



DIABETES SELF- MANAGEMENT PROGRAM OVERVIEW

FACTS ABOUT THE DIABETES SELF-MANAGEMENT PROGRAM

WHAT ARE EVIDENCE BASED INTERVENTIONS? The diabetes self-management program is a diabetes workshop that was developed by Stanford University. It is an evidence-based intervention designed to educate and inform participants who are 60 years or older on ways to better improve their blood sugar and avoid complications through the incorporation of healthy alternatives and skills like physical activity, nutrition, medication management, action planning and problem-solving.

The program is a six-class series that utilizes the diabetes selfmanagement tool box which include stress management, decision making, monitoring, communication and working with health professionals to broaden the knowledge of participants and encourage self-management of diabetes.

An evidence-based intervention is one that has been proven through research findings to be effective at causing positive behavior change. The American Diabetes Association in 2001 certified that the program meets evidence-based standards.

