

Diabetes Self-Management Program

Helping you manage your diabetes

Diabetes Self-Management Program (DSMP) workshops are interactive, evidence-based programs developed by Stanford University. People with type 2 diabetes attend the 2.5 hour sessions once a week for six weeks (6 total classes). Workshops are led by two trained leaders, one or both of whom are living with diabetes.

You will learn

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Working better with health care providers

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Participants make weekly action plans, share experiences, and help each other solve problems. Participants are very involved in the classes and support each other. Success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Evidence shows that people who participate in DSMP demonstrated significant improvements in diabetes-related depression, symptoms of hypoglycemia, communication with physicians, healthy eating and reading food labels. They also had significant improvements in patient activation and confidence in reaching personal goals.

Get Started

Please contact the Kansas Department of Health and Environment Coordinator at 785-296-1627 or aunselt@kdheks.gov for information about Kansas DSMP and to find a class near you. For more information about the Stanford University program, please visit: <http://patienteducation.stanford.edu/programs/>. Workshops are typically free, although some organizations may charge a small fee.

DSMP Classes Provide

