

Diabetes ReCHARGE 2024:

Committing to Health and Reaching Goals with Energy

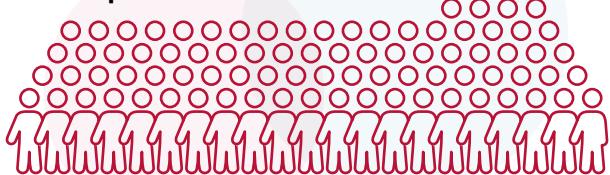
ReCHARGE Virtual Cooking Demonstration



Diabetes ReCHARGE is a virtual and in-person accredited Diabetes Self-Management Education and Support program designed to help newly diagnosed New Mexicans with diabetes learn more about diabetes and how to manage it. Facilitated by Registered Dietitians, the program offers group, individual, and post-program Connection Sessions to support the unique needs of our participants.

Impact

82 Participants



During 2024, Diabetes ReCHARGE had **82** participants across **seven, four-week** cohorts. Since 2021, the program has seen **251** total participants.

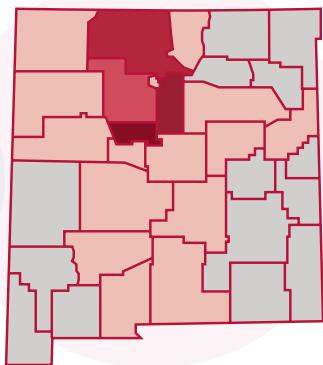
11 Communities



During 2024, participants represented 11 New Mexico counties including Rio Arriba, San Miguel, Sandoval, and Bernalillo, among others.

Our Reach

ReCHARGE Referrals by County



A Growing Commitment

- From an initial team of 2 to a team of **3 Dietitians, 3 Community Health Workers, and 3 support staff in 2024**

Improved Care

Since 2021, after participating in the Diabetes ReCHARGE program, A1c decreased an average of **0.8%**, which is clinically meaningful.



Diabetes ReCHARGE Sessions in 2024

28 Classes

8 Post-program Connections Sessions

7 Cohorts

3 In-Person sites

Virtual options available

Engagement

"Thank you for these classes. I was able to lower my A1C and come off insulin."

Testimonial

ReCHARGE Participants Loved

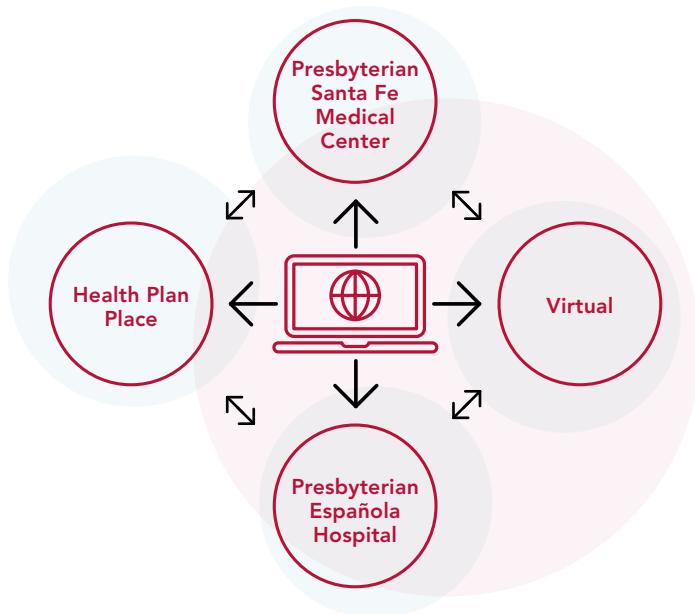
- Interaction with the staff, one-on-ones and getting specific personal questions answered
- Feedback from peers
- Enhanced teamwork for personal well-being

- From 48 participants in 2021 to **82 in 2024**
- From 3 program sites in 2024 to **5 in 2025**
- Initiated weekly all-team strategy huddles
- Redesigned course materials to encourage greater inclusivity

Course Topics

Blood Sugars	<ul style="list-style-type: none">• How and when to check• What the numbers mean
Nutrition	<ul style="list-style-type: none">• How foods affect blood sugar• Balanced eating and the 50/50 plate• Meal planning and shopping tips
Medications	<ul style="list-style-type: none">• How they work and their importance• Helpful ways to remember to take medications
Physical Activity	<ul style="list-style-type: none">• How to enjoy being active• Easy ways to incorporate activity into your lifestyle
Mindfulness	<ul style="list-style-type: none">• Ways to relieve stress and anxiety• Mindful approaches to eating and communicating
Community	<ul style="list-style-type: none">• Find support from peers• Learn about resources available in your community

Where We Learn



Enduring Education

- 1:1 consultations with registered dietitians (online or in-person)
- Bimonthly connection sessions for all past participants
- Enhanced caregiver support
- Opportunities to join Healthy Eating and Active Living (HEAL) classes provided by Presbyterian Community Health Faculty

In 2024 Diabetes ReCHARGE:

- Received **260 referrals** from providers and community health workers
- Held **7, 4-week cohorts** and **6** follow-up, Connection Sessions for all past participants
- **51%** of participants were aged 65+
- Individuals 55-65 made up **26%** of participants

ReCHARGE Testimonial

"Can't say enough about how helpful the team was. I would do another 4 weeks."

Participant

Learn more about Presbyterian Healthcare Service's commitment to community health at

phs.life/communityreports

For PMG Providers

Refer your patients to the Diabetes ReCHARGE program in Epic (REF #314) or search "diabetes education."

For independent healthcare providers:

Call 505-923-5963 or email us at CHWellnessReferrals@phs.org. For more Healthy Eating and Active Living Opportunities visit our website: phs.life/communityhealthclasses