Project GUIDE is a program in two rural Western North Carolina family medicine clinics. Patients with diabetes learned to manage their chronic disease through group visits focused on healthy lifestyle choices. The group visits brought patients together and used the strength of community in rural areas.

**PROJECT RESULTS**

11 out of 13 participants improved in at least 3 of the following:

- Reduction in body weight
- Reduction in HgbA1c levels (Average 7.6 before- 6.7 after 6 months)
- Exercising 3 times a week for 30 minutes
- Recording blood glucose levels
- Decrease in stress levels
- Following a healthy diet

**FUTURE PLANS**

- Group visits continued by rising medical students
- NC Albert Schweitzer Fellowship provided $1,000 in sustainability funding
- Expansion project providing group diabetes visits to Spanish-speaking patients in Western NC

**Participant A1c Levels Pre and Post-Project GUIDE**

![Bar chart showing A1c levels before and after the project guide](chart.png)

**www.schweitzerfellowship.org**

704-895-6596