

Potential participant presents at screening or tabling event.

CHW(s) explains the study to eligible participant, and if willing, participant completes consent form and/or Screening questionnaire. If participant does not have time, participant can leave contact info for additional f/u and invitation to first session.

Participant eligibility is confirmed via MISYS EMR system.

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