EVERYONE WITH DIABETES COUNTS
Diabetes Empowerment Education Program - DEEP™
Curriculum Description

The Diabetes Empowerment Education Program, also known as DEEP™, is an education curriculum designed to help people with pre-diabetes and existing diabetes, their relatives and caregivers gain a better understanding of diabetes self-care.

Goals:
The main goals of the Diabetes Empowerment Education Program are:
- To improve and maintain the quality of life of persons with diabetes;
- 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.

Class Guidelines:
Classes incorporate the following guidelines:
- Curriculum is an evidence based program that incorporates self-care education guidelines
- Eight modules of learning with classes once a week for six weeks
- Approximately 2 hours in length, depending on class size
- 10 – 20 people per class
- Participatory teaching and learning
- Can be taught by Peer Educators or Community Health Workers who are usually lay people within the community
- Graduation after completion of at least 80% of the modules and completion of a pre and a post test

Module Descriptions:
The curriculum has been divided into 8 modules so that the facilitator can use them in any order, based on the needs of the participants and the level of their knowledge of diabetes.

Module #1: Beginning Sessions and Understanding the Human Body
This module includes:
- Exercises to establish trust and solidarity among group members and to obtain the motivation and participation of all;
- Description of the functioning of the human body and its relation to diabetes;
- Strategies to manage and control diabetes with the goal of beginning to reinforce the importance of self-care principles.

Module #2: Understanding Risk Factors for Diabetes
This module includes:
- The definition, classification and the symptoms of diabetes;
Module #3: Monitoring Your Body
This module includes:
• The diagnosis of diabetes, hypoglycemia, hyperglycemia, and ways to control it;
• Diabetes management and the benefits of the glucose meter.

Module #4: Get up and Move! Physical Activity and Diabetes
This module includes:
• Motivating the participants to perform some physical activity on a regular basis and to incorporate exercise as a method to control diabetes.

Module #5: Controlling Diabetes through Nutrition
• This module includes:
  • Concepts and basic nutritional terms that allow participants to make correct decisions when selecting foods;
  • Portion Control;
  • Use of food labels.

Module #6: Diabetes, Complications: Identification and Prevention
This module includes:
• The main complications of diabetes;
• The different specialists and health care team available for prevention and control.

Module #7: Learning about Medications and Medical Care
This module includes:
• Medications available for the control of diabetes, hypertension, high cholesterol and triglycerides;
• Medications’ mechanisms of action, recommendations, cautions and side effects;
• How to improve communication with health care providers;
• Self-Care Guides to be used by persons with diabetes.

Module #8: Living with Chronic Disease: Mobilizing Family and Friends
This module includes:
• Emotional aspects of chronic disease, such as stress and depression;
• Patients’ rights;
• How to involve family and friends in the self-care program.

For more information please contact Amy Fletcher at iaqiosupport@area-d.hcqis.org or 515-440-8600

DIABETES EMPOWERMENT EDUCATION PROGRAM

DEEP ™ Copyrighted by UIC-Midwest Latino Health Research, Training, and Policy Center 7th edition, 7/14