

## Transcript for Celebration Video

[MUSIC PLAYING]

Unmanaged diabetes can have serious and debilitating consequences. It is the most common cause of blindness, kidney failure, and amputations in adults, and a leading cause of heart disease and stroke. The Health for Life diabetes initiative works with community partners and physicians to increase opportunities for diabetes self-management, education, and support, DSMES, among underserved populations. DSMES training for persons with diabetes is a comprehensive program that teaches them how to improve their health, quality of life, and avoid the complications of the disease.

TMF began the Health for Life program in 2010. Since starting work with underserved populations on this initiative, TMF has graduated 29,442 participants from the program and trained 2,419 instructors across the TMF QIN-QIO region. In this current contract, the TMF QIN-QIO has already graduated 16,293 participants and provided training 1,177 instructors.

Hi, I'm Brenda Ortiz. I lead the Health for Life project for the TMF QIN-QIO. Diabetes self-management education classes are key opportunities for people to learn how to live a healthier life with diabetes. People can learn how diabetes impacts their entire body, make sense of their blood sugar numbers, meet others who have diabetes, and have fun learning in a small group interaction.

We often hear people describe how alone they can feel with diabetes and how overwhelming it can feel to live with this condition. A benefit of meeting as a group in our DSMES classes is that people start to develop a support network to help each other deal with the daily challenges. Seeing the number of graduates and trained instructors is exciting, but to really see the true successful impact of this program, let's hear from some of the program participants and instructors.

[SPEAKING SPANISH]

[SPEAKING SPANISH]

[SPEAKING SPANISH]

[SPEAKING SPANISH]

Yes, the most common is type 2 diabetes in the adult population. And we have started seeing more and more kids having diabetes type 2. Out of 20 patients, at least we will see 10, 15 a day with diabetes. And it's growing and growing. It's an epidemic. It's nationwide.

[SPEAKING SPANISH]

[SPEAKING SPANISH]

Well, the results are excellent. Patients love it. The report on them after they go to one or two classes is that they want to continue going to those classes. And the reason is that it's different that I'm telling them what to do. And then in the glasses, they get to interact with other people with diabetes. And they can relate in their disease and their problems.

[SPEAKING SPANISH]

We love this program, because it is making a difference in the community. It is making a difference among patients and class facilitators as well. We're empowering communities to address their own challenges and promote patient self-management. That is why this program is so effective.