



**INTERVIEW GUIDE: Lighten Up: Lower your risk.**

Designing supports tool to educate and help adults aged 45-64 avoid prediabetes.

**Preliminaries**

- Reiterate/document
  - Voluntary participation
  - Stop at any time
  - Decline any question
- Confirm time availability for this 30-minute interview
- Confirm ok to take notes during the interview
- Ask if there are any questions.

**Background/Introduction**

- Prediabetes is a condition where an individual has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. That person is at a higher risk for developing type 2 diabetes and other serious health problems, including heart disease, and stroke.
- Currently, 1 in 3 US adults has prediabetes and 90% of them do not know it. 15% to 30% will develop type 2 diabetes.

**[Interviewer: The following 2 bullet points are to help you answer questions, but don't necessarily need to be shared.]**

- There are several risk factors that can lead to an individual developing or already having prediabetes, these include:
  - Individuals older than 45 years of age
  - A family history of diabetes
  - Being overweight or obese
  - Having certain ethnic or racial backgrounds, including: African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
  - Gestational diabetes (a history of diabetes while pregnant) or having given birth to a baby weighing more than nine pounds
  - Engaging in little to no physical activity
- Research has shown that doing just two things can help you prevent or delay type 2 diabetes:
  - Lose 5% to 7% of your body weight (which equates to 10 to 14 pounds for a 200-pound person)
  - Get at least 150 minutes of physical activity each week, such as brisk walking.

## Demographics

**[Interviewer: circle yes or no as appropriate]**

Participant is:

45-64 years old: yes no

Gets little or no exercise: yes no

Is in an at-risk weight category: yes no

**[Interviewer: please indicate gender (or gender identity)]** male female neither

**[Interviewer: circle any information you assumed and did not ask directly (e.g., you may not wish to ask directly about any demographic element that makes the interviewee uncomfortable or self-conscious)]**

Demographics information assumed by interviewer: age exercise weight gender

## Questions

*One of the easiest ways to lower your risk of developing prediabetes is through increasing your physical activity, and all types of activity can count. Let's begin by having you describe your current activity levels.*

1. In a given week, how much physical activity would you say you engage in? (About how many minutes a week?)
2. What types of physical activities do you most often engage in?
3. When do you find yourself most likely to participate in a physical activity?
4. What barriers do you perceive that could cause you to not engage in physical activities?
5. What type of assistance/motivation would you find helpful in engaging in more physical activities? Do friends or family provide any assistance or motivation? If so, in what ways? If not, please say more about that.

*Food plays an important role in our lives.*

1. What types of food does your current diet primarily consist of? Which foods do you enjoy most? Why? Which foods do you enjoy the least? Why?
2. What three (3) steps would you like to take to begin eating healthier? What challenges do you think you might encounter in taking those steps? Do friends or family provide any assistance or motivation for healthy eating? Please say more about your answer.

3. When do you feel yourself most often craving fatty or unhealthy foods? What do you think causes those cravings?
  - o What do you currently do to counter those cravings?

***Good mental health is just as important as physical health. Think about the goals you have in your own life and how great it would feel to accomplish them. When you add managing diabetes to your life, achieving those goals, and even everyday tasks, can become increasingly difficult.***

1. What are your long-term life goals?
2. What elements in your life do you find inspirational?
3. How do you cope with difficult situations or other roadblocks? Do friends or family provide any assistance for handling difficult situations? Please say more about your answer.
4. When would you most welcome any assistance/support to keep you on track with your life goals?
  - o What type of assistance would be the most impactful?
  - o How would you like to track your progress?

### **Wrap up**

***Thank you very much for your time and for sharing your insights!***

Are there any last thoughts you would like to share?