

Recommended Readings for the Group Lifestyle Balance Training Workshop:

1. Diabetes Prevention Program Research Group. The Diabetes Prevention Program (DPP): description of lifestyle intervention. *Diabetes Care* 2002;25(12):2165-71.
<http://care.diabetesjournals.org/content/25/12/2165.full>
2. Knowler WC, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002;346(6):393-403.
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1370926/>
3. Venditti EM. Efficacy of lifestyle behavior change programs in diabetes. *Curr Diab Rep* 2007;7(2):123-7. <http://link.springer.com/article/10.1007/s11892-012-0256-9/fulltext.html>
4. Orchard TJ, et al. The Effect of Metformin and Intensive Lifestyle Intervention on the Metabolic Syndrome: The Diabetes Prevention Program Randomized Trial. *Ann Intern Med* 2005;142(8):611-619.
<http://annals.org/article.aspx?articleid=718331>
5. Kramer MK, et al. Translating the Diabetes Prevention Program: A Comprehensive Model for Prevention Training and Program Delivery. *Am J Prev Med* 2009. **37**(6): p. 505-511.
<http://www.sciencedirect.com/science/article/pii/S0749379709005959>
6. Diabetes Prevention Program Research, G., 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. *The Lancet* 2009. 374(9702): p. 1677-1686.
[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(09\)61457-4/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(09)61457-4/fulltext)
7. Jackson L. Translating the diabetes prevention program into practice: a review of community interventions. *Diabetes Educ.* 2009;35(2):309-20.
<http://www.ncbi.nlm.nih.gov/pubmed/19321809>
8. Kramer MK, et al. A Novel Approach to Diabetes Prevention: Evaluation of the Group Lifestyle Balance Program Delivered via DVD. *Diabetes Research and Clinical Practice*, 2010. **90**(3): p. e60-e63. <http://www.ncbi.nlm.nih.gov/pubmed/20863586>
9. Sacks, F.M., et al., Comparison of Weight-Loss Diets with Different Compositions of Fat, Protein, and Carbohydrates. *New Eng J Med* 2009. p. 859-873.
<http://content.nejm.org/cgi/content/abstract/360/9/859>
10. Wing, R.R. and S. Phelan, Long-term weight loss maintenance. *Am J Clin Nutr* 2005. p. 222S-225.
<http://www.ajcn.org/cgi/content/abstract/82/1/222S>

11. Kriska AM, Edelstein SL, Hamman RF, Otto A, Bray GA, Mayer-Davis EJ, et al. Physical activity in individuals at risk for diabetes: Diabetes Prevention Program. *Med Sci Sports Exerc* 2006;38(5):826-32
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1570396/>
12. Hamman, R.F., et al., Effect of Weight Loss With Lifestyle Intervention on Risk of Diabetes. *Diabetes Care* 2006. p. 2102-2107.
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1762038/>
13. Venditti, EM, Kramer, MK. Necessary Components for Lifestyle Modification Interventions to Reduce Diabetes Risk. *Current Diabetes Reports*. February, 2012.
<http://link.springer.com/article/10.1007/s11892-012-0256-9/fulltext.html>
14. Kriska, AM, et.al. Fishes, Whales, and Fishing Tips: Hooking an Active Lifestyle *Diabetes Spectrum* April 2005 18:114-118; doi:10.2337/diaspect.18.2.114
<http://spectrum.diabetesjournals.org/content/18/2/114.full>

NOTE: During the training workshop we will be referring to Resistance Exercise and Stretching packets. These may be found on the Physical Activity Resource Center for Public Health (PARC-PH) website: <http://www.parcph.org> (under the materials section). Please review/print out this information prior to the workshop.

PARC-PH: The PARC-PH was established to satisfy the need for a comprehensive resource center that can provide physical activity assessment and intervention information and guidance to interested researchers and community members locally and across the United States. A major focus of the PARC-PH is on assessment and intervention issues surrounding race/ ethnic/ minority groups as well as issues specific to various age/gender groups.