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**Instructor’s Guide and Tips: Stanford Youth Diabetes Coaching Program** © Stanford University 2022

The Stanford Youth Diabetes Coaching Program (SYDCP) aims to educate high school students in underserved communities about diabetes and how to help someone with diabetes achieve optimal health. Each student selects a family member or friend who has diabetes or who wants to make lifestyle changes and coaches them once weekly outside of school for the duration of the course. The program is part of an ongoing Stanford research study assessing the efficacy of such a program.

**Role of Instructors (Family Medicine Resident or Other Health Professional):**

Family Medicine residents or other health professionals will serve as instructors for the program and **are expected to spend approximately one hour prior to class to review the instructor guide specific to the particular class they will be teaching.** The instructor guide is located within the "Notes" section of each PowerPoint slide, so the instructors will need to download the PowerPoint presentation to be able to view the "Notes". The "Notes" provides a script, but instructors are encouraged to add their own insights and perspectives. If more than one instructor will be teaching, they should divide the material before class, so they know who will be teaching which sections.

The course consists of 8 classes:

**• Class 1: Introduction to Youth Coaching & Diabetes**

**• Class 2: Added Sugars, Quality Sleep, and Secrets to Effective Coaching**

**• Class 3: Low Blood Sugar, Getting Active, Action Planning**

**• Class 4: Basic Nutrients, Spice Up Healthy Eating and Action Planning**

**• Class 5: Weight, Plate Method, and Problem Solving**

**• Class 6: High Blood Pressure, Sodium, and Reading Food Labels**

**• Class 7: Prevent Diabetes Complications, Manage Stress, and Change Behaviors**

**• Class 8: Getting Care, Using an Interpreter, and Quiz Bowl Grand Finale!**

**Important Tips:**

1. Each class lasts one hour. **You should arrive 10 minutes prior to class start time**.
2. If class is in person, then the corresponding PowerPoint presentation (detailed in the class instructor guide) should be loaded by the school course manager and ready to present at the site. The school course manager is also responsible for taking attendance for the class.
3. If class is virtual, **then it is up to you to have the PowerPoint slides** loaded on your computer and **ready to go.** You **must be competent in providing PowerPoint presentations using Zoom** video conferencing so that you are able to launch the class easily and promptly **without technical assistance.**
4. Whether you are teaching in person or virtually, please dress professionally, ideally wearing **your white coat with a name tag**. High school students really appreciate being reminded that they are interacting with health professionals. This is part of the power of SYDCP.
5. If you are a family medicine resident, please introduce yourself as a doctor (students may not know what a resident is): “I am Dr. \_\_\_.”. If you are a different health professional, please say a few words about what your role is on the health care team.
6. Using the student names to call on individuals is very important. If you are teaching in person, then please jot down the names of students into a seating chart so that you can use them during class.
7. Set a timer to help yourself stay on track and finish the entire presentation in one hour. Classes follow this schedule:
   1. Quick Quiz – 5 min (students begin as soon as they come into the classroom, answers are provided at the END of class)
   2. Introductions and Check-In – 10 min
   3. Diabetes Knowledge Instruction – 20 min
   4. Coaching Skills – 20 min
   5. Review of Quick Quiz answer and Coaching assignment expectations review – 5 min

If time remains at the end of class, instructors are encouraged to answer questions from the group and/or talk to students in small groups.

Remember that your enthusiasm sets the tone for the class! We appreciate your feedback!

Please **contact stanfordyouthdiabetescoaching@stanford.**edu with any questions or feedback.