	Timeline											l		
Group Members:	Columba Galvan, Eva Hernandez-Manzanares, Uyen Nguyen, Jonathan Merca	ido-Ale	eman, C	Sissell	Salaza	r, Suny	a Viriy	а						
Start Date:	Jan 2021													
End Date:	Jan 2022													
Project Goal:	The goal of our health promotion program is to improve the quality of life of													
Project Objective 1:	By 2022, Hispanic adults in Long Beach with type 2 diabetes will receive routi	ne che	ck-ups	twice	a year	at ava	ilable ı	neighb	orhoo	d clini	cs			
Project Objective 2	After completing the workshop half of the participants will know the range of	f a nor	mal glu	cose le	evel ar	nd how	to pe	rform	a glucc	se ch	eck or	them	selves.	
Project Objective 3	One to two years after program completion, 50 % of participants will be able	to fulf	ill long-	term g	goals c	of a hea	althier	diet a	nd exe	rcise.				
		Month												
Activity		01/21	02/21	03/21	04/21	05/21	06/21	07/21	08/21	9/21	10/21	11/21	12/21	
Hire and train program staff	HIred 3 community health educators, 4 local physicians, 4 nurses, 1 program manager, 2 program staff, 3 medical staff members, and 1 certified nutritionist. 5 medical student volunteers will also be recruited from the local colleges.	x												
Generate data collection instruments	Designed 2 pre/post tests to gauge participant knowledge changes in diabetes self-check methods, 3 surveys to gauge participant satisfaction with program interventions, 3 tracking sheets to track participant attendance to program interventions.		x											
Program protocols are completed and supplies purchased	Established program recruitment and implementation protocols. Established a procedural manual to keep track of program implementation and participant information. Established which canned materials will be purchased and what inhouse materials will be utilized.		x											
Enroll program participants	Recruited 50 Hispanic adults at risk for Type 2 diabetes.		х											
Program Intervention Fees Collection	Participant fees for program intervention access, to be collected monthly prior to the intervention activities to fund program activity spaces and reduce overall costs.			x	х	x	x	x	x	x	x	x		
Implement program														
First Activity	Facilitated weekly, 30-minute educational workshops to teach participants about type 2 diabetes, and the complications if left untreated				х	х	x	x	x	х	х	x		
Second Activity	Directed a bi-yearly educational workshop on self-blood glucose checks with the supervision of 4 nurses.					×				х				
Third Activity	Provided weekly, 30-minute nutritional education classes with supplemental equipment-free workouts.				х	x	x	х	x	х	х	х		
Evaluate program	Collected 150 in-session satisfaction surveys, 3 tracking sheets for participant attendancee, 6 pre/post tests for participant change in knowledge. Procedural manual will be assessed for necessary changes and changed, as needed.				х	x	x	х	x	x	x	x		
Summarize findings	Prepare written summary of program results and overall outcome, including advantages/disadvantages, improvements needed to assess the continuation or end of the program.												×	