

Diabetes Self-Management Programs

Self-Management Programs, Positive Health Outcomes, Strengthening Partnerships



Today's Topics

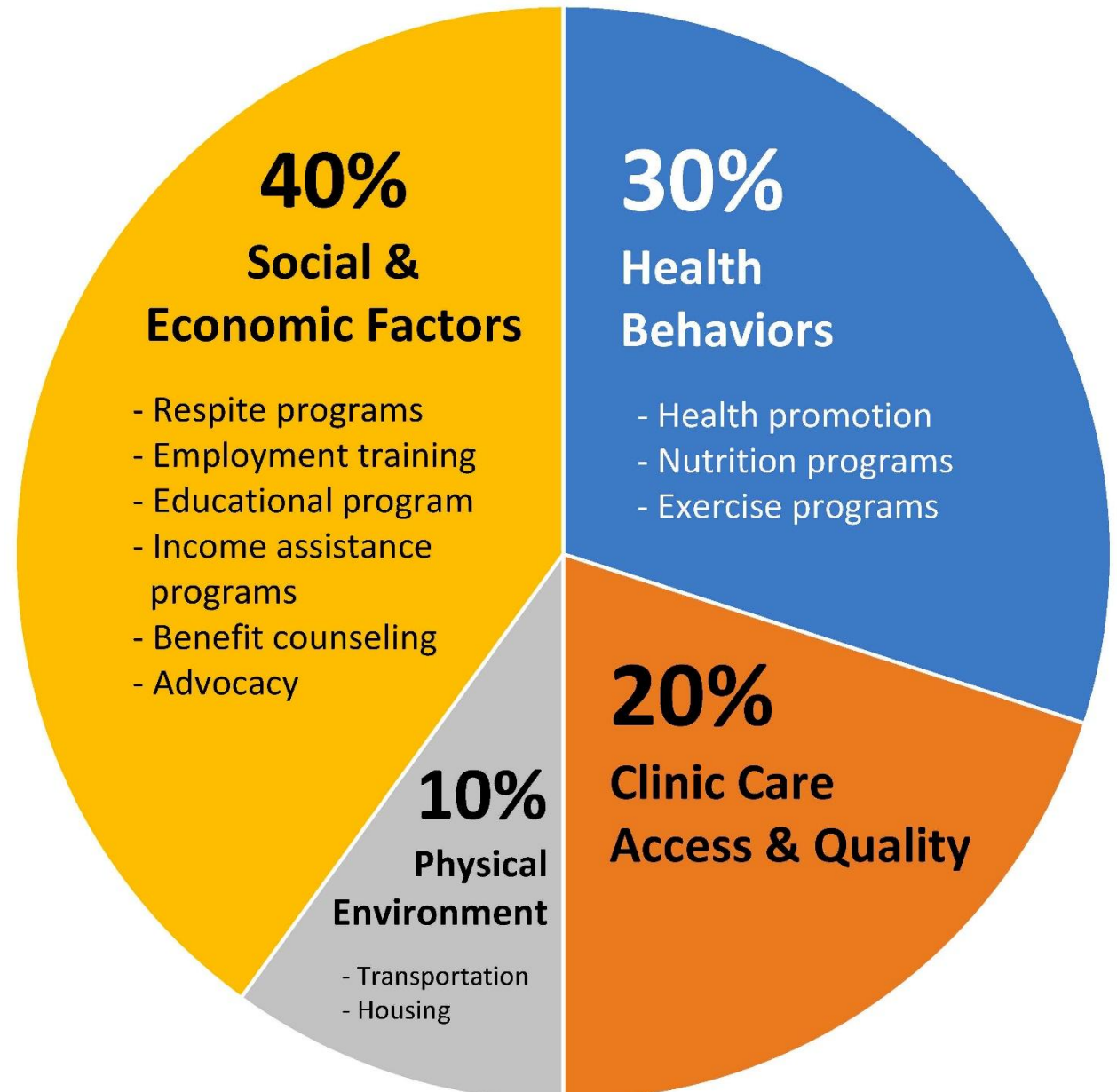
- Overview of Diabetes Self-Management Programs
- Health Outcomes
- WIHA Support
- Partnerships
- Expanding the Program
- Additional Self-Management Programs

About WIHA

Non-profit clearinghouse of evidence-based prevention programs in Wisconsin

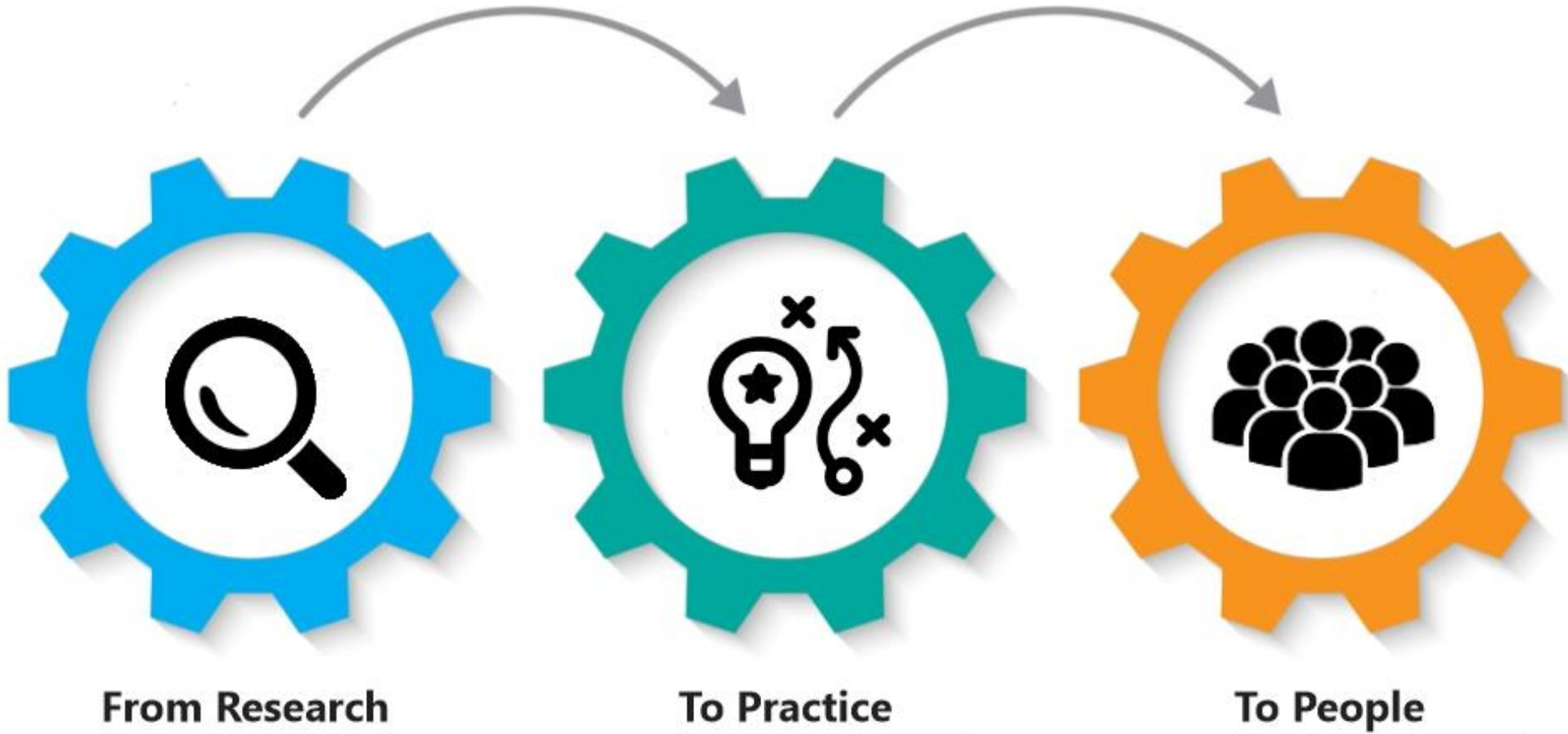
Mission: The mission of the Wisconsin Institute for Healthy Aging is to improve the health and well-being of all people as we age. We do this by disseminating evidence-based programs and practices and by engaging in collaborative public health strategies in Wisconsin and beyond.

Determinants of Health



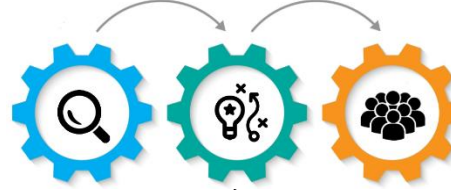
Source: County Health Rankings model - University of Wisconsin Population Health Institute (2016)

Wisconsin Institute for Healthy Aging



WIHA Partnerships

From Research, to Practice, to People



Academic Researchers



From the University of Wisconsin School of Medicine & Public Health, Pharmacy, Nursing, Psychology, Engineering, and other disciplines

Wisconsin State Public Health & Aging Policy Agencies



Wisconsin Division of Public Health's Bureau of Aging and Disability Resources and the Bureau of Community Health Promotion

Community Organizations



Local aging offices and Aging & Disability Resource Centers ADRCs), senior service providers, public health agencies, senior centers, senior dining programs, senior housing facilities, fitness centers, culture-focused groups, disability agencies, faith-based organizations, and more.

Health Care and Related Organizations



Health care providers and payers including hospitals, clinics, health systems, and health insurers

Managing Diabetes

Prevalence

- 526,100 adults in Wisconsin have diagnosed diabetes — that's 9.4% of the adult population
- 32,000 new adult cases are diagnosed each year¹

Hospitalizations

- 21,828 people with diabetes are hospitalized annually in Wisconsin
- The average charge per hospitalization for Type 2 diabetes is \$32,796²

Healthcare Costs

- People with diabetes face 2.6 times higher healthcare costs than those without
- In 2022, Wisconsin incurred:
 - \$5 billion in direct medical expenses
 - \$880 million in indirect costs (e.g., lost productivity)
 - Totaling nearly \$6 billion annually¹
 - Medicare spends an average of \$1,023 per person per year on diabetes³

1. American Diabetes Association, 2025; 2. WI Diabetes Action Plan, 2024; 3. data.cms.gov

Healthy Living with Diabetes

Spanish: Vivir Saludable con Diabetes



- Developed at Stanford University Patient Education Research Center
- International, National, and Statewide
- High-level Evidence Based Workshop
- Enhances and Compliments Clinical-Based Education



Who Is It For?



- Individuals diagnosed with
- Type 2 diabetes
- Type 1 diabetes
- Prediabetes
- Caregivers or family members of someone with diabetes

Workshop Format

Schedule

- Meets **once a week**
- **Duration** is 6 weeks

Mode of Delivery and Group Size

<u>Mode</u>	<u>Duration</u>	<u>Group Size</u>
In Person	2.5 hours/session	8-16 participants
Virtual	2.5 hours/session	8-12 participants
Telephone	4 minutes/session	3-5 participants

Facilitation Style

- Led by trained facilitators (peers)
- Interactive, supportive, peer-to-peer, group format



Topics Covered

- Understanding Diabetes
- Basics to Monitoring Diabetes and Blood Sugar
- Nutrition and Healthy Eating
- Physical Activity/Exercise
- Dealing with Stress
- Preventing Low Blood Sugar and Complications
- Making Decisions
- Dealing with Difficult Emotion
- Depression
- Positive Thinking
- Communication
- Relaxation Techniques
- **Weekly Action Plans and Feedback**



Outcomes and Benefits of Healthy Living with Diabetes

Researched and Proven

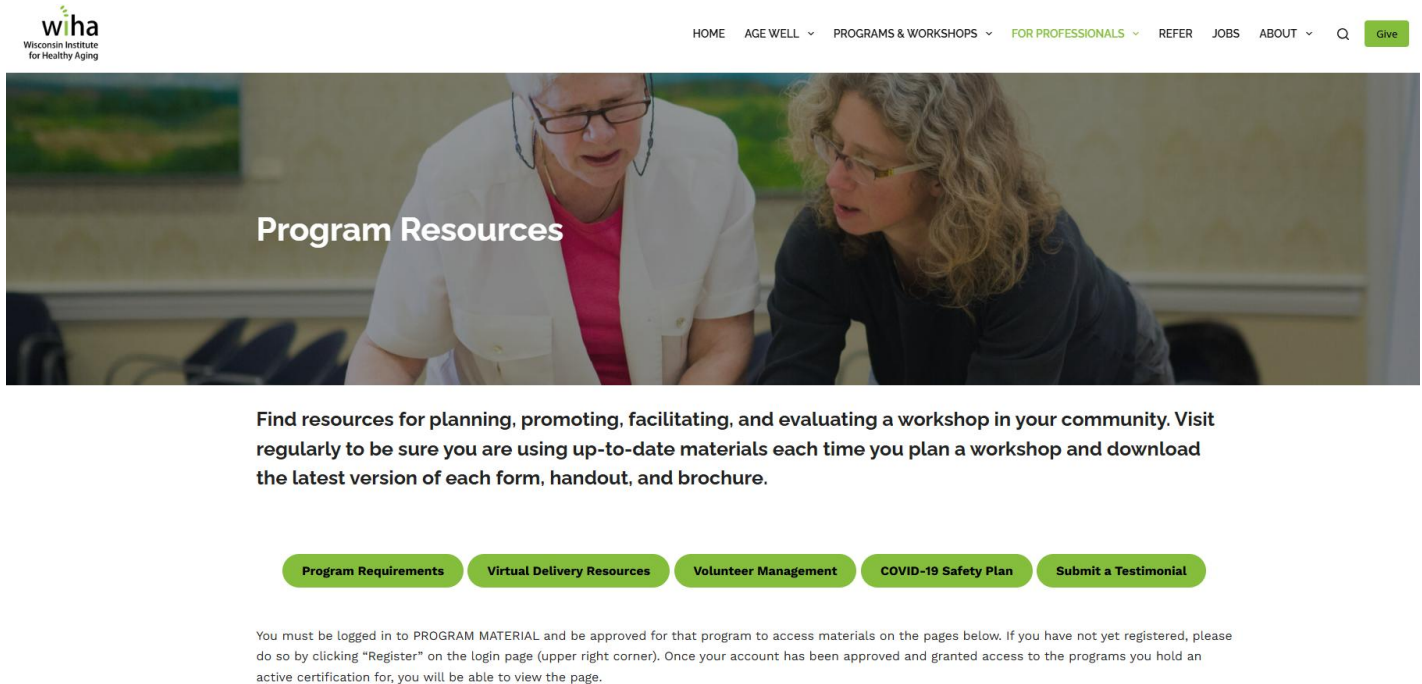
- Reduce emergency department (ED) visits by 53%.
- Improve A1C levels.
- Enhance regular treatment and diabetes education; create a community-clinical link in care
- Support other chronic diseases
- Provide social benefits for participants
- Improve self-rated health and communication with physicians.
- Improved health status, health behavior, and self-efficacy.
- Decrease overall healthcare use
- Total average health care costs averted (ED & hospital visits) per participant: \$1,046.



WIHA Support

Support to Sponsoring Organizations and Facilitators

- Training
 - In-Person or Virtual
- Technical Support
- Data collection



The screenshot shows the WIHA website header with the logo and navigation links: HOME, AGE WELL, PROGRAMS & WORKSHOPS, FOR PROFESSIONALS, REFER, JOBS, ABOUT, and a search icon. A 'Give' button is also present. The main content area features a large image of two women looking at a document, with the text 'Program Resources' overlaid. Below the image, a paragraph states: 'Find resources for planning, promoting, facilitating, and evaluating a workshop in your community. Visit regularly to be sure you are using up-to-date materials each time you plan a workshop and download the latest version of each form, handout, and brochure.' A row of five green buttons follows: 'Program Requirements', 'Virtual Delivery Resources', 'Volunteer Management', 'COVID-19 Safety Plan', and 'Submit a Testimonial'. At the bottom, a small text block explains the login process for accessing program materials.

Program Resources

Find resources for planning, promoting, facilitating, and evaluating a workshop in your community. Visit regularly to be sure you are using up-to-date materials each time you plan a workshop and download the latest version of each form, handout, and brochure.

[Program Requirements](#) [Virtual Delivery Resources](#) [Volunteer Management](#) [COVID-19 Safety Plan](#) [Submit a Testimonial](#)

You must be logged in to PROGRAM MATERIAL and be approved for that program to access materials on the pages below. If you have not yet registered, please do so by clicking "Register" on the login page (upper right corner). Once your account has been approved and granted access to the programs you hold an active certification for, you will be able to view the page.

Marketing Materials

- Flyers
- Social Media Posts
- Introduction Presentations
- Articles

The image shows two flyer templates for the 'Healthy Living with Diabetes' program. The left flyer is green and white, featuring a group photo of diverse older adults. It includes the title 'Healthy Living with Diabetes', a subtitle 'A diabetes diagnosis brings big changes. Find solutions that work for you!', and a key statistic: 'Healthy Living with Diabetes participants have a 53% reduction in emergency department visits.' It also contains a section 'What is Healthy Living with Diabetes?' describing the program as an evidence-based workshop for adults with type 2 diabetes, pre-diabetes, or those living with someone who does. The right flyer is white and green, featuring a close-up photo of a smiling woman. It includes the title 'Healthy Living with Diabetes', a subtitle 'Help yourself to better health!', and a key statistic: 'The program has been researched and proven to reduce emergency department visits by 53%.' It also contains a section 'What is Healthy Living with Diabetes?' and a list of topics covered in the workshop, such as healthy eating, exercise, and stress management. Both flyers include a 'Find and Register for a Workshop' section with a link to 'Type Workshop Information Here' and the WiHA logo.

This flyer is for an 'Online Workshop' and features a photo of an older woman with glasses, smiling while using a laptop. The text on the flyer reads: 'Living with diabetes or prediabetes? Learn how to manage your symptoms and feel better by joining Healthy Living with Diabetes'. Below this, a quote from the woman says: 'I learned so much about how to handle my diabetes. Connecting was easy and I met people who are dealing with the same things I am.' The WiHA logo is visible in the bottom left corner.

This flyer is for the 'Healthy Living with Diabetes' program and features a photo of a man with a mustache, smiling while using a laptop. The text on the flyer reads: 'Are you living with diabetes or prediabetes? What if you could feel better and have more control over your health? Sign up today for this online workshop and learn how to manage your health.' Below this, a quote from the man says: 'I'll admit, I wasn't sure this workshop would be a good fit for me. But I learned a lot. Worth it!' The WiHA logo is visible in the bottom right corner.

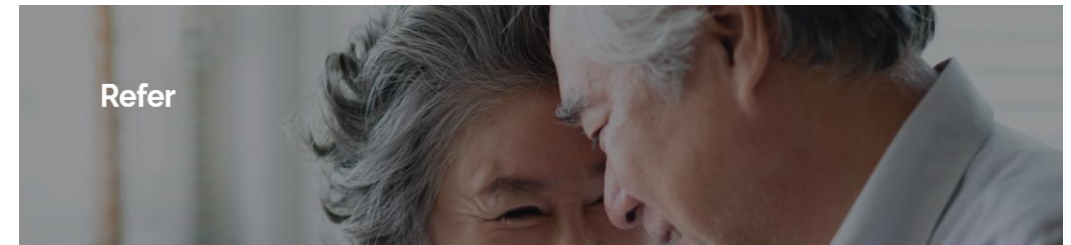
Referrals

Referral Tab on the WIHA website

- Anyone can refer someone to a healthy aging workshop- quick and easy.
- Just fill out a short form.

What Happens Next?

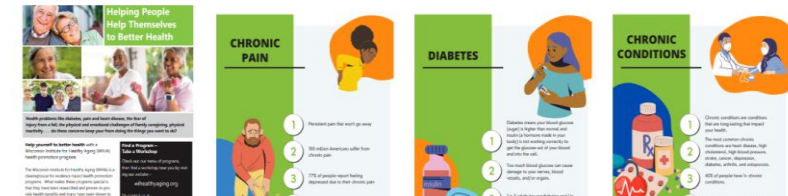
- Once submitted, we follow up with the individual
- We connect them to a workshop in their area (in-person or virtual)



Find resources & make referrals for your patients

[Make a Referral](#)

These resources are available for individuals or providers to distribute to patients, family members, or friends. The resources overview WIHA and/or a chronic condition and informs the individual how to find a WIHA program near them. Download the resources below.



Community Partnerships

- Aging and Disability Resource Centers (ADRC's)
- Healthcare Systems
- Senior Centers
- Independent Living Complexes
- YMCA
- Health Departments
- UW-Extension Offices
- Other community-based organizations



Expanding program



Other WIHA Programs



SteppingOn
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Pisando
Fuerte

- Living Well with Chronic Conditions
- Tomando Control de su Salud
- Healthy Living with Chronic Pain

STAND UP
For Your Health



English and Spanish

Questions?





Contact

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