

PREVENTION

National Diabetes Prevention Program (National DPP)	Accredited by the Centers for Disease Control and Prevention (CDC).
Program Description:	Program Overview: An evidence-based lifestyle intervention; empowers patients with prediabetes to take charge of their health and well-being. A lifestyle coach shares new skills, encourages goal attainment, and maintains motivation. No provider referral Content areas: Incorporates healthy eating and moderate physical activity, problem solving, stress-reduction, and coping skills.
Cost to Patient:	(Subject to Change) Varies by organization. Consists of a year-long program.
Program Contact:	304-293-0189 Website: http://www.cdc.gov/diabetes/prevention/index.html

MANAGEMENT

Diabetes Education Accreditation Program (DEAP)	Accredited by the American Association of Diabetes Educators (AADE).
Program Description:	Overview: Led by a licensed health professional. Emphasizes the medical management of the disease and seven self-care behaviors including healthy eating, being active, monitoring, taking medication, problem solving, healthy coping, and reducing Content areas: Diabetes disease process and treatment options. Incorporating nutrition management, physical activity, and appropriate medication treatments. Proper blood glucose monitoring and using results to improve glucose control to prevent diabetes-related complications. Goal setting and problem solving. Integrating psychosocial adjustment preconception care and management during pregnancy (if applicable).

Cost to Patient:	(Subject to Change) Medicare reimbursement allows for 10 hours (1-2 hours individual counseling and 8-9 hours in a group).
Program Contact:	1-800-338-3633 Website: https://www.diabeteseducator.org/

Diabetes Education Empowerment Program (DEEP)	University of Illinois
Program Description:	Overview: Incorporates the needs, goals, and life experiences of the person with diabetes and is guided by evidenced-based standards. Designed to improve health outcomes and quality of life among disparate and underserved Medicare populations. Content areas: DEEP classes focus on understanding the human body, risk factors, and complications—monitoring your body, eating for health, medications, medical care, and get up and move—living with diabetes.

Cost to Patient:	(Subject to Change) Often offered with no charge. Approx. 2 hours per week for 6 weeks.
Program Contact:	Natalie Tappe: 800-642-8686, ext. 3226 Website: https://mwlato.uic.edu/deep-program-2/

Diabetes Self-Management Program (DSMP)	Self-Management Resource Center
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Program Description:	Overview: Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Each participant in the workshop receives a copy of the companion book, Living a Healthy Life with Chronic Conditions. Content areas: Techniques to deal with the symptoms of diabetes, 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. Working more effectively with health care providers.
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Cost to Patient:	(Subject to Change) Often offered with no charge. Approx. 2 hours per week for 6 weeks.
Program Contact:	Julian S. Levine, MSW jlevine@osteo.wvsom.edu Website: www.selfmanagementresource.com/programs/sma-ll-group/diabetes-self-management/

Dining With Diabetes	WVU Extension Service
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Program Description:	Overview: Support in making healthy food choices, cooking demonstrations, tasting healthy foods, exercise, and support. Content areas: How to manage/prevent Type-2 Diabetes; prepare and plan healthy meals; and stay active. Important dietary and health information; clinical testing; nutrition information; recipe demonstrations; exercise; and group support.
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Cost to Patient:	(Subject to Change) Often offered with no charge. Offered as 4 classes with a 3-month follow-up.
Program Contact:	Gina Taylor: 304-372-8199 Website: https://extension.wvu.edu/food-health/diabetes/dining-with-diabetes

Education Recognition Program (ERP)	Accredited by the American Diabetes Association (ADA).
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Program Description:	Overview: Focuses on increasing knowledge and skills to improve diabetes control. Led by a licensed health professional Emphasizes the medical management of the disease and seven self-care behaviors including healthy eating, being active, monitoring, taking medication, problem solving, healthy coping, and reducing risks. Content areas: Diabetes disease process and treatment options. Incorporates nutrition management, physical activity, and appropriate medication treatments. Proper blood glucose monitoring and improving glucose control to prevent diabetes-related complications. Integrating psychosocial adjustment preconception care and management during pregnancy (if applicable).
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Cost to Patient:	(Subject to Change) Medicare reimbursement allows for 10 hours (1-2 hours individual counseling and 8-9 hours in a group).
Program Contact:	1-888-232-0832 Website: http://professional.diabetes.org/

PEIA Face-To-Face Diabetes Program	WV Public Employee Insurance Agency (WV PEIA)
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Program Description:	Overview: Participants attend regularly scheduled appointments with Face to Face (F2F) provider and physician. Improve health by learning about diabetes, medications, nutrition, monitoring, and being active. F2F provider (pharmacist) works with physician and patient to ensure the best patient diabetes self-management.
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Cost to Patient:	(Subject to Change) Program is free and (once deductible is met) generic, preferred-brand medications and some supplies are zero co-pay. Once a month for first 3 months, then quarterly for first year of enrollment. Second year is based upon current
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Program Contact:	Questions: 1-888-680-7342 Website: www.peiaf2f.com
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**West Virginia Department of Health and Human Resources Bureau for Public Health
Division of Health Promotion and Chronic Disease**

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