

## **Project RICE Session Overview**

### **Session 1: What is Diabetes and Why is Prevention Important?**

1. Welcome and Orientation to Project RICE
2. What is diabetes
3. Disease specific information
  - a. Type I, Type II, Gestational Diabetes, Prediabetes
  - b. Overview of diabetes complications
  - c. Symptoms
  - d. Risk factors
4. Prevention of diabetes
5. Myths and Facts about diabetes

### **Session 2: Nutrition**

1. What is Nutrition
  - a. Relationship between diabetes and nutrition
  - b. Overview of food groups, calories
2. Eating a Balanced Diet
  - a. Portions, Servings, Plate Method
  - b. Healthy eating tips
  - c. Fats, cholesterol, sodium
3. Overcoming Barriers
  - a. Eating out and in social situations
4. Reading a Nutrition Label
5. Goal-setting

### **Session 3: Physical Activity**

1. Relationship between food, physical activity and weight
  - a. Energy/calorie balance
  - b. How many calories do you need?
2. What is physical activity
  - a. Benefits and importance
  - b. Important aspects
    - i. Type
    - ii. Regularity
    - iii. Safety
3. Types of Activities
  - a. Regular/routine exercises
    - i. Aerobics
    - ii. Resistance training
    - iii. Flexibility exercises
  - b. Activity: Choosing your activity
  - c. Recommended weekly activity
4. Preventing Injury
5. Behavioral
  - a. Work with a buddy
  - b. Small goals
  - c. Reward yourself
  - d. Track your pulse and heart rate
6. Practice activity
  - a. Show proper stretches

- b. Common work out techniques
- 7. Overcoming Barriers
  - a. Incorporating physical activity into your daily routine
- 8. Goal-setting

#### **Session 4: Cardiovascular Disease and Diabetes Complications**

- 1. Introduction:
  - a. Review of Diabetes
  - b. Connectedness (blood sugar, insulin affects all parts of body)
- 2. Diabetes complications
  - a. Vision loss/blindness
  - b. Kidney disease/infections
  - c. Nerve damage → amputations
  - d. Oral hygiene and gum disease
  - e. Prevention!
- 3. Heart Disease and Stroke
  - a. What are they?
  - b. Risk Factors
  - c. Signs and Symptoms
  - d. Relationship with diet
  - e. Relationship to smoking
  - f. Prevention!
- 4. Staying motivated and goal-setting

#### **Session 5: Family Support and Stress Management**

- 1. Emotions and our health
  - a. Denial/fear
  - b. Stress
    - 1. What is stress
    - 2. Stress and the body
    - 3. Relationship between stress and blood sugar
    - 4. Kinds of stress
    - 5. Causes of stress
    - 6. Preventing/managing stress
  - c. Anger/frustration
    - 1. Managing anger
  - d. Depression
    - 1. What is depression
    - 2. Effects of depression
    - 3. Managing depression
  - e. Self-esteem and negative thoughts
    - 1. Identifying and talking back negative thoughts
  - f. Staying motivated
    - 1. Slips and getting back on track
    - 2. Rewarding yourself
    - 3. Social support / happy family relations

#### **Session 6: Access to Health care and Review**

- 1. Effective communication
  - a. “You” vs. “I” messages
  - b. Communicating with family and friends

- c. Communicating with your doctor
- 2. Preparing for a doctor's visit
- 3. Tips for when you visit your doctor
- 4. Access to health services
  - a. Know your rights / language access laws
  - b. Community clinics
  - c. HHC Options
  - d. Public Health Benefits
- 5. Review of Program Sessions