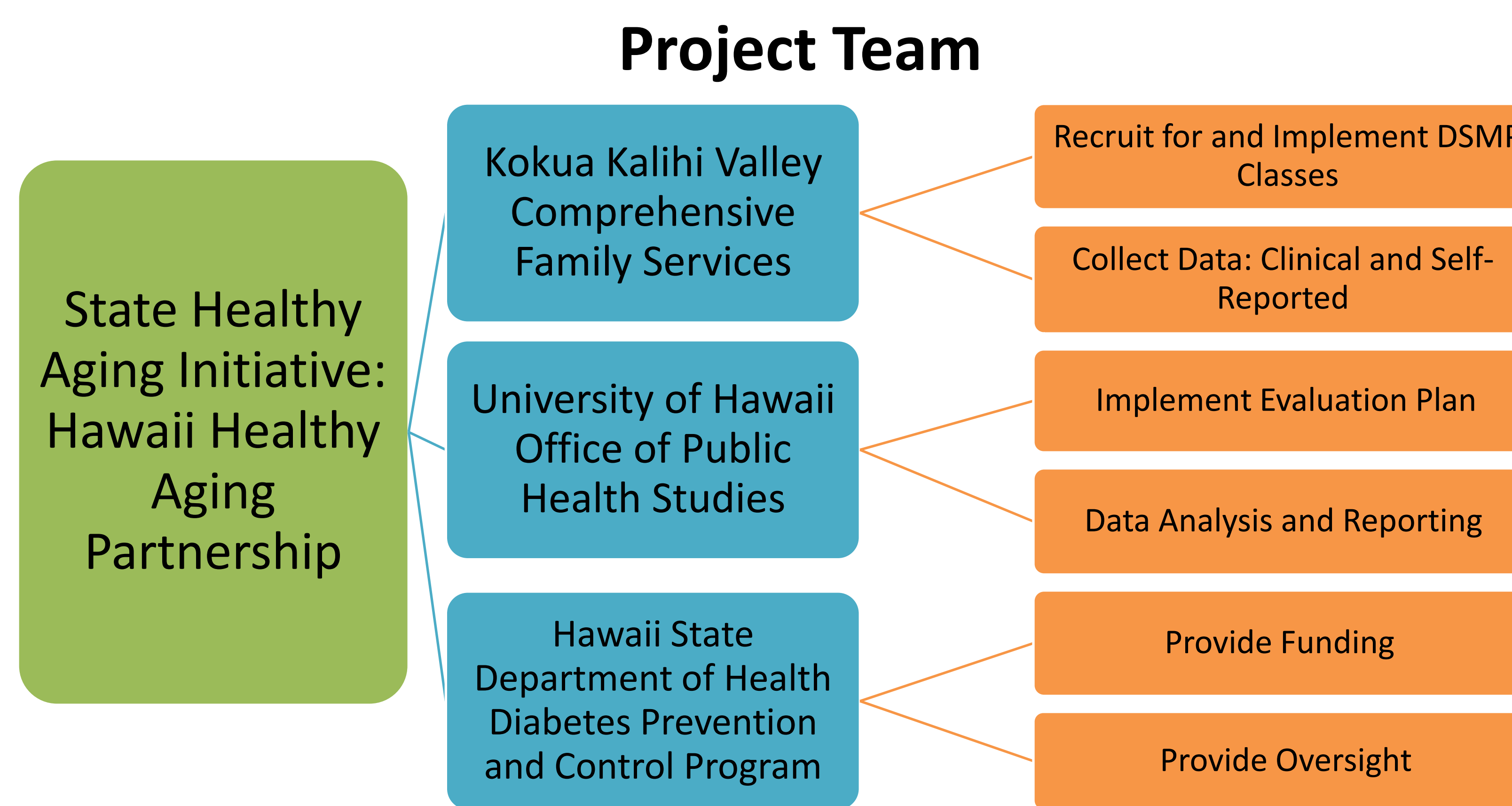
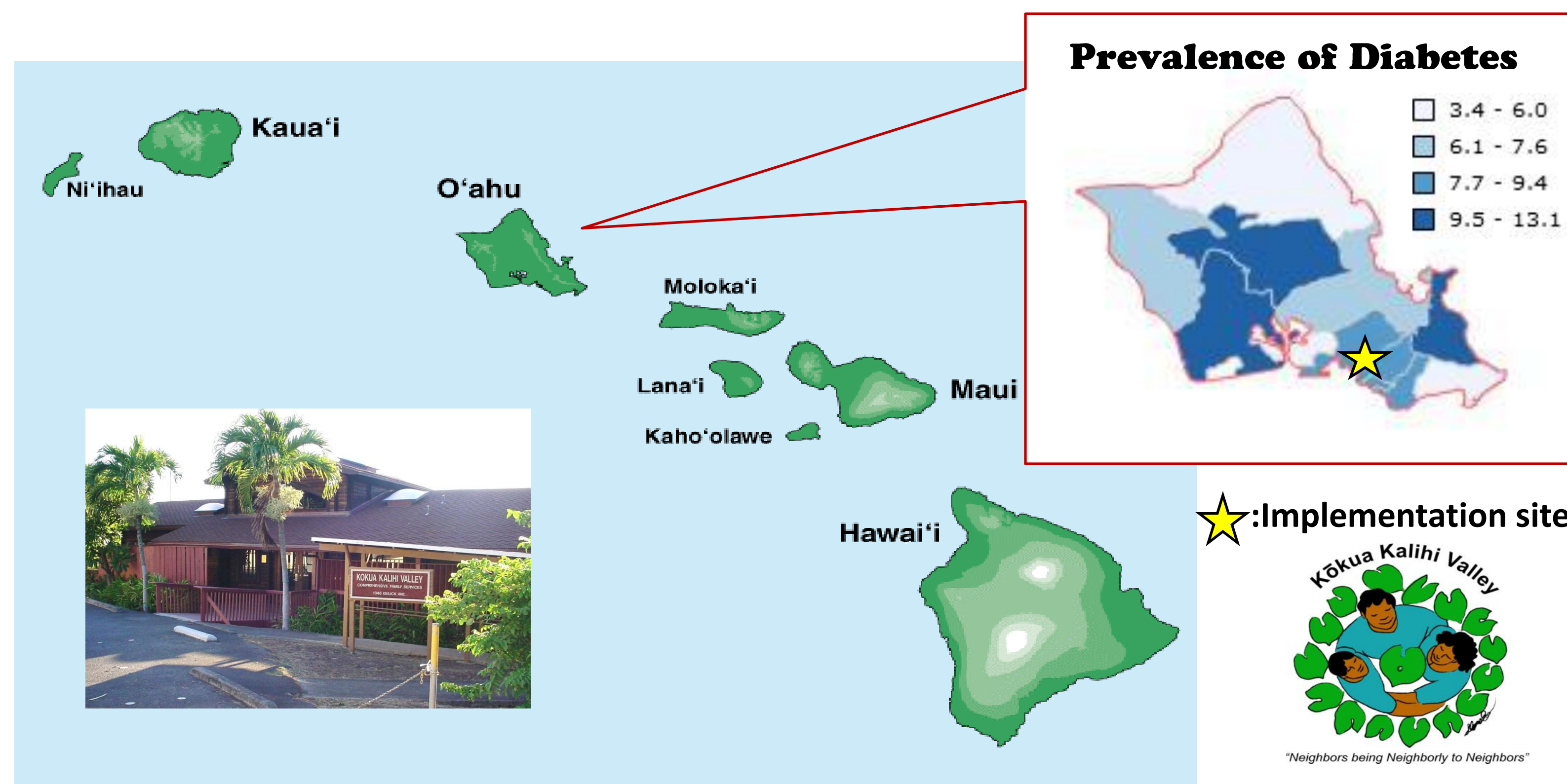


# Improving behavioral and clinical indicators in older adults with diabetes: Findings from a community clinic-based program



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### Stanford's Diabetes Self-Management Program (DSMP)

**Purpose**

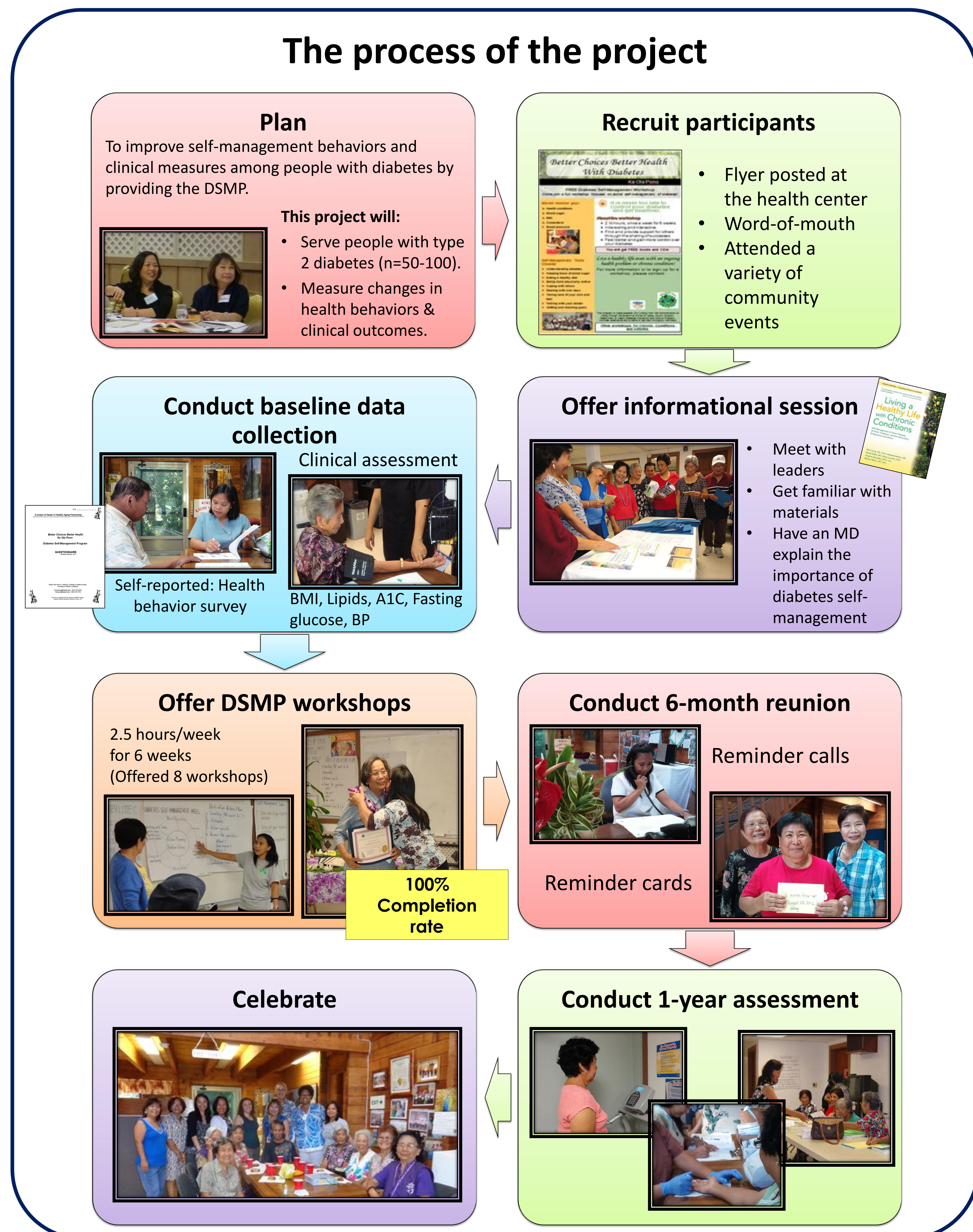
- To empower people with type 2 diabetes to take control of their diabetes
- To gain knowledge of self-management
- To improve skills needed in the day-to-day management of diabetes

**Session format**

- Feedback/ Problem solving
- Short lecture
- Action planning
- Closing

**TOPICS COVERED**

- Understanding diabetes
- Keeping track of blood sugar
- Eating a healthy diet
- Being more physically active
- Coping with stress
- Dealing with sick days
- Taking care of your skin and feet
- Communicating with health professionals
- Setting and reaching goals



### Lessons Learned

- DSMP works with an Asian and Pacific Islander population.
- Leaders from the community increased participation in the program.
- This project demonstrated long-term positive impacts in a variety of health behaviors and clinical measures.
- The benefits of DSMP may be enhanced when opportunities for physical activities are offered at the same site as DSMP.

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