

Living Well with Diabetes



UTAH DEPARTMENT OF
HEALTH
www.livingwell.utah.gov

PROGRAM DESCRIPTION

Living Well with Diabetes (CDSMP) teaches participants skills to manage their diabetes and other chronic conditions. In addition to addressing the physical and emotional symptoms of diabetes, this program also aims to help participants better communicate with their health care providers and make healthy day-to-day decisions. The workshop is goal-orientated and shown to improved health outcomes for people looking to better manage their diabetes.

PROGRAM BENEFITS

Participants who have completed a workshop demonstrate:

- Increased exercise
- Increased ability to do social and household activities
- Less depression, fear, frustration, and worry about their health
- Reduction in symptoms like pain
- Increased confidence in their ability to manage their condition
- Decreased emergency department visits and hospitalizations
- Increased knowledge for dealing with diabetes specific symptoms

WHAT IS PROVIDED TO PARTICIPANTS

Workshops are facilitated by two trained instructors and meet once a week for six weeks; each class lasts 2 ½ hours. During the workshop the topics covered include:

- Pain, fatigue, and stress management
- Monitoring blood sugar and managing hyper/hypoglycemia
- How to make an action plan to set and achieve attainable goals
- Problem solving
- How to deal with difficult emotions and complications
- Physical activity and exercise
- Healthy eating
- Communication skills and working with your health care professional
- Foot care

RESOURCES

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

FOR MORE INFORMATION ON THIS PROGRAM

livingwell@utah.gov

1-888-222-2542

SOURCES

1. Utah BRFSS 2014
2. Lorig K, Ritter PL, Villa FJ, Armas J. Community-based peer-led diabetes self-management: A randomized trial. *The Diabetes Educator* 2009 July-August;35(4):641-51

WHY IS THIS IMPORTANT?

- In Utah, 7.1% of adults, including 12.0% of American Indians, reported being diagnosed with diabetes in 2014¹.
- DSMP has been shown to improve hypoglycemia, depression, diet, communication, and self efficacy².

INFORMATION

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Page 21