

## Transcript for Instructor and diabetes patients talk about benefits of DSME classes

Hello, my name Brenda Ortiz, Project Director for the Everyone With Diabetes Counts initiative as part of the TMF Quality Improvement Network. Our free Diabetes Self-Management Education classes are key opportunities for people to learn how to live a healthier life with diabetes. People can find out how diabetes impacts their entire body, make sense of their blood sugar numbers, meet others who have diabetes, and have fun learning in the small group interaction.

We often hear people describe how alone they feel with diabetes and how overwhelming it can be to live with this condition. What we do in the workshops is break down the information people are receiving from their medical providers, and we help them incorporate healthy behaviors. A benefit of meeting as a group in our DSME workshops is that people start developing a support network to help each other deal with the daily challenges. They enhance their problem-solving skills and work together to brainstorm solutions to address their barriers to a healthy life. Our workshops are hands-on, and participants learn through activities, games, and discussions, led by a trained facilitator.

I have been a diabetic for seven years, and I have been to several classes. But this has been the best and most informative class.

Good afternoon. My name is Michael Ross, and I am a lead trainer. I train diabetes peer trainers, and I also teach diabetes classes as well. We're just teaching people how to change some things up, particularly diet, exercise, and healthy eating, and trying to get them to make little subtle changes. It doesn't have to be a 180-degree turn, but just a little bit at a time that can kind of help them get better.

Well because my wife is diabetic, I realized that I could become diabetic because it's also in the family. But I wanted to learn how to prevent diabetes and wanted to support my wife.

Diabetes classes, we put it back out there. We explain to them, again, what it is. We talk about the anatomy, what the pancreas is, and where the liver is, and how these things can all be effected. Because most of our seniors, they haven't looked at the anatomy since junior high school, so when they were 15. And now, 50 years later, they had to come back and think about these things again and how good, healthy eating, light exercise, and things can continue all those organs and everything to function and just continue to keep it moving. You're being proactive instead of reactive, and that's what we try to push and get them to try to understand.

I think it should be a general practice for everybody, even people, to find out their blood sugar every year, even if though they don't have diabetes, and see whether it's approaching the diabetes stage. And doctors should really take that seriously as a preventive measure.

Make sure you go to the doctor all the time and get good feedback. And so far, I'm OK. And I think just stay very busy and have a good lifestyle. I think that is the most important thing for diabetics.

We love this program because it's making a difference in the community. It's making a difference among patients and the class facilitators as well. We are empowering communities to address their own challenges and promote patient self-management. That's really why this program works is because we are empowering individuals to lead group facilitation and to really teach people how to improve their lives with diabetes.

People can learn more about these free diabetes workshops by visiting our website or contacting TMF for more information.