Broward County Government
Diabetes Program Protocol

Participant Requirements and Program Qualifications

1. Diagnosis for eligibility:

   Diabetes
   □ Pre diabetes
   □ Type 1
   □ Type 2

2. Program participation, requirements and protocols:

   • Complete Health Assessment Form

   • Meet with Nutritionist and Health Coaching (Humana members) twice a month

   • Participants will be required to complete a minimum of 4 visits

   • Monthly seminars and support groups

   • Promote walking teams and physical activity

   • Participants will receive Humana Vitality points & portion control lunch kit

   • Pre and post aggregate report and summary

3. Register on-line for program

   Dates: March 16th thru April 8th
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Participant Requirements – (1st) First Visit

First (1st) Appointment Protocol:
  Date: Tuesday - April 12th
  Time: 10:00 a.m. - 12:00 p.m.

Participate Requirements:
  (Fasting preferred)

Health Protocol Review:
  HgA1c and glucose.

Support Providers:
  1. Licensed and Registered Dietitian/Nutritionist, Certified Diabetes Educator
     RDLD/N,CDE
  2. Registered Nurse (R.N.)
  3. Health and Wellness

Consultation Protocol:
Complete Health Assessment Form
Review lab results and Health Assessment Form
Set Goals
Receive diabetes educational materials
Establish follow-up meetings
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**Participant Requirements – (2nd) Second Visit**

Second (2nd) Appointment Protocol:  (Note – 1 month after initial consultation)

Date:  Tuesday – May 17th  
Times:  12:00 p.m. - 1:00 p.m. – Seminar  
and 1:00 p.m. - 2:00 p.m. - Seminar

**Participate Requirements:**
Attend and participate in “Diabetes and Your Diet Seminar”

**Health Protocol Review:**
None

**Support Providers:**
1. Licensed and Registered Dietitian/Nutritionist, Certified Diabetes Educator  
RDLD/N,CDE
2. Registered Nurse (R.N.)

**Consultation Protocol:**
Review Goals  
Receive diabetes educational materials  
Establish follow-up meetings
Participant Requirements – (3rd) Third Visit

Third (3rd) Appointment Protocol: (Note – 2 months after initial consultation)
Date: Tuesday – June 21st
Times: 12:00 p.m. - 1:00 p.m. - Seminar
and 1:00 p.m. - 2:00 p.m. - Seminar

Participate Requirements:
- Attend and participate in “Diabetes Supermarket Tour Seminar”
- Fasting Preferred

Health Protocol Review:
Glucose

Support Providers:
1. Licensed and Registered Dietitian/Nutritionist, Certified Diabetes Educator RDLD/N,CDE
2. Registered Nurse (R.N.)
3. Health and Wellness

Consultation Protocol:
Review Goals
Receive diabetes educational materials
Establish follow-up meeting
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Participant Requirements – (4th) Fourth Visit

Fourth (4th) Appointment Protocol:  (Note – 3 months after initial consultation)

Date: Tuesday – July 19th
Times: 10:00 a.m. - 12:00 p.m.
and 12:00 p.m. - 1:00 p.m. – Seminar
1:00 p.m. - 2:00 p.m. – Seminar

Participate Requirements:
• Attend and participate in “Healthy Living with Diabetes Seminar”
• Fasting Preferred

Health Protocol Review:
HgA1C

Support Providers:
1. Licensed and Registered Dietitian, Nutritionist, Certified Diabetes Educator
RDLD/N,CDE
2. Registered Nurse (R.N.)
3. Health and Wellness

Consultation Protocol:
Review Goals
Receive diabetes educational materials
Establish follow-up meeting
Broward County Government
Diabetes Program Protocol

Participant Materials Summary

Program Materials:
- 1200 – 1300 Calorie Food Plan
- 1400 Calorie Food Plan
- 1500 – 1600 Calorie Food Plan
- 1700 – 1800 Calorie Food Plan
- 2000 – 2100 Calorie Food Plan
- 2200 Calorie Food Plan
- Carbohydrate Counting for People with Diabetes
- Carbohydrate Counting for Vegetarian with Diabetes
- Choosing Your Foods with Diabetes
- Diabetes and Your Diet (Power Point Presentation Handout)
- Food Activity Log
- Mindful Eating – Make Your Calories Count for Healthy Weight Management
- Pick the Perfect Snack
- Portion Control and Weight Gain
- Recipe Makeovers
- Smart Snacking for Mindful Eating Hunger Scale
- Taking control of your Diabetes - Improving Self-Management
- Type 2 Diabetes Nutrition Therapy
- Using Food Labels to Help Make Wise Food Choices
- What is Pre-Diabetes and Diabetes?

Seminars:
- 2nd visit – Month 2 - “Diabetes And Your Diet”
- 3rd visit – Month 3 - “Diabetes Supermarket Tour”
- 4th visit – Month 4 - “Healthy Living with Diabetes”