

## Diabetes Empowerment Education Program

### Program Overview

The Midwest Latino Health Research, Training and Policy Center at the University of Illinois at Chicago developed the Diabetes Education Empowerment Program (DEEP) in English and Spanish as an educational curriculum designed to engage community residents in self-management practices for prevention and control of diabetes. For more than six years, the MLHRC has provided DEEP training to community health organizations, and the program is currently being implemented across the U.S., in Puerto Rico and in Peru.

The DEEP was developed to provide community residents with the tools to better manage their diabetes in order to reduce complications and lead healthier, longer lives based on principles of empowerment and adult education.

### Goals

The main goals of the Diabetes Empowerment Education Program are:

- To improve and maintain the quality of life of persons with diabetes or persons who have diabetes risk factors
- To prevent complications and incapacities
- To improve eating habits and maintain adequate nutrition
- To increase physical activity
- To develop self-care skills
- To improve the relationship between patients and health care providers
- To utilize the available resources

### Module Content

1. Beginning Session – Understanding the Human Body
2. Understanding Diabetes and its Risk Factors
3. Monitoring Your Body
4. Get Up and Move! The Importance of Physical Activity
5. Health Management Through Nutrition
6. Diabetes Complications: Identification and Prevention
7. Medication and Medical Care: Communicating With Your Provider
8. Stress and Coping – Mobilizing Your Family and Friends

### Implementation

- The content of the curriculum’s modules and the activities are discussed and performed step by step
- 6-10 weekly educational sessions conducted by a trained facilitator
- Session duration: 2 hours

What NOT to Change	What MAY change
<ul style="list-style-type: none"> <li>• Participatory approach</li> </ul>	<ul style="list-style-type: none"> <li>• Location</li> </ul>
<ul style="list-style-type: none"> <li>• Principles of adult education/empowerment</li> </ul>	<ul style="list-style-type: none"> <li>• Order of the modules</li> </ul>
<ul style="list-style-type: none"> <li>• Active engagement</li> </ul>	<ul style="list-style-type: none"> <li>• Equipment/materials used in modules</li> </ul>
<ul style="list-style-type: none"> <li>• Weekly Action Plan and its review</li> </ul>	<ul style="list-style-type: none"> <li>• Activities</li> </ul>
<ul style="list-style-type: none"> <li>• Family/friend involvement</li> </ul>	
<ul style="list-style-type: none"> <li>• Contact prior to class</li> </ul>	
<ul style="list-style-type: none"> <li>• Creation of “rules” during first class</li> </ul>	