

Table. Curriculum Overview			
Month	Large Group	Social barriers to care	Behavioral barriers to care
1	Diabetes overview - Defining diabetes and A1c - Goal A1c levels - Preventing complications	Taking ownership - glucometer teaching	Fear -FICA*: faith
2	Medication adherence - Why nonadherence is common - Reasons to take medications - Normal blood sugar levels - Overcoming nonadherence	Taking medications	Worry -FICA*: influence
3	Nutrition - Why nutrition is important - Why nutrition seems difficult - How to simplify nutrition - Setting goals	My Plate.gov	Overwhelmed -FICA*: importance
4	Sex/Intimacy & depression - Diabetes-related complications relating to sexual intimacy and depression - Importance of glucose control	Counseling opportunities	Sadness -FICA*: Community
5	Preventive care (part 1) - Rationale for preventive care - Preventing diabetes complications - Age-appropriate preventive care	Reviewing age-appropriate guidelines	Coping -FICA*: Community
6	Preventive care (part 2) - Rationale for preventive care - Preventing diabetes complications - Age-appropriate preventive care	Reviewing age-appropriate guidelines	Coping -FICA*: Community
7	Exercise (part 1) - Why exercise is important - Why exercise seems difficult - How to simplify exercise - Setting goals	Hands-on exercise examples	Exercise for the mind -Address
8	Exercise (part 2) - Why exercise is important - Practical resources for exercise - Setting goals	Hands-on exercise examples	Exercise for the mind -Address
9	Tobacco and Diabetes - Health effects of tobacco - Reasons to quit - Building a community of support	Reviewing community programs	Seeking help - FICA*: Community
10	Alcohol and Diabetes (5, 13) - Health effects of alcohol - Reasons to quit - Building a community of support	Reviewing community programs	Seeking help - FICA*: Community
11	Depression and Anxiety - Depression and anxiety, what they are and are not - Medication and lifestyle changes - Seeking help when necessary	Taking medication and counseling opportunities	Depression and Anxiety -FICA: Community
12	Summary of Program - Reviewing topics covered	Taking action and finding a support group	Seeking help - FICA*: Community
General Social and Behavioral (Ministry) Medicine group questions:			
<ol style="list-style-type: none"> 1. Define the topic 2. What are barriers to the topic for you and others with diabetes 3. What is something you can do to improve (setting goals, objectives)? 			
*FICA: Fear/beliefs, Importance or influence, Community, Address			

Detailed diabetes curriculum	
Month	Topic
ONE	Diabetes Overview
Social	Topic. Physical Barriers to Your Care: Taking Ownership (Glucometers)
	Supplies. Glucometers (only those who do not have should take) Cell Phone (OhMD app)
	Before starting. Review the OhMD app with them (why to use, help them download)
	Questions. <ol style="list-style-type: none"> 1. Define: What does it mean to take ownership? <ol style="list-style-type: none"> a. Ownership literally means to possess...or be in control of your disease b. What are some examples of taking ownership -Knowing what medications you're taking -Knowing what your numbers are and if they are good or bad (such as blood sugar) 2. Overcoming barriers. What are my barriers or what things get in the way of me taking ownership? <ol style="list-style-type: none"> a. Money, time, not knowing enough about diabetes 3. Goals/Objectives. What is something I can do to take ownership? <ol style="list-style-type: none"> a. Learn and use your glucometer as your doctor tells you b. Keep a log of your blood sugars (show them the paper) c. Now how can I help others overcome barriers to today's topic?
Behavioral	Topic. Mental Barriers to Your Care: Fear
	Questions. <ol style="list-style-type: none"> 1. Define. Many people have concerns related to diabetes...such as "feeling scared when I think of living with diabetes" <ol style="list-style-type: none"> a. Fear – What is fear? Why do you think many people suffer with fear about living with diabetes? 2. Overcoming barriers. Review how the mind affects the body...why we cannot ignore it when we are trying to improve help (examples-I'm anxious so I do not want to take my medications, etc.). - Introduce FICA: FAITH -Do you consider yourself spiritual or religious? Or, is spirituality important to you? -Do you have spiritual beliefs that help you cope with stress/difficult times? -What gives your life meaning? -INTRODUCE: Church Connection to Clinic 3. Goals/Objectives. What can we do when we fear? <ol style="list-style-type: none"> a. How do you plan on doing this? (set goals, objectives to reach goal) -For example...My goal is not let fear stop me from taking my medications so this week I will .
CHW – Weekly patient questions	Weekly: <ol style="list-style-type: none"> 1. How are your glucose levels? 2. Are you having problems obtaining or taking your medication? 3. Questions or issues? Other (ask through the month at the CHW discretion) - Have you checked your feet this month? - Do you know your A1C level and what it should be?
TWO	Taking your medications
Social	Topic. Physical Barriers to Taking Your Medications
	Supplies. Cell Phone (OhMD app) Chart that compares A1c to blood sugar levels
	Before starting. <ol style="list-style-type: none"> 1. Review the OhMD app with them (why to use, help them download) Allow time to review blood sugar logs and how it "matches" with A1c (it's OK if they didn't check their blood sugar every day...something is better than nothing ☺). DO remember to check at various times of the day not just morning so we can see if they are "high" or "low" at other times.

	<p>Questions.</p> <ol style="list-style-type: none"> Define. What does “controlled diabetes” mean? Why is this difficult? <ul style="list-style-type: none"> A1c <7, allow to discuss Overcoming barriers. What are some barriers or what things get in the way of taking your medications? Allow discussion <ul style="list-style-type: none"> “I feel good”, worry about side effects, forget, “I’m eating/exercising now”, I feel better not taking them Goals/objectives. If you do not take your medications as prescribed, what is something you can do to take your medications? (Setting goals and objectives/plan) <ul style="list-style-type: none"> First, ask them to think through what is the main reason they do not take their meds Next, ask /help them come up with a plan to overcome this barrier Example, “I forget” →plan may be to set phone alarm; “Side effects” or “feel better not taking them”→plan may be to discuss with the doctor (maybe a different medication or dose would be better) -It is important to communicate with doc and CHWs their concerns. We want them to feel good AND take their meds ☺
Behavioral	<p>Topic. Mental Barriers to Taking Your Medications (Worry)</p> <p>Questions.</p> <ol style="list-style-type: none"> Define. <ul style="list-style-type: none"> -What is worry? Why do you think many people with diabetes suffer from worry about the disease and its complications? Overcoming barriers. Review how the mind affects the body...why we cannot ignore it when we are trying to improve help (examples-I’m worried about side effects so I do not take my medications, etc.). Many people have concerns related to diabetes...such as “Worrying about the future and the possibility of serious complications” <ul style="list-style-type: none"> -FICA: (I) Importance <ul style="list-style-type: none"> -What importance does spirituality have in life? Goals/objectives. What can we do when we worry? <ul style="list-style-type: none"> -How do you plan on doing this? (Set goals, objectives to reach goal). For example...My goal is not let worry stop me from taking my medications so this week I will .
CHW – Weekly patient questions	<p>Weekly:</p> <ol style="list-style-type: none"> How are your glucose levels? Are you having problems obtaining or taking your medication? Questions or issues? <p>Other (ask through the month at the CHW discretion)</p> <ul style="list-style-type: none"> - Do you know when your medication needs to be refilled and how to order refills? - What could you do to remember to take your medications?
THREE	Nutrition
Social	<p>Topic. Physical barriers to nutrition</p> <p>Supplies. MyPlate.gov and examples for patients to do their own</p> <p>Questions.</p> <ol style="list-style-type: none"> Define. What is healthy eating? (Achieving a better weight, eating balanced/”colorful” diet, portion control, etc.) Overcoming barriers. This sounds so easy, why is it so difficult to do (time, money, transportation; I like food☺, etc.) <ul style="list-style-type: none"> -Practice drawing “my plate” and make up breakfast, lunch, dinner examples Goals/objectives. Set goal (weight loss if BMI not normal or “colorful” plate if BMI is) and then find 2-3 specific ways to do it this month (go every Monday to store to buy fruits, vegetables; do “my plate”, measure food to understand portion control, etc.)
Behavioral	<p>Topic. Mental Barriers to nutrition --Overwhelmed</p> <p>Questions.</p> <ol style="list-style-type: none"> Define. What it is to be overwhelmed and what is its relationship to diabetes? Overcoming barriers. Why do my thoughts have such an influence on my behaviors? <ul style="list-style-type: none"> -Discuss the connection between our thoughts and our actions -FICA: (I) <ul style="list-style-type: none"> - has your spirituality influenced how you take care of your diabetes and health overall? Goals/objectives. Strategies to overcome being overwhelmed

CHW – Weekly patient questions	Weekly: <ol style="list-style-type: none"> How are your glucose levels? Are you having problems obtaining or taking your medication? Questions or issues? Other (ask through the month at the CHW discretion) <ul style="list-style-type: none"> What kinds of carbohydrates are you eating?
FOUR	Sex, intimacy, and depression
Social	Topic. Physical Barriers to Preventing Diabetes Complications Questions. <ol style="list-style-type: none"> Define. What does prevention mean to you? (We discussed last time). Are you surprised that controlling your diabetes also helps prevent sexual complications? -Name 1-2 ways you are preventing complications (taking medications, weight loss, getting your medications before you run out, etc.) It’s never too late to start! Overcoming barriers. Depression and diabetes are commonly seen together and can be a bad combination (get sad then don’t take meds then worse diabetes control then sadder than don’t take care of self then worse control, etc.... Goals/objectives. Before this spiral happens, what can you do? - If you think you have depression, get help (don’t keep it inside). Make an appointment with your doctor (one-on-one) - Have 2-3 friends that you talk to at least weekly and are open, keep you accountable to take your medications, etc. - Take care of yourself (exercise if like a natural medications) -Let’s make a plan for this week. What is your goal (maybe get help for depression) and how are you going to meet your goal (make an appointment at the clinic, take medications, take care of self, get a social support group, etc.) <p>**if patient has thoughts of (or plan to) harm themselves or others, they need help now. Tell the doctor and we need to get help them immediately.</p>
Behavioral.	Topic. Mental barriers to diabetes care (depression) Questions. <ol style="list-style-type: none"> Define. What is depression? Why do think this is so common with diabetes? Allow discussion. -Why do you think it is important to discuss complications (such as sexual dysfunction) with your spouse (they may think you are cheating when really you are embarrassed, helps them be more understanding, etc....) -As we’ve discussed, thoughts and actions are connected. For example, connection between our thoughts (depression), actions (don’t eat well or take medications), and outcomes (have difficulties with sexual intimacy/function). -But it is hard to overcome barriers of our thoughts and actions alone. Overcoming barriers. FICA. Community -If you are part of a spiritual community, is this a support to you and how? -Is there a group of people you really love or who are important to you? Pass out cards for follow-up: Church Connection to Clinic Goals/objectives. Goals and strategies to cope with diabetes complications (starts with your thoughts). <p>**if anyone mentions any current suicidal thoughts or desire, report to the doctor immediately</p>
CHW – Weekly patient questions	Weekly: <ol style="list-style-type: none"> How are your glucose levels? Are you having problems obtaining or taking your medication? Questions or issues? Other (ask through the month at the CHW discretion) <ul style="list-style-type: none"> How is the sex and depression talk this month relate to your life?
FIVE	Preventive care (part 1)
Social.	Topic. Physical barriers to prevention

	<p>Questions.</p> <ol style="list-style-type: none"> Define. What does prevention mean to you? -Review recommendations from today (foot exam, vaccines, eye exam) and the \$4 medication examples. Why is this important for prevention (if med is too expensive, they can't get it, the doctor may be able to give them a different medication that is cheaper) Overcoming barriers. What are some of the difficulties you have with "prevention" (taking medications, going to appointments, don't feel bad so why do it? etc....) Allow time to share stories of prevention...or people who have not prevented and have seen diabetes complications. Goals/objectives. Every Monday I will make sure I have enough medications (or if I need to call the clinic) or I will call to schedule my eye exam on Monday, etc. (make it specific)
Behavioral	<p>Topic. Mental barriers to prevention (coping)</p> <p>Questions.</p> <ol style="list-style-type: none"> Define. Define diabetes complications (kidney failure, heart attack, etc.). What does it mean to cope? Allow discussion. -Connection between our thoughts (fear about meds), actions (don't take meds), and outcomes (have heart attack) Overcoming barriers. Goals/objectives. Strategies to cope with depression and sexual complications from diabetes. -FICA: Address in care -How would you like your CHW to address these issues in your diabetes care?
CHW – Weekly patient questions	<p>Weekly:</p> <ol style="list-style-type: none"> How are your glucose levels? Are you having problems obtaining or taking your medication? Questions or issues? <p>Other (ask through the month at the CHW discretion)</p> <ul style="list-style-type: none"> Have you received a referral to see an eye doctor? Have you had that appointment?
SIX	Preventive care (part 2)
Social.	<p>Topic. Physical barriers to prevention</p> <p>Questions.</p> <ol style="list-style-type: none"> Define. What does prevention mean to you? -Review recommendations from today (eye exam, mammogram and colonoscopy). What are the benefits to prevention. Overcoming barriers. How can we overcome the difficulties you have with "prevention" (what are your fears?) Allow time to share stories of prevention...or people who have not prevented and have seen diabetes complications. Goals/objectives. "I will make sure to schedule my medical exams to the same month every year" or "I will go to my medical exams with a family member" (make it specific)
Behavioral	<p>Topic. Mental barriers to prevention (coping)</p> <p>Questions.</p> <ol style="list-style-type: none"> Define. Make a list of diabetes complications you have decided you want to prioritize (loss of movement or extremities, etc.). What does it mean to IMPROVE HABITS? Allow discussion. -Connection between our thoughts (fear about meds), actions (don't take meds), and outcomes (have heart attack) Overcoming barriers. Goals/objectives. Strategies of communication to confront and solve depression and sexual complications from diabetes. -FICA: Address in care -How would you like your CHW help you in overcoming obstacles of preventive diabetes care?
CHW – Weekly patient questions	<p>Weekly:</p> <ol style="list-style-type: none"> How are your glucose levels? Are you having problems obtaining or taking your medication? Questions or issues? <p>Other (ask through the month at the CHW discretion)</p> <p>When was your last preventive medical exam (mammography, PAP smear, colonoscopy, etc? Do you need to make an appointment?</p>

SEVEN	Exercise (part 1)
Social	Topic. Physical Barriers to Exercise
	Supplies. Simple exercise equipment (e.g., 2L coke bottle for weights)
	Questions. <ol style="list-style-type: none"> Define. What does exercise mean to you? Help them understand “the wheel” and why exercise (cardio, strength, and flexibility...there are several types of exercise...) Overcoming barriers. Name 1-2 reasons that exercise is hard for you. Goals/objectives. Help them develop an exercise plan by naming 1-2 ways to get there (such as spend 20 minutes daily exercising Monday through Friday, having a friend to exercise with/keep them accountable, not just focus on one type of exercise, etc.) -Spend 10-15 minutes doing exercises.
	Supplies. Survey Read out loud and ask everyone to fill out the survey together (just in case someone cannot read). I think you will need 10-15 minutes to do the survey. Afterwards you can teach “mind exercises” (see below)
	Questions. <ol style="list-style-type: none"> Define: General description of diabetes and our minds...how are they connected? Overcoming barriers. After today’s survey, would someone like to share the changes you have since last class regarding diabetes-related depression or stress? FICA: Address -How can we help you meet your spiritual needs? -Pass out cards from Vida Nueva if they did not fill out month 4 Goals/objectives. "Exercising the mind". Names time, day -be specific
	CHW – Weekly patient questions
	Weekly: <ol style="list-style-type: none"> How are your glucose levels? Are you having problems obtaining or taking your medication? Questions or issues? Other (ask through the month at the CHW discretion) - Have you found an exercise partner?
EIGHT	Exercise (part 2)
Social	Topic. Physical Barriers to Exercise
	Supplies. Simple exercise equipment (e.g., 2L coke bottle for weights)
	Questions. <ol style="list-style-type: none"> Define. What type of exercise can you start with and what level? Share exercise classes they may do. Overcoming barriers. Help determine which exercises offer the least barriers. Goals/objectives. Help them develop an exercise accountability plan. -Spend 10-15 minutes doing exercises.
Behavioral	Topic. Mental barriers to exercise
	Supplies Help determine which “mind exercises” will be part of their plan this week. Review “mind exercises”
	Questions. <ol style="list-style-type: none"> Define: General description of diabetes and our minds...how are they connected? Overcoming barriers. Which exercise related changes will become part of your daily routine? FICA: Address -How can we help you meet your spiritual needs? Goals/objectives. Implement an exercise routine that can overcome obstacles.
CHW – Weekly patient questions	Weekly: <ol style="list-style-type: none"> How are your glucose levels? Are you having problems obtaining or taking your medication? Questions or issues? Other (ask through the month at the CHW discretion) - Have you practiced searching for internet exercises? Have you been able to implement exercising at home using these ideas?

NINE	Tobacco & Diabetes
Social	Topic. Physical Barriers to Avoid Tobacco
	Supplies. Smoke cessation resources
	Questions. <ol style="list-style-type: none"> Define. What are the complications of tobacco to patients with diabetes? Help the patient understand all tobacco is harmful and how its abuse damages their health; why quitting is important for their health. Overcoming barriers. Name 1-2 reasons that quitting tobacco is hard for you. Help patients understand what is stopping them from quitting. Goals/objectives. Help them develop a plan about quitting tobacco by naming 1-2 ways to ask for help and seek medical help and by having a friend to keep them accountable. Help patients understand why accountability is important and why it works
Behavioral	Topic. Mental barriers to avoiding tobacco
	Supplies. Smoke cessation resources Smoking and Breathing Issues
CHW - patient weekly questions?	Every week: <ol style="list-style-type: none"> How is your blood sugar doing? Any issues getting or taking your medications? Any questions or concerns? Other (throughout the month per CHW discretion) <ul style="list-style-type: none"> Have you evaluated whether you or a family member may need help? Can we help in finding community resources near your area?
TEN	Alcohol & Diabetes
Social	Topic. Physical Barriers to Avoid Alcohol
	Supplies. AA, ALANON
	Questions. <ol style="list-style-type: none"> Define. What are the complications of alcohol abuse to patients with diabetes? Help the patient understand how alcohol abuse is harmful and how alcohol abuse damages their relationships and health; why quitting is important for their health. Overcoming barriers. Name 1-2 reasons that quitting alcohol is hard for you. Help patients understand what is stopping them from quitting. Goals/objectives. Help them develop a plan about quitting alcohol by naming 1-2 ways to ask for help and seek medical help and by having a friend to keep them accountable. Help patients understand why accountability is important and why it works
Behavioral	Topic. Mental barriers to avoiding alcohol abuse
	Supplies. Guidelines to alcohol consumption resources
	Questions. <ol style="list-style-type: none"> Define: General description of alcohol abuse in relation to diabetes management...How are they connected? Help the patient understand all tobacco is harmful and how alcohol abuse damages their relationships; why quitting is important for family life. Overcoming barriers. What mental barriers are stopping you from quitting? Help patients identify emotional triggers that may push them into unhealthy behaviors. Goals/objectives. Help patients develop a plan about quitting alcohol by recognizing emotional triggers. FICA: Community: Seeking help (community resources)
CHW - patient weekly questions?	Every week: <ol style="list-style-type: none"> How is your blood sugar doing? Any issues getting or taking your medications? Any questions or concerns? Other (throughout the month per CHW discretion) <ul style="list-style-type: none"> Have you evaluated whether you or a family member may need help? Can we help in finding community resources near your area?
ELEVEN	Depression & Anxiety
Social	Topic. Physical Barriers to Prevent and Manage Depression and Anxiety

	<p>Questions.</p> <ol style="list-style-type: none"> 1. Define. does depression and anxiety mean to you? Would you be surprised to learn that controlling your diabetes would help reduce these complications? 2. Overcoming barriers. Depression, anxiety, and diabetes are often linked to each other and can be a very bad combination. When this happens, people feel sad and it makes the person worse by not taking their medicines. 3. Goals/objectives. Before this goes downhill, what can you do? <ul style="list-style-type: none"> - If you think you have depression, seek help. DON'T HIDE IT. Make an appointment with your doctor to speak face to face. - Have 2-3 friends with whom you can talk openly, at least once a week, and to whom you can report on your medications. Stay responsible and don't stop taking them etc. <p>Take care of yourself. (Exercise is a natural medicine.) Make a plan this week. What is your goal? (maybe you need help for your depression) and... how will you meet your goal? (Make an appointment at the clinic, take your meds, take care of yourself, get a social support group, etc.)</p> <p>***** If the patient has had the desire, thoughts or plans to harm himself or others, he needs help NOW. Tell the doctor; we need to help this person immediately. *****</p>
Behavioral	Topic. Mental barriers to avoiding alcohol abuse
	<p>Supplies. Guidelines to alcohol consumption resources</p>
	<p>Questions.</p> <ol style="list-style-type: none"> 1. Explain: What is depression? Why do you think it is so common with diabetes? Allow dialogue. <ul style="list-style-type: none"> -As we have said, thoughts and actions are connected. For example, the connection between our thoughts (depression) and the action (not eating well or taking their medicines) and the consequence makes sexual intimacy not work. -But it is difficult for us to overcome the obstacles of our thoughts and actions. 2. Overcoming barriers. FICA: Community <ul style="list-style-type: none"> -If you are part of a spiritual community, do you think it provides support to you? 3. Goals/objectives. Goals and coping strategies for diabetes complications (start with your thoughts) <p>*****If anyone mentions intent or wish to attempt suicide, please report it immediately to the doctor*****</p>
CHW - patient weekly questions?	<p>Every week:</p> <ol style="list-style-type: none"> 1. How is your blood sugar doing? 2. Any issues getting or taking your medications? 3. Any questions or concerns? <p>Other (throughout the month per CHW discretion)</p> <ul style="list-style-type: none"> - How do you relate personally to depression and anxiety - How do you manage moments of depression or anxiety in your daily life?
TWELVE	Program Review
Social	Topic: Review the Topics Learned Monthly Every Month
	<p>Questions.</p> <ol style="list-style-type: none"> 1. Explain. It is important to review each topic periodically to keep the focus on health management. If you're not already acting on some of these issues, get started today. It's never too late to start! 2. Overcoming obstacles. Commonly the repetition of a theme helps us to understand it more deeply. Get advice from your clinic or doctor to follow up on any issue that has not yet been implemented. 3. Goals/Objectives. Take action on every topic in this program to get your diabetes under control. <ul style="list-style-type: none"> - Take care of yourself. - Let's make a plan this week! What is your goal? How will you meet your goal? - Write down your goals and remember that measurable and achievable goals are the key to success.
Behavioral	Topic: Mental Barriers to taking care of your health

	<p>Questions.</p> <ol style="list-style-type: none"> 1. Explain. Why is it difficult to become aware of taking care of ourselves? Allow the dialogue. -As we have said, thoughts and actions are connected. The support of family and friends and our community are indispensable. Have you found a group that supports you? Remember that it is difficult for ourselves to overcome the obstacles of our thoughts and actions. I looked for help! 2. Overcoming obstacles. FICA. Community -If you are part of a spiritual community, do you think this is a support for you? How? -Is there a group of people who love you or who are important to you? -Hand out the follow-up cards: Church Connection Related to the Clinic 3. Goals/Objectives. Achieving action in connecting to a group that supports the patient.
<p>CHW - patient weekly questions?</p>	<p>Every week:</p> <ol style="list-style-type: none"> 1. How is your blood sugar doing? 2. Any issues getting or taking your medications? 3. Any questions or concerns? <p>Other (throughout the month per CHW discretion)</p> <ul style="list-style-type: none"> - What's the next step? - Do you want to review your goals?