

Potential participant is sent a letter and program materials.

CHW(s) follows up with eligible participant via phone, explains the study procedures, and if willing, participant is scheduled to complete consent form, Screening questionnaire, and Baseline Survey.

All participants invited to attend Session 1, Managing Diabetes. Collect from all – BL Survey, A1C, lipids, clinical measurements.

Participants are randomized into Treatment and Control Groups.

Treatment group participants are invited to attend Sessions 2–5.

Month 2, Session 2: Nutrition
First One-on-One Visit

Month 3, Session 3: Physical Activity
3-Mo Survey, Clinical Measurements

Month 4, Session 4: Diabetes Complications

Month 5
Second One-on-One Visit

Month 6, Session 5: Stress Management
6-Mo Survey, Clinical Measurements

12-month Survey

Control group invited to attend intervention sessions 2-5 upon initiation of a new cohort

3-Mo Survey, Clinical Measurements

6-Mo Survey, Clinical Measurements