

Diabetes Academy Educational Series

The Diabetes Academy Educational Series can be tailored based on your employees' needs. Please review the following list of available topics and talk with your DEP representative about how to best set up your educational series.

Diabetes 101

What is diabetes and why does it happen?

This module reviews the causes of diabetes, the four ways in which diabetes is diagnosed, and common myths and facts about diabetes.

Risk factors and signs of diabetes

This module distinguishes between diabetes risk factors that cannot be changed and those that can be managed. It also illustrates common signs and symptoms of diabetes.

Managing diabetes

This module reviews five key parts of a diabetes care plan, including a meal plan, a plan for staying active, a diabetes medicine plan, a plan for checking blood sugar (with goals), and a schedule for health checkups.

Making a plan for staying active

This module reviews the benefits of physical activity and describes three simple steps to starting an activity plan. It also discusses ways to stay safe while being active and details ways to get past common roadblocks to maintaining an activity plan.

Checking and managing your blood sugar

This module discusses the why, when, and how of checking blood sugar and reviews blood sugar goals for most people with diabetes. It also defines A1C and describes how to recognize and manage high and low blood sugar.

Coping with diabetes

This module focuses on how to manage the day-to-day challenges of living with diabetes. It describes how to recognize and manage diabetes burnout and how to cope with depression, stress, and guilt. It also discusses how to deal with diabetes at work and when traveling.

Planning for Office Visits

A team approach to diabetes management

This module reviews the roles of each potential member of a diabetes care team, emphasizing that the patient is the most important member of the team.

Office visits and checkups

This module reviews what participants can expect during a first office visit and during follow-up visits. It also provides a checklist of what participants should know about their diabetes care plan and discusses what health checkups they may need every 3 months, every 6 months, and every year.

Caring for diabetes

This module discusses what people with diabetes need to do to care for their kidneys, eyes, and feet. It also describes the ABCs of diabetes (A1C, blood pressure, and cholesterol) and defines blood sugar goals for most people with diabetes.

Tracking your blood sugar

This module informs participants about why and how they should track their blood sugar and what the results of testing may mean. It also provides step-by-step directions for using a blood sugar diary.

Meal Planning and Carb Counting

Meal planning basics

This module focuses on the principles of planning healthy meals, including how to make healthy food choices.

Basic meal-planning tools

This module tells participants about tools they can use to plan healthy meals. It tells them how to use the American Diabetes Association's "Create Your Plate"; how to weigh, measure, and estimate portion sizes; how to read a Nutrition Facts label; and how to count carbs. It also provides tips for eating out.

Understanding carbohydrates

This module is a primer on carbohydrates. It describes what carbs are, which foods contain them, and how to find them on a Nutrition Facts label. It also discusses the three main types of carbohydrates (starch, sugar, and fiber).

Carb counting

This module goes into greater detail on basic carb counting, including why it is important in diabetes, how to do it, and how to determine one's target individual daily carb count.

Advanced carb counting

This module breaks advanced carb counting into five steps and describes how to calculate insulin-to-carb ratios.

Practical tips

This module discusses the American Diabetes Association's "10 diabetes superfoods" and tells participants how to get past common roadblocks to healthy eating.

Diabetes Medicines

Basics of diabetes and medicines

This module reviews what happens in diabetes, discusses the role of medicines in managing diabetes, and briefly describes the types of diabetes medicines.

Diabetes pills and non-insulin injectable medicines

This module tells participants about the role of diabetes pills and non-insulin injectable medicines in managing diabetes. It describes how each works, what the side effects of each category are, and how to manage side effects.

Making an insulin plan

This module focuses on insulin, including what it is and why it might be necessary. It describes the different types of insulin and the distinction between basal and bolus insulin. It also discusses insulin side effects and outlines the parts of an insulin plan.

Taking injectable medicines and storing medicines and supplies

This module reviews and illustrates the various methods for injecting diabetes medicines and sites for injecting. It also describes how to dispose of used diabetes supplies and discusses how to safely store medicines and supplies.

Answers to some common concerns

This module responds to questions and concerns that people with diabetes frequently have, including "Does having to take an injectable medicine mean my diabetes is worse?" "Does taking injectable medicine mean that my lifestyle will have to change?" "Will injections hurt?" and "How can I remember to take my medicines?"

Remember to talk with your DEP representative about the topics of greatest interest to your group.