

Help Your Members

Better Control Their Type 2 Diabetes

This evidence-based Diabetes Self-Management Program demonstrates replicable results by providing tools proven to be successful in helping individuals manage their diabetes.

Your members will complete the workshop with strategies and confidence to take back control of their lives from diabetes.

The workshop:

- Meets for 2 1/2 hours each week for six weeks
- Can be held in your practice location, office, senior center, or other community site
- Lay-led program. Many of our instructors have personal experience with the conditions they focus on
- Supported by evidence-based outcome studies

Your members will learn how to:

- Understand what their blood sugar level is telling them
- Make their diet work FOR them, not against them
- Manage stress and difficult emotions
- Exercise to take care of their health
- Talk with their doctor about their symptoms
- Set goals for their health – and stick to them!



The studies behind the workshop:

“Improvements noted at 6 months were maintained or amplified at 1 year.” Study results:

[A Diabetes Self-Management Program: 12-Month Outcome Sustainability From a Nonreinforced Pragmatic Trial](http://bit.ly/2XlmbkS)
<http://bit.ly/2XlmbkS>

Follow-up questionnaires showed statistically significant improvement in 6 of 7 health indicators and 7 of 7 behaviors. The program appears effective in improving diabetes management.” Study results:

[Benefits of Diabetes Self-Management for Health Plan Members: A 6-Month Translation Study](http://bit.ly/32kAIC4)
<http://bit.ly/32kAIC4>

Participants have been shown to have reduced diabetes-associated comorbid conditions, and a lowered disease burden after participating in this program. Study results:

[Evaluation of a Diabetes Self-Management Program: Claims Analysis on Comorbid Illnesses, Health Care Utilization, and Cost](http://bit.ly/2Y0EqI2)
<http://bit.ly/2Y0EqI2>

Diabetes Workshop Overview

Here is the breakdown of what is covered during each of the six individual sessions:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and diabetes	●					
Nutrition/healthy eating	●	●	●	●		
Making an action plan	●	●	●	●	●	
Monitoring diabetes and blood sugar	●	●	●	●	●	●
Problem-solving		●	●	●	●	●
Feedback		●	●	●	●	●
Dealing with stress		●				
Preventing low blood sugar			●			
Preventing complications			●			
Making decisions			●			
Physical activity / exercise			●		●	
Difficult emotions				●		
Depression					●	
Positive thinking					●	
Relaxation techniques					●	
Communication					●	
Sick days						●
Foot care						●
Medication						●
Working with your health care professional and health care system						●
Future plans						●

For tips and resources on living healthy and coping with chronic medical issues you may share with your members, visit the California Healthier Living Website: www.cahealthierliving.org