

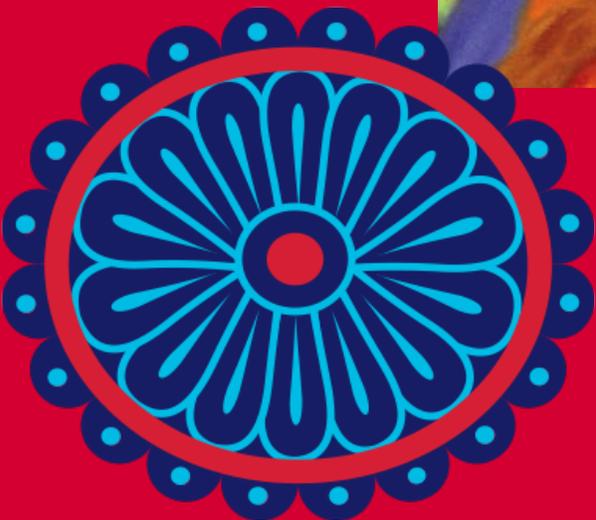
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University of Illinois Chicago | Office of Technology Management

Diabetes Empowerment Education Program

(DEEP™)



INTRODUCTION

I. DEEP™

A. Overview of The Program

1. Developed by the Midwest Latino Health Research, Training and Policy Center at the University of Illinois Chicago.
2. Format includes a training-of-trainers and an educational curriculum.
3. Training-of-Trainers targets community health workers.
4. Educational curriculum designed to engage community residents in self-management practices for prevention and control of diabetes.
5. TOT in four countries and 38 states within the US.

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B. Goals

1. To reduce diabetes care disparities among minorities in the US.
2. To prevent and/or reduce adverse health outcomes related to diabetes.

C. Objectives

1. To reduce diabetes risk factors, including obesity and hypertension.
2. To increase knowledge of diabetes and its risk factors.
3. To increase self-management skills.
4. To manage psychosocial issues.
5. To facilitate short- and long-term behavioral change.

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D. Program Methodology

1. Applies Freire's principles of adult education.
2. Incorporates participatory techniques.
3. Delivered by community health workers – health promoters, peer educators.

E. Implementation

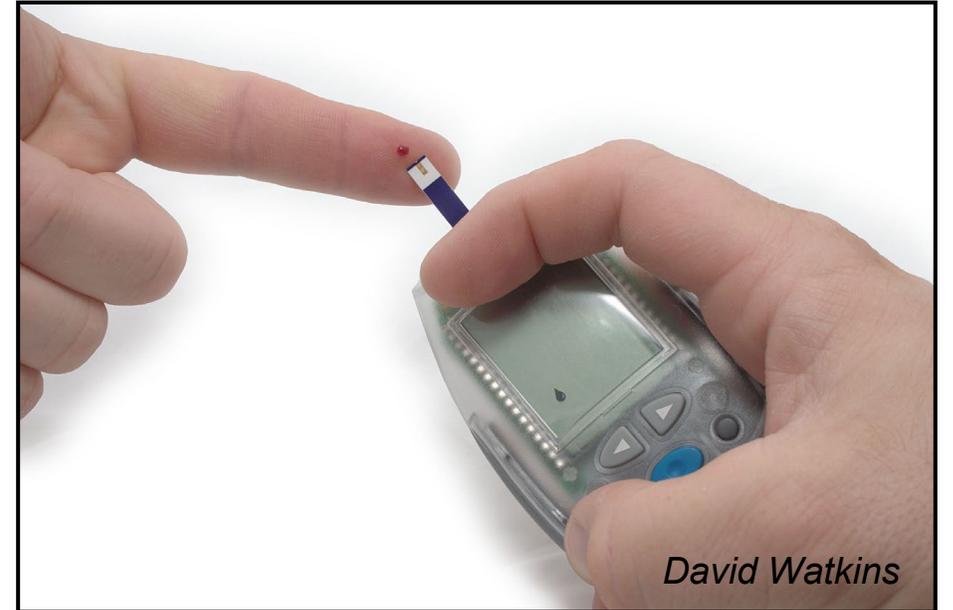
1. 8-10 weekly educational sessions conducted by two trained facilitators/educators.
2. Session duration: 1.5 to 2 hours.
3. Encourages involvement of family and friends of participants with diabetes.



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F. Learning Strategies

1. Making group rules (M1)
2. Demonstrations
3. Group learning activities and games
4. Discussions
5. Brief lectures using visuals
6. Problem-solving activities
7. Decision-making activities
8. Practice: blood glucose self-monitoring, exercise



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G. Module Content



1 Beginning session – Understanding the Human Body



2 Understanding Risk Factors for Diabetes



3 Monitoring Your Body



4 Get up and Move! Physical activity



5 Health Management Through Meal Planning



6 Diabetes Complications: Identification and Prevention



7 Learning About Medications and Medical Care



8 Living With Diabetes: Mobilizing Family And Friends

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H. Module Design

1. For facilitators

- a. Goals
- b. Learning objectives
- c. Preparation and materials checklist
- d. Content outline
- e. Colored boxes guide educational activities
- f. Evaluation
- g. Appendix

CHECKLIST: MAKE SURE YOU HAVE EVERYTHING AT HAND	
For each participant:	
<input type="checkbox"/>	Name tags for each participant (to be used for all sessions)
<input type="checkbox"/>	Educational materials, copies, handouts or manuals, if you feel it is necessary to supplement the lesson
<input type="checkbox"/>	Evaluation Forms (see Appendix)
<input type="checkbox"/>	Weekly Action Plan (see Appendix)
<input type="checkbox"/>	Markers
Materials:	
<input type="checkbox"/>	Attendance sheet
<input type="checkbox"/>	Blank sheets or cards
<input type="checkbox"/>	Paper rolls large enough for body outlines
<input type="checkbox"/>	Packet of body organ parts (see Appendix)
<input type="checkbox"/>	Models of the human body organs (made of plastic or paper for demonstration)
<input type="checkbox"/>	Flipchart or blackboard
<input type="checkbox"/>	Colored markers or chalk
<input type="checkbox"/>	Notebooks for participants
<input type="checkbox"/>	Tape
<input type="checkbox"/>	Clock
<input type="checkbox"/>	Pens and pencils
<input type="checkbox"/>	Healthy refreshments (optional)

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2. Lesson plan

a. Opening/what we will cover

- i. Briefly introduces module/session objectives and topics.
- ii. Opportunity to connect with participants as group.
- iii. Reflect on issues and progress in implementing personal action plans.
- iv. Use this time for announcements.

b. Content/activities

c. Review

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d. **Weekly Action Plan**

- i. Encourages step-by-step behavioral change.
- ii. Measures progress toward the desired goals.
- iii. Suggests activities to try between sessions.
- iv. Allows participants to choose actions that are important to them. Engages participants in decision-making.

e. **Closing the session**

- i. Thank participants for coming and sharing.
- ii. Allow participants to reflect, share issues, and answer questions.
- iii. Make announcements and instructions for next session.
- iv. Use a culturally-appropriate prayer, proverb (“dicho”), or song. It must always be positive.

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II. Conclusions

1. DEEP™ is an educational curriculum to address the health literacy and self-management needs of African American and Hispanic/Latino and other minorities with type 2 diabetes.
2. It incorporates adult education and empowerment principles, and participatory techniques.
3. It facilitates changes in knowledge, and behavioral and clinical indicators.

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