that examines the structure, function, and pathology of the various body systems and their roles, relevance, and applications in health and illness. The following topics are covered: the digestive system, the urinary system, the skin, the musculoskeletal system, and the reproductive systems.
HLTH 252 – Drugs in Society	This course is to become familiar with a variety of illicit and licit drugs and drug related issues, to understand the social impact of drugs, to recognize the dangers imposed on individuals and the community and to relate positive health behaviors for combating drug misuse.
HLTH 330 – Human Nutrition	Chemical structure, function, digestion, metabolism and biochemical interrelationships of nutrients relating to life cycle, current issues and diet selection.
HLTH 349 – Public Community Health for Business	This course is an introduction to public and community health issues and problems at the local, state and national levels oriented toward business professionals. This course is designed to introduce the student in the historical basis of the contemporary health care system and the interactions between political, cultural, and economic factors of health care. The course will provide the student with

	foundational health knowledge to work as a business professional in the health care industry. The topics discussed in this course will prepare business professionals for the health care arenas in which they will serve.
HLTH 350 – Introduction to Public and Community Health	This course is designed to introduce the student in the historical basis of the contemporary health care system and the interactions between political, cultural, economic factors of health care which confront health workers daily.
HLTH 380 Health Promotion for Aging Populations	America is getting older. Health education and health promotion professionals will have older clients in many settings. This course is therefore designed to provide an overview of the special needs and concerns of people as they age, leading to health promotion for the elderly. Physical, mental, social, emotional, financial, and spiritual aspects of aging will be examined. Disease prevention and health promotion strategies will be presented.
HLTH 419 – Wellness Behavior Change for Business	This course provides the process by which health information and behavioral change is developed in detail. After the goal is defined, this course discusses an intervention delivery system whereby behavioral change methodology is examined and put into practice. The need for business students is to understand broader theoretical principles that are used, or could be used, in developing and implementing health promotion programs, and to show how such approaches are applied to real-life settings.
HLTH 420 – Principles of Behavior Change and Health Counseling	This course provides the process by which health information and behavioral change is developed in detail. After the goal is defined, this course discusses an intervention delivery system whereby behavioral change methodology is examined and put into practice. Students have, prior to this course, had a general understanding of behavioral intervention but only from a superficial perspective developed out of a content base. The need is to understand broader theoretical principles that are used, or could be used, in developing and implementing health promotion programs, and to show how such approaches are applied to real-life settings.

Note:

Course content may be changed, term to term, without notice. The information above is provided as a guide for course selection and is not binding in any form, and should not be used to purchase course materials. Some courses may be eligible for continuing education units from your designated associations. Please contact us for further information.