



# Living Healthy with Diabetes

## The Diabetes Self-Management Program (DSMP)

The North Carolina Division of Aging and Adult Services (DAAS) and the Division of Public Health (DPH) are mobilizing a statewide campaign to implement and sustain the Stanford University's Diabetes Self-Management Program, referred to in North Carolina as *Living Healthy with Diabetes*. By the end of 2012, we will have the program broadly accessible statewide.



### What is *Living Healthy with Diabetes*?

*Living Healthy with Diabetes* is a highly participatory workshop that takes place once a week for six weeks. Each 2 ½ hour session is facilitated by 2 trained leaders (many of whom are volunteers living with chronic conditions themselves) who follow a detailed manual, so that each workshop is highly consistent.



Although *Living Healthy with Diabetes* does not replace disease-specific education, it is designed to enhance regular treatment. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their diabetes self-management program. Physicians and other health professionals both at Stanford and in the community have

reviewed all materials in the course. It is the process in which the program is taught that makes it effective. 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.

### Workshop topics by week

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Workshop Overview	Formula for Healthy Eating	Preventing/ Delaying Complications	Dealing With Difficult Emotions	Depression Management	Strategies for Sick Days
What is Diabetes	Preventing Low Blood Sugar	Planning Low Fat Meals	Reading Food Labels	Positive Thinking	Foot Care
Monitoring			Endurance Activities	Communications Skills	Working with Your Health Care Professional & the Health Care System
Introduction to Healthy Eating		Intro to Physical Activity	Guided Imagery	Medication Usage	
		Stress Management			
		Relaxation Techniques			

### Ultimate goal of *Living Healthy with Diabetes*

Improve participants' confidence in their ability to become positive "self-managers" who are able to manage their health and the many ways chronic health condition/s impact their lives.

**For more information, contact:**

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