



Class Title: Diabetes 101

Date: Jan 7 & July 8, 2026

Program: FreshRx Oklahoma – Produce Prescription Program

Instructor: Julie Barlow, RN

Class Format:

☒ In-Person

☐ Virtual

☐ Hybrid

Class length:

☒ 60 minutes

☐ 90 minutes

Class Overview

Description

This foundational class introduces participants to the basics of diabetes, blood sugar regulation, and healthy lifestyle habits. Participants learn what diabetes is, how insulin works, the progression of insulin resistance in Type 2 Diabetes, common myths and misconceptions, and practical strategies for preventing complications. The class emphasizes understanding, NOT fear, and empowers participants to make informed decisions using nutrition, glucose monitoring, and other healthy lifestyle behaviors.

Learning Objectives

By the end of this session, participants will be able to:

- Explain the difference between insulin and blood glucose
- Describe how insulin resistance can progress into Type 2 Diabetes
- Recognize why managing blood sugar prevents long-term complications
- Identify foods that support blood sugar regulation and inulin rich foods



- Correct common myths about diabetes and healthy eating
- Understand the importance of glucose rather than relying on symptoms alone

Key Topics Covered

- What is Diabetes
- How insulin works and what it does (includes insulin produced in the body and injected insulin like fast & rapid acting)
- Importance of Blood sugar regulation and strategies to manage with lifestyle changes alongside individual care plans with their health care team
- Pre-diabetes and the progression to Type 2 Diabetes
- Organ damage and long-term complications of unmanaged diabetes
- Blood Sugar monitoring
- Foods rich in Fiber and Inulin
- Healthy eating principles
- Diabetes myths and misconceptions
- Preventing complications

Hands-On Activity/Demonstration - if applicable

Participants will:

- Participant in instructor led discussion
- View visual educational presentation
- Ask questions throughout the session
- Complete interactive True/False myth activities
- Discuss real life situations and barriers
- Receive educational handouts and resources
- Leave with practical action steps for daily diabetes management
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Ingredient/Food Preparation Components (if applicable)

Sugar free mocktail samples to encourage reduced intake of sugary beverages and stay hydrated during the summer.

Examples:



- Basil Berry Mocktail

Course Materials

Required Materials

- ☒ Handouts
- ☐ Worksheets
- ☒ Recipe cards
- ☒ Educational guides

Suggested Materials

- ☒ PowerPoint presentation
- ☐ Cooking equipment
- ☐ Demonstration ingredients

Educational Framework Alignment

- ☒ Whole food nutrition
- ☐ Physical activity
- ☐ Stress management
- ☐ Restorative sleep
- ☐ Social connection
- ☐ Avoidance of risky substances
- ☒ Healthy eating
- ☒ Glucose monitoring
- ☒ Taking medication
- ☐ Problem solving
- ☐ Healthy coping
- ☒ Reducing risks

Instructor Notes



- Encourage discussion and questions throughout the presentation
- Reinforce that diabetes management is about progress, not perfection
- Use first person language (person living with diabetes)
- Emphasize empowerment rather than fear
- Adapt examples to participant literacy level and cultural preferences
- Clarify that the presentation simplifies complex physiology for educational purposes.

Recipes to be used

Link here: https://www.canva.com/design/DAGoHARhWcg/P_pLYh xv19ZMp_CP-JOAUw/edit