

S.C. DHEC's diabetes education* program



The South Carolina Department of Health and Environmental Control offers a diabetes self-management education (DSME) program called "Don't Guess - Get Answers." It's an initiative to educate citizens on the prevention, detection, and treatment/self management of diabetes.

South Carolina DHEC is committed to the concept that diabetes self-management education (DSME) is a crucial part of diabetes care. DHEC's state mission is to promote and protect the health of the public and the environment. Two of the agency's long-range goals are to improve the quality and years of healthy life for all and to eliminate health disparities in South Carolina. A strategy to accomplish this broad goal is to eliminate racial disparities in illness, disability, and premature deaths from chronic illnesses. To reach this goal, DHEC is committed to primary, secondary and tertiary prevention of chronic diseases.

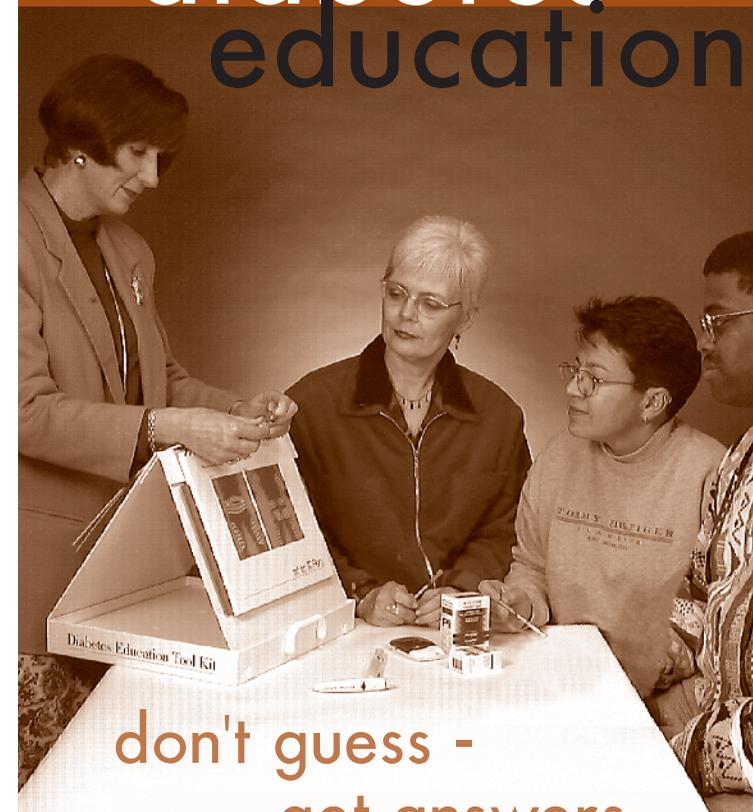
Contact your local DHEC public health department for more information.



www.scdhec.gov

Promoting and protecting the health of the public and the environment

diabetes education*



don't guess -
get answers



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.



diabetes

- is a major public health problem in South Carolina.
- affects one in 10 adults in South Carolina.
- affects African Americans and Hispanics at almost twice the rate of Caucasians.
- can shorten the lifespan by 5-10 years if not controlled.

DHEC diabetes education*

- ...is essential to the management and care of diabetes.
- ...helps people avoid or delay the complications associated with diabetes.
- ...follows the American Diabetes Association guidelines.
- ...can be paid for through a variety of sources.

our program teaches diabetes self-management by:

1. Assessing each person's needs, to include:
 - medical history
 - present health status
 - knowledge of diabetes
 - diabetes skills
 - present health behaviors
 - medication use
 - lab values
 - barriers to accessing health services
 - special learner needs
 - educational level
2. Developing and implementing an individualized diabetes education plan with the patient and their family/support person.
3. Coaching patients to make lifestyle changes and use self-management skills.
4. Providing diabetes education on an individual basis or in a group setting.
5. Providing follow-up and yearly educational reviews.
6. Encouraging patients' use of diabetes related services and their participation in support groups and coalitions.

don't guess - get answers

1. Our program serves all ages, genders and races of clients who have diabetes (type 1, 2, gestational diabetes).
2. DHEC uses teams of professionals including certified diabetes educators, registered nurses, registered dietitians, medical social workers, and other health care workers.
3. These teams communicate and collaborate with the patient's health care provider to meet the patient's individual needs.
4. Program outcomes focus on improving:
 - clinical lab values
 - self-care behaviors, which include:
 - healthy eating
 - being active
 - taking medication
 - monitoring
 - problem solving
 - reducing risks
 - healthy coping

