

100 Series: Revised August 1999

What are the barriers to physical activity? (See question F.1.a, Lifestyle In-Person Contact Form, L03.)

Code	Barrier	Date Added
101	Illness	March 1996
102	Vacation/holiday/atypical work or family demands causing significant disruptions in usual routine	March 1996
103	Injury	March 1996
104	Participant reports diminished/no motivation to pursue activity goal, bored with exercise, dislikes exercise	March 1996
105	Chronic time management problems (difficulty finding time to exercise due to typical family, work, or social demands)	March 1996
106	Increase in significant life events causing pt. to neglect self-care (e.g., death of a spouse, divorce, marriage, being fired from work, retirement, major change in living conditions/working conditions/financial state, etc.)	March 1996
107	Little or no access to place, equipment, or facilities to exercise	March 1996
108	Weather	March 1996
109	Internal cues (positive or negative thoughts or emotions, e.g., perceived stress, depression, anxiety, anger, boredom, loneliness, happiness, relief) prompting sedentary behavior or a change in activity plan.	Rev. Nov. 1997
110	Exercise temporarily restricted by physician or other health professional for health reasons.	October 1997
111	Aches and pains (for example, due to arthritis, previous activity)	Nov. 1997
112	Inaccurate or not consistent self-monitoring of physical activity.	Oct. 1998
113	Expected social cues for physical activity become unavailable (e.g., a regular walking partner is ill or moves away, a seasonal exercise class ends) (Note: Do not use this code for the chronic absense of social cues for activity such as an unsupportive spouse or sedentary job.)	NEW: August 1999
198	None	July 1997
199	Other barrier (please FAX the LRC a New Codes Needed Form)	March 1996

200 Series: Revised May 1999

What approaches are taken to improve (or maintain) physical activity? (See question F.1.b on the Lifestyle In-Person Contact Form, L03)

Code	Level	Tool	Date Added
201	1	Problem solving (outlining the behavior chains associated with inactivity, that is, the antecedents (cues), behaviors, and consequences, as well as making and evaluating related action plans) Examples of specific problem solving strategies include: encouraging participant to attend DPP activity sessions, recommending music or books on tape, discussing priority of exercise and time management skills, recommending finding help with child/elder care, suggesting activities to do with child or elder.	March 1996
202	1	Increased frequency of phone calls and/or visits to cue increased activity	March 1996
203	2	Exercised with the participant during or outside of regular session time	March 1996
204	1	Developed a plan for someone other than yourself (e.g., another participant or DPP staff person) to exercise with participant	Rev. March 1998
205	2	Provided transportation to exercise, child/elder care (DPP pays)	March 1996
206	2	Bought the participant an item to support physical activity for \$100 or less (e.g., heart rate monitor, exercise tape, hand weights, clothing) (DPP pays)	Rev. Dec. 1998
207	1	Referred participant to non-DPP exercise class, facility, or trainer in the community or non-DPP personal trainer/exercise expert (no cost to DPP). This includes referral to a physical therapist or rehabilitation program.	Rev. March 1998
208	1	Identified exercise event in local area and set up a training schedule for the participant	March 1996

209	1	Set up motivational strategy/incentive/contract that does NOT involve spending DPP money or extra staff time (for example, Coach initiates Map of Miles, Miles to Go Before I Sleep, or Spell DPP but doesn't buy prizes); encouraged participant to identify self-reward for attaining a specific behavioral or weight loss goal.	March 1996
210	2	Scheduled a meeting with exercise physiologist on DPP staff	March 1996
211	2	Scheduled a meeting with behavior therapist on DPP staff	March 1996
212	3	Enrolled participant in health club, YMCA, Exercise Class, cardiac rehabilitation program (DPP pays)	March 1996
213	3	Purchased home exercise equipment for the participant (DPP pays)	March 1996
214	3	Provided a " personal trainer " for the participant (DPP pays to have someone <i>other than the exercise specialist on the DPP staff</i> to exercise with participant)	Rev: Oct. 1997
215	NA	No approach taken --participant is ill or injured	March 1996
216	1	Actively involved significant other in the exercise program (e.g., scheduled a session with the significant other and participant)	July 1997
217	3	Set up motivational strategy/incentive/contract that DOES involve spending DPP money or extra staff time (for example, using DPP Dollars or buying prizes for a lottery or reaching milestones on Map of Miles, Miles to Go Before I Sleep, or Spell DPP)	July 1997
218	1	Loaned the participant an item (worth \$100 or less) to support physical activity (e.g., heart rate monitor, exercise tape, hand weights). (<i>This does not include large exercise equipment such as a treadmill, stationary bike, or stepper.</i>)	REV: Dec. 1998
219	2	Enrolled participant in local exercise event (DPP pays)	July 1997
220	1	Mailed the participant a card, note, or other mailing to provide additional cues and encouragement	July 1997
221	3	Paid for child or elder care	July 1997

222	1	Loaned the participant self-help materials such as books or tapes (e.g., Keeping It Off Today with Art Ulene)	
223	2	Gave the participant a pedometer (provided by DPP).	March 1998
224	3	Loaned the participant home exercise equipment (such as a treadmill, stationary bike, stepper)	Oct. 1998
225	1	Recommended new approach to self-monitoring physical activity (e.g., devise an alternate form or calendar)	Oct. 1998
226	1	Scheduled a meeting between the participant and the PI	May 1999
298	NA	None	July 1997
299	NA	Other approach taken (please FAX the LRC a New Codes Needed Form)	March 1996

300 Series: Revised October 1998

What are the barriers to weight loss? (See question G.3.b, In-Person Contact Form, L03.)

Code	Barrier	Date Added
301	Inaccurate or not consistent self-monitoring of foods eaten, portion sizes, and/or body weight (<i>e.g., this includes suspected underreporting of foods or portion sizes eaten</i>)	Rev: Oct. 1997
302	Poor cooking or food shopping skills (self or others in the home)	March 1996
303	Social cues prompting poor food choices or overeating away from home (<i>e.g., restaurants/parties/buffets</i>)	March 1996
304	Vacation/holiday/atypical work or family demands causing significant disruptions in usual routine	March 1996
305	Internal cues (positive or negative thoughts or emotions, <i>e.g.,</i> perceived stress, depression, anxiety, anger, boredom, loneliness, happiness, relief) prompting poor food choices or overeating. Note: This encompasses what has been described as night eating, emotional eating, binge eating in response to positive or negative affect.	Rev. Nov. 1997
306	Increase in significant life events causing poor food choices or overeating (<i>e.g.,</i> death of a spouse, divorce, marriage, being fired from work, retirement, major change in living conditions/working conditions/financial state, etc.)	March 1996
307	Bored or dissatisfied with diet or meal plan	March 1996
308	Illness	March 1996
309	Participant reports diminished/no motivation to pursue weight loss goal	March 1996
310	Insufficient calorie expenditure (not enough exercise or exercise not intense enough)	Rev: Oct 1997
311	Chronic time management problems (<i>eg.</i> difficulty finding time to food shop, prepare food, go to appropriate restaurants, pack lunches).	July 1997
312	Participant quit smoking within the last four to six months.	Jan. 1998
313	Pregnancy (weight loss goal suspended)	Oct. 1998

398	None	July 1997
399	Other barrier (please FAX the LRC a New Codes Needed Form)	March 1996

400 Series: Revised May 1999

What approaches are taken to improve or maintain weight loss? (See question G.3.c on the Lifestyle In-Person Contact Form, L03.)

Code	Level	Tool	Date Added
401	1	Problem solving (outlining the behavior chains associated with problem eating, that is, the antecedents (cues), behaviors, and consequences, as well as making and evaluating related action plans) other than problems related to self-monitoring (see code 403) Examples of specific problem solving strategies include: focusing on problem meals, number of meals eaten out, food choices made when eating out.	March 1996
402	1	Increased frequency of calls/visits to cue more structured eating	March 1996
403	1	Reviewed skills for standard self-monitoring (e.g., label reading; weighing, measuring, and estimating portion sizes; remembering to monitor foods that may have been omitted from Keeping Track) and encouraged more accurate, consistent monitoring	March 1996
404	1	Recommended new approach to self-monitoring (e.g., Quick Track, Personal Fat Counter)	March 1996
405	1	Actively involved significant other in the program (e.g., scheduled the next session with the participant and the significant other)	March 1996
406	1	Provided recipes or loaned the participant a cookbook	March 1996
407	1	Provided structured meal plans	March 1996
408	3	Bought the participant actual food for \$100 or less (e.g., frozen entrees, fruit basket, gift certificate to grocery store).	REV: Dec. 1998
409	1	Assigned calorie goal or lowered fat/calorie goal	March 1996
410	2	Scheduled a meeting with the dietitian on DPP staff	March 1996
411	2	Scheduled a meeting with the behavioral therapist on staff	March 1996

412	1	Developed motivational strategy/incentive/contract that does NOT involve spending DPP money or extra staff time (for example, using Spell DPP without DPP-purchased prizes); encouraged participant to identify self-reward for attaining a specific behavioral or weight loss goal.	March 1996
413	2	Scheduled a visit at the participant's home (or nearby).	March 1996
414	3	Enrolled participant in non-DPP class (e.g. low fat cooking class at a community college) (DPP pays)	March 1996
415	1	Recommended participant buy Slim Fast (<i>or other similar product such as Sweet Success</i>) to replace one meal per day	Rev: Oct. 1997
416	1	Recommended participant buy Slim Fast (<i>or other similar product such as Sweet Success</i>) to replace two meals per day	Rev: Oct. 1997
417	3	Provided Slim Fast or coupons to replace one meal per day (DPP pays)	May 1997
418	3	Provided Slim Fast or coupons to replace two meals per day (DPP pays)	May 1997
419	3	Set up motivational strategy/incentive/contract that DOES involve spending DPP money or extra staff time (for example, using a lottery, DPP Dollars or purchasing prizes or rewards for reaching milestones on Spell DPP)	July 1997
420	2	Provided food samples to taste	July 1997
421	2	Scheduled a visit to a grocery store with the participant	July 1997
422	2	Scheduled a visit to the participant's work place (or nearby) with the participant	July 1997
423	2	Scheduled a visit to a restaurant with the participant	July 1997
424	2	Bought the participant a belt to mark changes in waist size over time	July 1997
425	3	Provided liquid formula (other than Slim Fast)	July 1997
426	1	Referred participant to a non-DPP provider of social services (e.g., social worker or mental health professional) for life problems that appear to be interfering with participants attempts to make healthy lifestyle changes	Rev: Oct. 1997

427	1	Scheduled the participant to come in before the next contact to be weighed	July 1997
428	1	Mailed the participant a card, note, or other mailing to provide personal support and encouragement	July 1997
429	2	Schedule a small group visit to reinforce content of the core curriculum (e.g., a one-time low-fat cooking demonstration) (Note: This is NOT an after-core class.)	July 1997
430	1	Loaned the participant self-help materials such as books or tapes (e.g., Keeping It Off Today with Art Ulene)	July 1997
431	1	Recommended increased physical activity (or increased intensity).	October 1997
432	1	Deleted November 1997. Was redundant with code 210.	Del. Nov. 1997
433	1	Recommended participant buy calorie/fat-controlled frozen entrees (<300 calories, 10 gram fat) to use for several meals per week.	October 1997
434	2	Bought the participant an item to support healthy eating for \$100 or less that was not actual food (e.g., subscription to low-fat cooking magazine, cook book, kitchen appliance).	December 1998
435	1	Scheduled a meeting between the participant and the PI	May 1999
498	NA	None	July 1997
499	NA	Other approach taken (please FAX the LRC a New Codes Needed Form)	March 1996

500 Series: Revised November 1999

Note: Some of the codes (e.g., yoga, softball) are not equivalent to brisk walking. We have added these codes because some centers want to offer these types of activities occasionally as social events which do provide some physical activity. We strongly recommend that you choose aerobic activities whenever possible for supervised activity sessions.

Types of exercise (See question D on the Lifestyle Physical Activity Log, L04.1.)

Code	Type of Exercise	Date Added
501	Walking (outdoor route)	March 1996
502	Aerobic Dance	March 1996
503	Resistance	March 1996
504	Step Aerobics	March 1996
505	Competitive Sport (e.g., tennis, basketball, racketball; this does not include community-sponsored competitive events such as walk/runs or cycling races)	March 1997
506	Walking (indoor route)	May 1997
507	Walking (treadmill)	May 1997
508	Stationary bike	May 1997
509	Biking (outdoors)	May 1997
510	Stair master	July 1997
511	Rowing Machine	July 1997
512	Nordic Track	July 1997
513	Aerobic Circuit Training (e.g., combination of various aerobic activities)	July 1997
514	Water Aerobics (includes hydrotone). Caution: Be sure the intensity is equivalent to brisk walking. Most water aerobics classes focus on toning rather than developing aerobic fitness and would not meet this criteria.	November 1997

515	Yoga (Note: Yoga is not equivalent to brisk walking, is not to be counted toward DPP activity minutes, and should not be offered as one of the two supervised activity sessions per week required by the protocol. Should only be offered as an occasional <i>social event</i> .)	March 1998
516	Community-Sponsored Physical Activity Event (registration paid by DPP) Examples: city-sponsored walk or biking race, ADA walking event, Race for the Cure.	March 1998
517	Community-Sponsored Physical Activity Event (registration not paid by the DPP) Examples: city-sponsored walk or biking race, ADA walking event, Race for the Cure.	March 1998
518	Softball/baseball (Note: Softball/baseball are not equivalent to brisk walking, are not to be counted toward DPP activity minutes, and should not be offered as one of the two supervised activity sessions per week required by the protocol. Should only be offered as an occasional <i>social event</i> .)	March 1998
519	Skating (roller skating, roller blading, ice skating, etc.)	February 1999
520	Snowshoeing	February 1999
521	Jogging/running	August 1999
522	Boxing	August 1999
523	Kickboxing (e.g., Tae Bo)	August 1999
524	Swimming	NEW: November 1999
525	Aerobic Cross Trainer (Seated Elliptical)	NEW: November 1999
526	Elliptical Trainer	NEW: November 1999
599	Other type of exercise (please FAX the LRC a New Codes Needed form)	March 1996

600 Series: Revised March 2000

Types of class offered (See question D on the Lifestyle Group Session Log, L05.1)

Code	Type of Class	Date Added
601	Winning at Losing	May 1997
602	Getting Ready for a Walking Event	May 1997
603	Low-Fat Cooking Class	July 1997
604	Muscle Training	October 1997
605	Considering Vegetarian Food Options	March 1998
606	Being Assertive	June 1998
607	Family Support	June 1998
608	Stress Management	June 1998
609	Time Management	June 1998
610	Walks	October 1998
611	Lifestyle Balance During the Holidays	October 1998
612	Eating on the Town	October 1998
613	Food Tastings	October 1998
614	Ready to Restart	October 1998
615	Maintaining Motivation in the After-Core: Setting Goals, Keeping Track of Success, Problem Solving, and Reaping Rewards	December 1998
616	The Management of Emotional Eating	May 1999
617	Fantastic Fiber	August 1999
618	Planning for the Holidays the Low-Fat Way	May 1999
619	Aerobic Exercise Class	NEW: November 1999
650	One-Time Group Get-Together	November 1997

651	One Session Class on a Nutrition Topic	November 1997
652	One Session Class on a Physical Activity Topic (If part of the class is a supervised activity session, code that separately on the Physical Activity Log.)	November 1997
653	One Session Class on a Behavioral Topic	November 1997
654	One Session Class on Diabetes Education/Diabetes Complications	November 1999
655	DPP Spring Training	NEW: March 2000
698	Combination Class (Pulls together several sessions from other classes or reviews core materials <i>for a combination of healthy eating, physical activity, and behavioral topics</i> . As always, send us an outline of what you are planning before you offer the class.)	Rev. Dec. 1998
699	Other	