

## Diabetes Self-Management Education Program Descriptions

### American Association of Diabetes Educators (AADE)

<http://www.diabeteseducator.org/>

AADE's Diabetes Education Accreditation Program is based on the National Standards for Diabetes Self-Management Education (DSME).

Diabetes educators are healthcare professionals – primarily nurses, dietitians and pharmacists – who focus on helping people with diabetes achieve behavior change goals which, in turn, lead to better clinical outcomes and improved health status.

### American Diabetes Association(ADA) Recognized Programs

<http://www.diabetes.org/>

Any entity that provides diabetes self-management education (DSME) is eligible to apply for Education Program Recognition when and as long as it has demonstrated that the education program meets the National Standards for Diabetes Self-Management Education (NSDSME). Eligibility for ADA Recognition status is only for diabetes education services in the non-acute setting, including Licensed Home Health agencies.

### Everyone with Diabetes Counts (EDC)

<http://www.cmspulse.org/community-initiatives/everyone-with-diabetes-counts/index.html>

DSME classes are taught by certified diabetes trainers and are comprised of weekly group sessions that typically last six to ten weeks. Participants are guided to effectively self-manage their diabetes by learning about nutrition, exercise, self-monitoring, diabetes medications and community resources and support, among other important topics. There is no cost to eligible beneficiaries to participate in the program.

### Diabetes Empowerment Education Program (DEEP)

<https://www.qualityinsights-qin.org>

The Diabetes Empowerment Education Program (DEEP) was developed to provide community residents with the tools to better manage their diabetes in order to reduce complications and lead healthier, longer lives. The Diabetes Patient Education Program is designed as an 8-10 week curriculum for diabetes self-management education. The curriculum is divided into eight modules covering topics that include diabetes risk factors, complications, nutrition, physical activity, use of the glucose meter and medications, building partnerships with a diabetes health care team, psychosocial effects of illness, problem-solving strategies, and how to access community diabetes resources.

### Stanford Diabetes Self-Management Program (DSMP)

<http://patienteducation.stanford.edu/programs/diabeteseng.html>

The Diabetes Self-Management workshop is given 2½ hours once a week for six weeks, in community settings such as churches, community centers, libraries and hospitals.

People with type 2 diabetes attend the workshop in groups of 12-16. Workshops are facilitated from a highly detailed manual by two trained leaders, one or both of whom are peer leaders with diabetes themselves.

Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

### Dining with Diabetes

<http://dwd.ext.wvu.edu/>

Drawing on the strengths of WVU's many academic disciplines, extension educators target communities' social, economic, environmental and technical problems. To address diabetes in West Virginia, educators use *Dining with Diabetes*, a program designed for people with diabetes and their family members. The program consists of a series of three classes that includes learning, demonstrations, and tasting healthy foods.

Dining with Diabetes is a grant-funded program offered free to people with diabetes in West Virginia.