



Living Well with Diabetes Fact Sheet



<p>Evidence – Based</p>	<ul style="list-style-type: none"> • Evidence-based programs have been implemented previously, evaluated by researchers, and found to make positive differences in the lives of participants. • Organizations utilize proven strategies when they implement evidence-based programs. • Local organizations provide these programs and accept participant referrals. • Follows Stanford University’s <i>Diabetes Self-Management Program</i> curriculum.
<p>Classes</p>	<ul style="list-style-type: none"> • Six-week program for 2.5 hours/week; • Facilitated by 2 trained leaders (non-health professionals); • Hosted in a community setting for those 18 years and older; • Class Size: 8-16 participants; • Designed to help adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence level in managing their diabetes
<p>Program Content</p>	<ul style="list-style-type: none"> • Techniques to deal with the symptoms of diabetes, such as fatigue, pain, hyper/hypoglycemia, stress and emotional problems such as depression, anger, fear and frustration • Appropriate exercise for maintaining and improving strength and endurance • Healthy eating • Appropriate use of medication • Effectively working with health care providers • Weekly, realistic, achievable “action plans”
<p>Outcomes</p>	<ul style="list-style-type: none"> • Improved health status, health behavior and self-efficacy • Fewer emergency room visits • Improvements in blood sugar levels, health distress, symptoms of hypo- and hyperglycemia, and self-efficacy • Improvements in self-rated health and communication with physicians • Fewer visits to physicians

To find local workshops visit yourjuniper.org or call 507.387.1256.