

# Practical tips for getting it DONE: Diabetes, Obesity, Nutrition & Exercise

According to the Centers for Disease Control & Prevention, being overweight/obese increases the risk of becoming diabetic

## Course Objectives

Preparing CHWs/Promotores with practical tips for getting it DONE

Students will learn how to:

- Identify common excuses & barriers to being healthy
- List & explain ways to effectively address common excuses & barriers for chronic health issues & health behaviors
- Tailor practical tips and strategies to address chronic illnesses in their communities



**CHW  
Training  
Offered in  
1, 5, or 8  
DSHS  
Certified  
CEUs**

Contact & Pricing Information:

NCHWTC

979-436-9360

[CHW-  
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In-person & online trainings are available. Visit us at:

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