



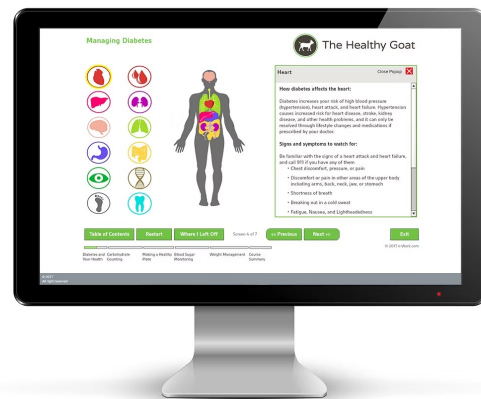
The Healthy Goat

INTERACTIVE DIABETES EDUCATION
Practical learning. Personalized feedback.
Real-world behavior change.

Deploy Interactive Diabetes Education at Scale

Deliver consistent, clinically directed diabetes education across locations and populations without relying solely on appointments, one-to-one counseling, or classroom sessions.

Interactive learning for patients, members, employees, caregivers, families, and communities.



Organizational outcomes

Expand Access

Reach underserved and geographically dispersed populations.

Improve Consistency

Deliver the same clinically directed education regardless of location or setting.

Increase Capacity

Educate larger populations without relying solely on appointments or one-to-one counseling.

Measure Participation

Track registrations, course starts, and completions.

Help Reduce Delivery Costs

Enable scalable, consistent instruction without proportional increases in educator time.

Supports Multiple Care Models

Deploy as a stand-alone education program or integrate with clinical, wellness, employer, public health, or community initiatives. Participants needing additional support can be encouraged to seek individualized care from dietitians or other qualified healthcare professionals.

Beyond Passive Learning

Go beyond PDFs, videos, handouts, and webinars. Learners build meals, practice decisions, receive personalized feedback, use planning tools, and apply what they learn.

Three learning pathways

Managing Diabetes

Foundational diabetes education plus practical skills for meal planning, blood-sugar monitoring, weight management, and sustained self-care.

Reversing Prediabetes

Foundational knowledge combined with achievable lifestyle changes that can improve blood sugar and reduce progression risk.

Reducing Risk of Diabetes

Education and practical tools that help learners understand diabetes and strengthen healthy habits before it develops.

3

learning pathways

6

Managing Diabetes learning areas

12 Months

learner access

Clinical expertise meets interactive learning design

Developed by The Healthy Goat and e-work.com | Clinical direction by Katie Norris, MS, RDN, LD, CDCES

Managing Diabetes: six learning areas

Each area combines essential diabetes education with practical activities, personalized feedback, and clear actions learners can use in daily life. Foundational knowledge is delivered through interactive practice so learners both understand and apply what they learn.



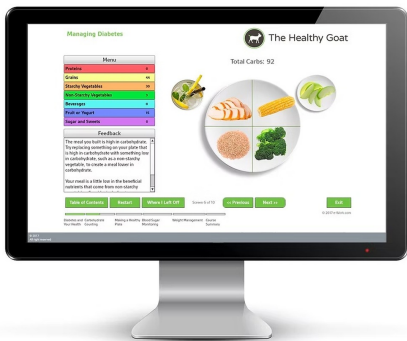
Explore how diabetes affects the body

1. Understanding Diabetes

Learners explore how diabetes affects the body and connect the information to everyday self-management.

They also learn to:

- Monitor symptoms
- Recognize when to contact a healthcare professional
- Understand diabetes medications and insulin therapy
- Identify helpful lifestyle changes



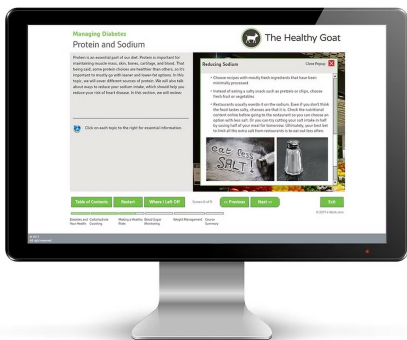
Build a carbohydrate-controlled meal

2. Carbohydrate Counting

Learners build a meal with controlled carbohydrate portions and receive guidance on their choices.

They also learn to:

- Recognize higher- and lower-carbohydrate foods
- Choose healthier carbohydrate sources
- Use food labels in meal planning
- Plan appropriate portions for meals and snacks



Practice building a healthier plate

3. Making a Healthy Plate

Learners assemble a balanced plate and apply healthy-eating principles to familiar food choices.

They also learn to:

- Choose lean sources of protein
- Choose healthier sources of dietary fat
- Use healthier cooking methods
- Find practical ways to reduce sodium

Personalized

Feedback responds to learner choices.

Interactive

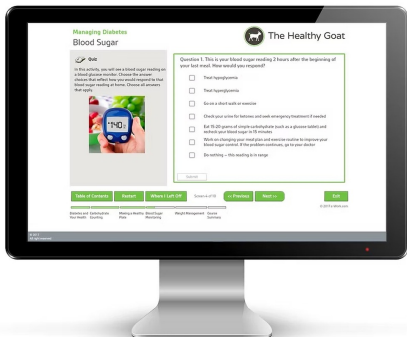
Activities and quizzes reinforce understanding.

Action-oriented

Tools and cues support real-life application.

From monitoring to sustained change

The final learning areas help participants interpret results, set realistic goals, and turn foundational education and practiced skills into ongoing self-management.



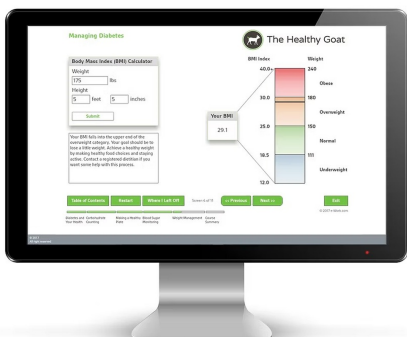
Interpret results and plan next steps

4. Blood Sugar Monitoring

Learners interpret blood-sugar information and practice planning for situations that can affect their readings.

They also learn to:

- Test blood-sugar levels
- Recognize readings that may require action or professional guidance
- Plan for conditions that affect blood sugar
- Use stress-management strategies



Create a realistic personal plan

5. Body Weight Management

Learners create a realistic weight-management plan using personalized goals and practical strategies.

They also learn to:

- Understand energy balance
- Apply nutrition strategies for healthy weight management
- Use exercise and safety guidance
- Set specific goals
- Use behavior-change strategies



Turn learning into continued action

6. Supporting Change

Learners use course tools to create a realistic plan for continued progress.

They also learn to:

- Use the overall course summary
- Identify recommended next steps
- Use suggested tools and resources
- Track progress with the blood-sugar log
- Maintain healthy changes over time

A practical extension of your diabetes strategy

Reinforce the work of clinicians, coaches, wellness teams, and community partners.

Katie Norris, MS, RDN, LD, CDCES
Founder and clinical director, The Healthy Goat

Request complimentary reviewer access

Preview the learning experience for your patients, members, employees, or community participants.

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