

About DEEP

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

Classes last a total of six weeks, providing participants with eight unique learning modules.



Resources

Learn more about the DEEP Diabetes Empowerment Education Program at Seminole.FloridaHealth.gov



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Florida Department of Health in Seminole County



Diabetes Empowerment Education Program



Class Descriptions

Beginning Sessions and Understanding the Human Body

- 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.

Understanding Risk Factors for Diabetes

- The definition, classification, and symptoms of diabetes.
- Risk factors and the weekly action plan.

Monitoring Your Body

- The diagnosis of diabetes, hypoglycemia, hyperglycemia, and ways to control these.
- Diabetes management and benefits of the glucose meter.

Get Up and Move! Physical Activity and Diabetes

- Motivating participants to perform some physical activity on a regular basis and to incorporate exercise as a method to control diabetes.

Controlling Diabetes through Nutrition

- Concepts and basic nutritional terms that encourage healthy decisions when selecting foods, including using food labels.
- Portion control.

Diabetes Complications: Identification and Prevention

- Main complications of diabetes.
- Different specialists and health care team available for prevention and control.

Learning about Medications and Medical Care

- 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.

Living with Chronic Disease: Mobilizing Family and Friends

- Emotional aspects of chronic disease, such as stress and depression.
- Patients' rights.
- How to involve family and friends in the self-care program.

Program Goals

- Improving and maintaining the quality of life in persons with pre-diabetes and existing diabetes.
- Preventing complications and incapacities.
- Improving eating habits and maintaining adequate nutrition.
- Increasing physical activity.
- Developing self-care skills.
- Improving the relationship between patients and health care providers.
- Utilizing available resources.

Class Guidelines

- Evidence-based results.
- Eight learning modules, taught over six weeks.
- From 12 to 15 people per class.
- Participatory teaching and learning.
- Classes approximately one to two hours in length, depending on class size.
- Graduation after completion of at least 80% of the modules and completion of a pre and a post test.

