

Supplemental Table 1. Participant Learning Objectives by Intervention Condition

Module	Key Topics	
	<i>PreventT2^a</i> (individual intervention)	<i>PreventT2 Together^b</i> (couple-based intervention)
1. Introduction to the Program	The program's goals and structure, the basics of type 2 diabetes, how to make your first action plan, setting your 6-month goals	The program's goals and structure, the basics of type 2 diabetes, how to make your first action plan, identify how partners can work together toward a healthy lifestyle , setting your 6-month goals
2. Get Active to Prevent Type 2	Some benefits of getting active, some ways to get active	Some benefits of getting active, some ways to get active by yourself or with your partner, how to support one another in getting active
3. Track Your Activity	The purpose of tracking, how to track your activity	The purpose of tracking, how to track your activity by yourself or with your partner, how to support one another in tracking activity
4. Eat Well to Prevent Type 2	How the food you eat can help prevent or delay type 2 diabetes, using the plate method to balance the food groups, processed food and its role in your eating patterns, building on your strengths	How the food you eat can help prevent or delay type 2 diabetes, using the plate method to balance the food groups, processed food and its role in your eating patterns, building on your strengths as individuals or as a couple, how to support one another in eating well
5. Track Your Food	The benefits of tracking food, how to track the food you eat and the calories you take in, different ways to track food, how to figure out portion size and calories from food labels	The benefits of tracking food, how to track the food you eat and the calories you take in, different ways to track food by yourself or with your partner , how to figure out portion size and calories from food labels, how to support one another in tracking food
6. Get More Active	The purpose of getting more active, some ways to get more active, how to track more details about your activity	The purpose of getting more active, some ways to get more active by yourself or with your partner , how to track more details about your activity, how you can support one another in getting more active
7. Energy in, Energy Out	The link between weight loss and energy in, energy out, how the type and amount of food you eat affects energy in and energy out, how the amount of activity affects energy in and energy out, how to create the right balance of energy in and energy out	The link between weight loss and energy in, energy out, how the type and amount of food you eat affects energy in and energy out, how the amount of activity affects energy in and energy out, how to create the right balance of energy in and energy out, how to support one another
8. Eating to Support your Health Goals	Taking a positive approach to eating, eating foods in portions that support your goals, enjoying a variety of foods in healthy ways	Taking a positive approach to eating, eating foods in portions that support your goals, enjoying a variety of foods in healthy ways by yourself or with your partner, how to support one another in your health goals
9. Manage Stress	Some causes of stress, the link between stress and type 2 diabetes, some ways to reduce stress, some healthy ways to manage stress	Some causes of stress, the link between stress and type 2 diabetes, some ways to reduce stress, some healthy ways to manage stress,

		how to support one another in managing stress
10. Eat Well Away from Home	Factors that affect eating habits and food choices when eating away from home, ways to form habits that support healthy eating while away from home	Factors that affect eating habits and food choices when eating away from home, ways to form habits that support healthy eating while away from home, how to support one another in eating well away from home
11. Managing Triggers	What a trigger is and how we create and re-create patterns connected to grocery shopping, eating and sitting still, common triggers for grocery shopping, eating, and sitting still and ways to change unhealthy patterns associated with these triggers, your own triggers that lead to overeating or less healthy choices, how emotions and cues lead to your food choices and eating patterns	What a trigger is and how we create and re-create patterns connected to grocery shopping, eating and sitting still, common triggers for grocery shopping, eating, and sitting still and ways to change unhealthy patterns associated with these triggers, your own triggers that lead to overeating or less healthy choices, how emotions and cues lead to your food choices and eating patterns, how to support one another in managing triggers
12. Stay Active to Prevent Type 2	Some benefits of staying active, some challenges of staying active and ways to overcome them, how far you've come since you started this program	Some benefits of staying active, some challenges of staying active and ways to overcome them by yourself or with your partner , how far you've come since you started this program, how to support one another in staying active
13. Take Charge of Your Thoughts	Discuss how to replace negative thoughts with helpful thoughts, practice replacing a negative thought with a helpful thought	Discuss how to replace negative thoughts with helpful thoughts, practice replacing a negative thought with a helpful thought, how to support one another
14. Get Back on Track	How to get back on track with your eating and activity goals and prevent similar slip-ups in future by: staying positive, following the five steps of problem solving	How to get back on track with your eating and activity goals and prevent similar slip-ups in future by: staying positive, following the five steps of problem solving, learning how to support one another to stay on track
15. Get Support	How to get support from family, friends, and coworkers; groups, classes, and clubs; and health care and other professionals	How to get support from your partner , family, friends, and coworkers; your community , groups, classes, and clubs; and health care and other professionals
16. Stay Motivated to Prevent Type 2	How far you've come since you started this program, our group's next steps, individual goals for the next 6 months	How far you've come since you started this program, our group's next steps, individual goals for the next 6 months, how to support one another in staying motivated
17. When Weight Loss Stalls	Some reasons why weight loss can stall, other non-scale ways your body tells you that you're making progress on your health goals, the value of maintaining your weight and how to start losing weight again	Some reasons why weight loss can stall, other non-scale ways your body tells you that you're making progress on your health goals, the value of maintaining your weight and how to start losing weight again, how to support one another when weight loss stalls
18. Take a Movement Break	The link between sitting still and type 2 diabetes, some challenges of taking	The link between sitting still and type 2 diabetes, some challenges of taking movement breaks and

	movement breaks and ways to overcome them	ways to overcome them, how to support one another
19. Keep Your Heart Healthy	Why heart health matters, how to keep your heart healthy, why you should limit salt and how to do it, how to make healthier choices about fats	Why heart health matters, how to keep your heart healthy, why you should limit salt and how to do it, how to make healthier choices about fats, how to support one another
20. Shop and Cook to Prevent Type 2	How to identify foods that can support your health goals, how to shop for foods that can support your health goals no matter where you get your food, how to cook foods you love in new ways and discover new favorite foods	How to identify foods that can support your health goals, how to shop for foods that can support your health goals no matter where you get your food, how to cook foods you love in new ways and discover new favorite foods, how to support one another in shopping for nutrient-dense foods and cooking healthier
21. Find Time for Physical Activity	Some benefits of being active, challenges of fitting in physical activity, how to find time for physical activity	Some benefits of being active, challenges of fitting in physical activity, how to find time for physical activity, how to support one another in being active
22. Get Enough Sleep	Why sleep matters, some strategies for getting the rest you need	Why sleep matters, some strategies for getting the rest you need, how to support one another in getting enough sleep
23. Stay Active from Home	Ways to overcome the challenges of staying active away from home	Ways to overcome the challenges of staying active away from home, how to support one another in being active away from home
24. More About Type 2	The basics of type 2 diabetes, how type 2 diabetes is diagnosed, how type 2 diabetes is managed	The basics of type 2 diabetes, how type 2 diabetes is diagnosed, how type 2 diabetes is managed, how to support one another
<p>^a<i>PreventT2</i> is freely available at this website: https://nationaldppcsc.cdc.gov/s/article/National-DPP-PreventT2-Curricula-and-Handouts.</p> <p>^bAfter completion of this pilot trial, <i>PreventT2 Together</i> will be available by request to the research team (heartlab@psych.utah.edu).</p>		