Using the Living Your Best Life (With Diabetes!) Curriculum

There are 7 sessions in the Living Your Best Life (With Diabetes!) curriculum. Each session takes about 1- 1 ½ hours, depending on the number of people that attend the session. The more people that attend, the longer the session takes, as there would be more questions and more people participating in the discussions. Most people choose to offer the classes once a week for 7 weeks. Participants will complete the pre and post-test via Survey Monkey before the first class and after the last class.

The following topics are covered in the seven sessions:

Session ONE: What is diabetes? And the A of the ABCs of diabetes.

* 1. Review of diabetes
  2. Introduce ABCs of diabetes
  3. A of the ABCs of diabetes- Monitoring blood sugar

Session TWO: ABCs of Diabetes, B and C

* 1. Healthy Blood pressure
  2. Healthy Cholesterol

Session THREE: Diabetes and the Body

* 1. Diabetes Complications
  2. Understanding the healthcare team

Session FOUR: Eating with Diabetes

1. Basics of Carbohydrate Counting
2. Label reading
3. Diabetes plate method

Session FIVE: Diabetes and Medication

* 1. Medication for diabetes
  2. Medication problem solving

Session SIX: Getting Active!

* 1. Benefits
  2. Trying it out!
  3. Activity goal setting

Session SEVEN: Coping with Stress and Self Care

* 1. What is stress
  2. Healthy Coping
  3. Self care
  4. Closing of session

How to use each lesson:

* Each lesson also has a list of materials you’ll need and anything you’ll need to do in advance.
* Each lesson lists everything participants will need for the class. You will use this to review with participants what they will need for each class from their LYBL tool box they were mailed.
* Each lesson has a PowerPoint that accompanies it.

Evaluation:

* Pre load the end of day evaluations into Zoom (or other platform) and deliver evaluations via polls.