Precursor    Influences    Behaviors    Health Outcomes

Medical advice
*Recommendations*
- Reduce fats/calories
- Control or lose weight
- Increase physical activity or exercise

Diabetes Education
*Enhancing skills*

Current behavior
- Dietary patterns
- Weight management
- Physical activity level

Knowledge, skills and motivation
- their association with following diabetes care recommendations:
  - *dietary changes and physical activity,*

Race/ethnicity
Culture/health disparities-
*relationship*
with access to health care
Health care coverage

Measures
*Following medical advice*
1. Reducing fats and calories in diet
2. Increasing physical activity or exercise
3. Controlling weight or losing weight

Patient-provider communication