CLINICA family health

Diabetes Group Visit Curriculum: Controlling Weight

1. Patient handouts needed for this class	Name tags All handouts to be given at the beginning of class. Will be referenced throughout session. Patient Diabetes Log (English and Spanish) SAS Weight Control Eng SAS Weight Control Spa HealthyCookingTipsEN_Clinica HealthyCookingTipsSP_Clinica 100 Ways to Add 2000 Steps_ENG 100 Maneras de Aumentar 2000 Pasos_SPA Mexican Plate_ENG Mexican Plate_SPA Healthy Snacks-Meals_ENG Healthy Snacks-Meals_SPA Tips for a Healthy Weight_EN Tips for a Healthy Weight_SPA
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Food models (each RD has a set) Plate model set from Dairy Association to build healthy plate Basket, pens, paper for closing activity Tool Box: Teaching Tools for Healthy Eating (contains wrappers and containers that include nutrition facts label from a variety of foods and beverages (for example: table salt, sea salt, cooking cubes, dried herbs, popular snacks likes Cheetos, Doritos, soda, fruit juice, energy drinks, sugar free candy, regular candy, regular canned food and no salt added version)
3. Are any special guest attendees required and if so, who? (List roles needed and topics they will cover)	Registered Dietician can serve as Auxiliary Facilitator
4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity)	Birthday Game: Have the group stand and line up in a straight line. After they are in line, tell them to re-arrange the line so that they are in line by their birthday. January

CLINICA FAMILY HEALTH
COPYRIGHT 2017
ALL RIGHTS RESERVED

CLINICA family health

Diabetes Group Visit Curriculum: Controlling Weight

	1 on one end and December 31 at the other end. The catch is that they must do all this without talking or writing anything down.
5. Completion of Self-Assessment Sheet (SAS)	SAS Weight Control Eng SAS Weight Control Spa
6. Questions to ask group participants to begin facilitated group discussion	• Has anyone here tried to lose weight? What things have you tried? • Why is your weight important in your diabetes control? • What are some challenges you face when try to eat healthy?
7. List important topics to cover – takeaways for group participants	• Have patients identify their BMI and how it pertains to their risk for chronic disease • Strategies for weight maintenance and loss (regular meals and snacks, portion control, low fat food prep and overall reduced caloric intake) • The role of exercise in weight management • The benefit of7% weight loss of total body weight • Mindful eating • Eating slowly • Having healthy relationship with food
8. Goal setting	I will apply one of the strategies for weight maintenance and loss (regular meals and snacks, portion control, low fat food prep and overall reduced caloric intake). SMG Goal Sheet: English or Spanish
9. Hand out group visit assessment or survey (sessions XX)	Inform patients that the survey will be issue twice a year for the life of the group (session #2 and #4) GV Patient Satisfaction Survey Recommend distributing survey at the end of the session
10. Remind group participants of next group time/follow-up that is needed	Group will meet every 3 months Reminder of any homework/patient handouts Notify patients of next session topic any guests attending next session
11. Closing Activity	Complete the answered statement: I was reminded that _____.

CLINICA FAMILY HEALTH
COPYRIGHT 2017
ALL RIGHTS RESERVED