**Project Title:** Diabetes Boot Camp

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**Purpose/Description:** To empower people with type 2 diabetes to take charge of their health by helping them to implement therapeutic lifestyle change.

**Key Components:**
- Regular physical activity appropriate for this population
- Group program and group mentality
- Cooking instruction and demonstration
- Measurable outcomes

**Performance Metrics:**
- Diabetes self-care confidence
- Diabetes self-care knowledge
- HgA1c

**Lessons Learned:**
- Employers will pay for this
- Programs are too expensive for most individuals