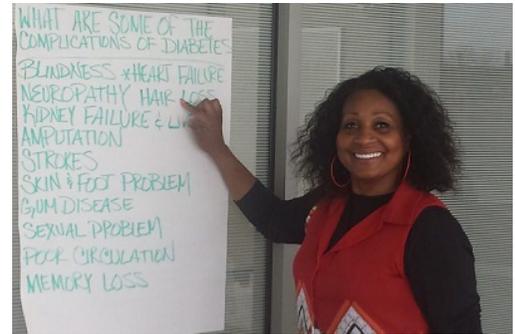


Improving Diabetes Self-Management



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Overview

To prevent the complications of diabetes in older adults, we have enhanced individuals' ability to manage their own diabetes for over 5,000 Wisconsin residents participating in our *Healthy Living with Diabetes* workshops in community settings across 52 counties and tribal areas in Wisconsin. We have also adapted our program for African American, Hispanic, and Native American populations and currently support 30 health workers from these communities as active leaders in *Healthy Living with Diabetes* and 25 community health workers as active leaders in the Spanish version, *Vivir Saludable con Diabetes*.

"Tackling diabetes is a challenge for our healthcare systems and for our entire community. It's exciting to support and help grow evidence-based programs that benefit people with diabetes who live here in Wisconsin."

- Dr. Maureen Smith,
Director of HIP

The Clinical Problem

The State of Wisconsin is currently in the midst of an overwhelming diabetes epidemic. It is estimated that 10% of the state population is living with diabetes, with a 13% increase in diagnoses from 2008 to 2011 alone. The rate is much higher for adults over age 65 and in communities of color: 15.6% of Hispanic/Latinos, 21% of African Americans, and 43.2% of Native Americans have diabetes.

Diabetes can lead to severe and costly complications, such as amputations, cardiovascular disease, end-stage renal disease, blindness, and other problems that dramatically impact quality and longevity of life. Each year, diabetes and its complications costs Wisconsin \$6.15 billion in direct and indirect costs.

Our Response

Launch of Healthy Living with Diabetes

As management of diabetes lies almost entirely in the hands of those who live with the condition, it is vital that individuals with diabetes have the resources they need for self-management. To provide self-management resources to individuals in Wisconsin, in 2013 the [Wisconsin Institute for Healthy Aging](#) launched the [Healthy Living with Diabetes Program](#) with support from the University of Wisconsin [Health Innovation Program](#) and funding from the [Wisconsin Partnership Program](#). The *Healthy Living with Diabetes Program* targets individuals in both community and clinical settings.

Program Format and Goals

This group-based diabetes self-management program is effective and well-established. National evaluations have shown a 53% reduction in emergency department visits; improvements in A1c, self-rated health, and communication with physicians; and reductions in health distress and symptoms of hypo- and hyperglycemia.

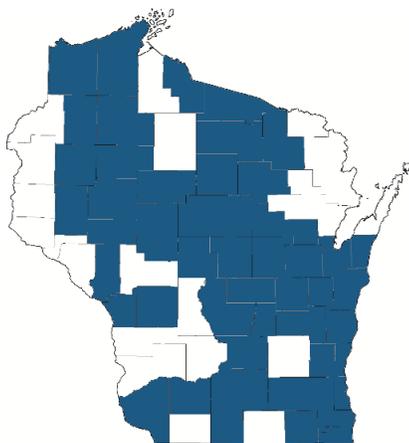
The goal of the program is to enhance patients' self-efficacy using skill building, goal setting, and reinforcement. It is highly interactive, emphasizing action planning and problem solving. Most of the learning in the workshop comes from sharing and helping others with similar challenges. The program does not replace a patient's existing treatments; it complements their current medical treatment plan.

Lasting Impact

The *Healthy Living with Diabetes* program has had over 5,000 participants in more than 300 workshops across 52 counties and tribal areas in Wisconsin; 26 workshops have been held in Spanish. People who have taken the workshop have been shown to have better health and increased confidence in

managing their diabetes, improvements in their blood sugar levels and A1c, and fewer doctor and emergency room visits, among other benefits.

Our Leader Trainings have resulted in over 300 Leaders (42 Spanish-speaking) who are able to facilitate the *Healthy Living with Diabetes* workshops. We have adapted our program for African American, Hispanic, and Native American populations and currently support 30 health workers from these communities as active leaders in *Healthy Living with Diabetes* and 25 community health workers as active leaders in the Spanish version, *Vivir Saludable con Diabetes*. We are also implementing a statewide system of referrals from health systems to *Healthy Living with Diabetes* workshops.



Current Impact



*"Volunteering as a facilitator for *Healthy Living with Diabetes* helps me keep the importance of my health at the forefront of my life. As someone who lives with diabetes, I have found it is important to know that I am not alone. I feel the class is motivating and helps me stay on top of managing my diabetes. It also makes me feel good knowing that I am able to help others. Diabetes is a lifelong journey and I feel if I can successfully help people through a part of it, I am positively giving back to my community!"*

- Volunteer Trainer for
Healthy Living with Diabetes

Resources

Other

- ✓ [Healthy Living with Diabetes Fact Sheet](#)
- ✓ [Wisconsin Diabetes Prevention & Control Program](#)
- ✓ [Wisconsin Diabetes Surveillance Report 2012](#)