WHY IS THIS IMPORTANT?

- In Utah, 7.1% of adults, including 12.0% of American Indians, reported being diagnosed with diabetes in 2014.
- Diabetes self-management education results in improved A1C, blood pressure, and cholesterol levels as well as fewer complications and reduced rates of hospitalizations.
- Diabetes can be one of the most challenging health conditions to treat.
- Diabetes is costly. One out of every five health care dollars is spent on diabetes health care.
- Diabetes education reduces the risk of hospitalization for diabetes complications.

PROGRAM DESCRIPTION

Diabetes education is a collaborative process that helps people with diabetes learn how to successfully manage their disease. The goal of diabetes education is to help people with diabetes practice self-care behaviors every day and be as healthy as possible. Diabetes self-management education/training is provided by diabetes educators.

PROGRAM BENEFITS

- Real-life guidance and coaching to help people understand exactly how to best manage their diabetes, and to feel supported while doing it.
- It focuses on seven self-care behaviors so that people with diabetes can be healthy and fully enjoy life:
  » Healthy eating
  » Being active
  » Monitoring blood sugar levels
  » Taking medication
  » Problem solving
  » Healthy coping skills
  » Reducing risks

WHAT IS PROVIDED TO PARTICIPANTS

- Education and support on all aspects of diabetes care by diabetes educators in individual or group settings.
- Individualized plan that includes the tools and support to help make the plan easy to follow.

RESOURCES

Visit [www.choosehealth.utah.gov](http://www.choosehealth.utah.gov) for more information.

FOR MORE INFORMATION ON THIS PROGRAM

[livingwell@utah.gov](mailto:livingwell@utah.gov)  
1-888-222-2542

SOURCES

1. Utah BRFSS 2014