

ATL CHW Intervention Curriculum- Key Content Objectives

Session 1: Overview of Diabetes and Hypertension

Objectives- to explain:

1. Type 2 Diabetes and the role of glucose and insulin on blood sugar.
2. How to check blood glucose
3. Diabetes symptoms and health problems associated with diabetes diagnosis
4. Correlation between diabetes and high blood pressure
5. Dangers of high blood pressure
6. Demonstrate how to measure and read blood pressure
7. Controlling blood pressure

Session 2: Nutrition

Objectives- to explain:

1. How to build a health plate using the My Plate Method
2. What is fats, oils, and cholesterol
3. How to read and understand food and drink labels
4. Tips for healthy cooking and ordering out

Session 3: Stress Management

Objectives- to explain:

1. Stress: bad stress and eustress (good)
2. Effects of stress on body, mood, and behavior choices
3. Healthy ways to cope with stress
4. Discuss 3 steps of mindfulness

Session 4: Physical Management

Objectives- to explain:

1. Calories
2. BMI and healthy weight
3. Recommended exercise and tips to build activity into your day
4. Types of physical activity

Session 5: Diabetes and Hypertension management

Objectives- to explain:

1. Diabetes-related complications
2. High and low blood sugar symptoms

3. How to manage medications
4. Lower risk for heart disease
5. Heart attack vs. Heart burn