



## The Diabetes Self-Management Program

The Diabetes Self-Management Program is a community program to help people live successfully with diabetes. It is led by two trained leaders who successfully complete a four-day training workshop and is delivered in communities to groups of 10-16 persons, once a week for 2 ½ hours, for six consecutive weeks. Participants receive the companion book *“Living a Healthy Life with Chronic Conditions”*.

The Diabetes Self-Management Program was designed specifically for persons experiencing Type 2 diabetes, although people with Type 1 diabetes have also found the program beneficial.

The workshops are highly participatory, provide knowledge and information, teach skills, mutual support and successfully build participants’ confidence in their ability to manage their health and maintain active and fulfilling lives.

### The Program covers the following topics:

- Reading nutrition labels
- Preventing low blood glucose
- Physical activity and exercise
- Strategies for sick days
- Dealing with difficult emotions
- Problem solving
- Preventing or delaying complications
- Guided imagery, visualization and muscle relaxation
- Working with health care team
- Healthy eating
- Foot care
- Depression and positive thinking
- Informed treatment decisions

### For information about workshop dates and locations:

Lower Mainland 604 940-1273 | TOLL FREE 1 866-902-3767  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca) | [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

## Diabetes Self-Management Program Evaluation Studies

The first evaluation conducted by Stanford University found that people taking the DSMP had made improvements in health status, health behaviours and self-efficacy. They also found that participants had fewer emergency room visits at four months. These improvements were maintained at one year.

The second Stanford evaluation found that at six months participants were less depressed, had fewer symptoms of hypoglycemia, better communication with their family doctors, had improved their eating habits, and were reading food labels. At 12 months, the study participants continued to have less depression, better communication with physicians, better eating habits, were more activated, and have higher levels of self-efficacy.

The Diabetes Self-Management Program does not conflict with existing Diabetes Education Programs and participants are encouraged to attend these sessions and to maintain contact with their doctor and diabetes educators for clarification and problems.

### What participants say about the program

*“I was looking forward to attending as I have had diabetes for eight years and found that I was gaining weight and my A1C was climbing. I feel more confident that I can work to reduce my weight through diet and exercise. Hopefully my A1C will follow.”*

*“I was able to see that I am not alone in how I feel and that there are others that struggle as I do from time to time. I was able to see that by these six weeks of classes that my diabetes does not need to control my life but that I can through different techniques be a self-manager and manage and control my diabetes.”*

### Other Self-Management Programs include:

Chronic Disease (Online version also available)

Chronic Pain

Cancer: Thriving & Surviving (select communities)



Self-Management BC is supported by the Province of British Columbia