

Diabetes Self-Management Education



UTAH DEPARTMENT OF
HEALTH
www.livingwell.utah.gov

PROGRAM DESCRIPTION

Diabetes education is a collaborative process that helps people with diabetes learn how to successfully manage their disease. The goal of diabetes education is to help people with diabetes practice self-care behaviors every day and be as healthy as possible. Diabetes self-management education/training is provided by diabetes educators.

PROGRAM BENEFITS

- Real-life guidance and coaching to help people understand exactly how to best manage their diabetes, and to feel supported while doing it.
- It focuses on seven self-care behaviors so that people with diabetes can be healthy and fully enjoy life:
 - » Healthy eating
 - » Being active
 - » Monitoring blood sugar levels
 - » Taking medication
 - » Problem solving
 - » Healthy coping skills
 - » Reducing risks

WHAT IS PROVIDED TO PARTICIPANTS

- Education and support on all aspects of diabetes care by diabetes educators in individual or group settings.
- Individualized plan that includes the tools and support to help make the plan easy to follow.

RESOURCES

Visit www.choosehealth.utah.gov for more information.

FOR MORE INFORMATION ON THIS PROGRAM

livingwell@utah.gov

1-888-222-2542

WHY IS THIS IMPORTANT?

- In Utah, 7.1% of adults, including 12.0% of American Indians, reported being diagnosed with diabetes in 2014¹.
- Diabetes self-management education results in improved A1C, blood pressure, and cholesterol levels as well as fewer complications and reduced rates of hospitalizations².
- Diabetes can be one of the most challenging health conditions to treat.
- Diabetes is costly. One out of every five health care dollars is spent on diabetes health care³.
- Diabetes education reduces the risk of hospitalization for diabetes complications².

INFORMATION

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Page 16

SOURCES

1. Utah BRFSS 2014
2. Robbins JM, Thatcher GE, Webb DA, Valdmanis VG. Nutritionist visits, diabetes classes, and hospitalization rates and charges: the Urban Diabetes Study. *Diabetes Care*. 2008;31(4):655-60
3. The American Diabetes Association. The Cost of Diabetes. www.diabetes.org/advocacy/news-events/cost-of-diabetes.html