

# Newly Diagnosed Diabetes Program (NDDP)

**Program Manager: Della (520) 562-7940, ext. 7309**

*Receive Literature and Incentives as you complete tasks throughout the program  
(i.e. set goals, complete all annual exams, get Alc down, etc.)*

**Complete all six sessions and get a \$20 gift card from Walmart!**

SESSION 1

## What is Diabetes?

- ◆ Types of Diabetes
- ◆ What causes Diabetes
- ◆ What is HbA1c, Blood sugar Monitoring, and Target Range Complete Assessment & Set Goal!



SESSION 2

## What is a meal plan & Healthy Plate?

- ◆ Eating Out Tips
- ◆ Portion Control
- ◆ Mindful eating
- ◆ Be aware of fats in foods



SESSION 3

## Physical Activity

- ◆ Walking tips
- ◆ Medical benefits of exercise
- ◆ Exercise and Hypoglycemia
- ◆ Tips to improve mobility



SESSION 4

## Emotional Health

- ◆ Types of Feelings
- ◆ Rules and the Rebel in You
- ◆ Coping skills
- ◆ Support systems



SESSION 5

## Stress

- ◆ Stress and the body
- ◆ Deep Breathing exercises
- ◆ Looking at changes
- ◆ Annual visits



SESSION 6

## What Have you learned

- ◆ Staying motivated!
- ◆ Other emotions
- ◆ Where you go from here
- ◆ Program complete?

