

## Additional File 5: The HEAL-D Online programme - session learning outcomes, content and materials

Learning objectives	Content and materials
<b>1. Diabetes – It’s in your hands! An introduction to T2D self-management</b>	
<p>Understand what T2D is and how it develops.</p> <p>Understand the role of insulin, glucose and blood glucose in health and T2D.</p> <p>Be introduced to key ways in which diet and lifestyle influence T2D.</p> <p>Understand the principles of a healthy, balanced diet.</p> <p>Understand how to set personal goals.</p>	<p><i>Diabetes – It’s in your hands</i> slide set</p> <p><i>Getting Started</i> information booklet</p> <p><i>Diabetes Explained</i> information booklet</p> <p><i>Balanced Diet</i> information booklet</p> <p><i>Diabetes Explained</i> animation film</p> <p><i>Diabetes True/False</i> interactive group activity</p> <p><i>Our Objectives</i> interactive group activity</p> <p><i>Tree of Life</i> interactive group activity</p> <p><i>Measuring Your Progress</i> form</p>
<b>2. Get Moving!</b>	
<p>Understand the importance of physical activity in T2D management.</p> <p>Know the physical activity recommendations for T2D management.</p> <p>Understand the difference between strength training and aerobic exercise and why they are important in T2D.</p> <p>Review HEAL-D activity targets and set personal physical activity goals.</p> <p>Explore personal barriers to engagement in physical activity.</p> <p>Know what physical activity provision is available locally.</p> <p>Learn about the HEAL-D physical activity resources.</p> <p>Explore problem-solving and action planning techniques.</p> <p>Participate in a group-based physical activity session.</p>	<p><i>Get Moving!</i> slide set</p> <p><i>Get Moving!</i> information booklet</p> <p><i>Overcoming Barriers</i> interactive group discussion</p> <p><i>Get Moving!</i> patient stories film</p> <p><i>Step It Out</i> homework card</p> <p>Pedometer</p> <p>HEAL-D home exercise videos &amp; exercise band</p> <p>Virtual group exercise session – Resistance bands</p>
<b>3. Taking Control!</b>	
<p>Know different types of carbohydrate and food sources of these.</p> <p>Understand how carbohydrate foods affect blood glucose.</p> <p>Know carbohydrate content of commonly consumed foods.</p> <p>Know appropriate portion sizes of carbohydrate foods.</p> <p>Review the role of insulin in blood glucose control.</p> <p>Participate in a group-based physical activity session.</p>	<p><i>Step It Out</i> homework feedback</p> <p><i>Taking Control!</i> slide set</p> <p><i>Taking Control!</i> information booklet</p> <p><i>Identifying Carbohydrates</i> group discussion</p> <p><i>Taking Control!</i> patient stories film</p> <p><i>Sugar Cube Game</i> interactive group activity</p> <p><i>Overcoming Barriers</i> interactive group discussion</p> <p>Carbohydrate portion guide handout</p> <p><i>Take Control</i> homework card</p> <p>Virtual group exercise session – dance aerobics</p>

<p><b>4. Shape Up!</b></p> <p>Understand how weight and shape influence T2D.  Understand that reducing waist circumference is beneficial for T2D management.  Learn about and experience mindful eating.  Participate in a group-based physical activity session.</p>	<p><i>Take Control</i> homework feedback  <i>Shape Up!</i> slide set  <i>Shape Up!</i> information booklet  <i>Middle Measurements</i> interactive group activity  <i>Mindful Eating</i> homework card  Tape measures  Virtual group exercise session – Circuit training</p>
<p><b>5. Drop the Pressure!</b></p> <p>Understand how salt and saturated fat affect cardiovascular health.  Understand what foods monounsaturated fats and n-3 polyunsaturated fats are found in.  Understand the importance of vegetables for heart health.  Know the salt content of common foods and hidden sources of salt in the diet.  Understand the importance of physical activity and weight management for heart health.  Participate in a group-based physical activity session.</p>	<p><i>Mindful Eating</i> homework feedback  <i>Drop the Pressure!</i> slide set  <i>Drop the Pressure!</i> information booklet  <i>Finding Salt</i> interactive group activity  <i>Try a New Activity</i> homework card  Virtual group exercise session – flex &amp; stretch</p>
<p><b>6. Putting it into Practice: cook &amp; taste</b></p> <p>Learn techniques for cooking with less salt and oil.  Learn techniques for adding extra vegetables into the diet.  Learn techniques for reducing saturated fat in the diet.  Learn techniques for reducing carbohydrate portion sizes.  Take part in a cook and taste session.  Taste foods/dishes prepared with reduced salt and fat.  Taste foods/dishes prepared with increased vegetables.</p>	<p><i>Try a New Activity</i> homework feedback  <i>Putting it into Practice</i> information booklet  Virtual cooking stations for increasing vegetables, low fat/healthy fat, reducing salt, reducing carbohydrate, increasing fibre.  Preparing low salt seasonings station.  <i>Diabetes Friendly Cooking</i> homework card</p>
<p><b>7. Plans for Life</b></p> <p>Reflect on successes of HEAL-D programme.  Identify situations which may cause lapses.  Identify tools to manage challenging self-management situations.  Participate in a group-based physical activity session.</p>	<p><i>Diabetes Friendly Cooking</i> homework feedback  <i>Plans for Life</i> slide set  <i>What We've Learnt</i> interactive group quiz  <i>Managing Lapses</i> interactive group discussion  <i>Celebrating Successes</i> interactive group discussion  HEAL-D certificates of participation  Group exercise session – Zumba™</p>

