

Diabetes Related Programs

Our vision is to empower adults to age well. There is a workshop for everyone and most of our classes are no charge. Register at livingwell.utah.gov.

| Topic | National Diabetes Prevention Program (National DPP) | Diabetes Self-management Education Support / Training (DSMES/T) | Living Well with Diabetes (LWD) | Living Well with Chronic Conditions (LWCC) |
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| Chronic condition | Specific to those with prediabetes or at high risk for type 2 diabetes | Specific to diabetes | Specific to diabetes | Addresses all chronic conditions |
| Who can attend? | Participants have a diagnosis of prediabetes, or are at high risk for type 2 diabetes | Participants have a Type 1, Type 2, or Gestational Diabetes diagnosis from a healthcare provider; family members welcome | Participants all have diabetes; family and others who assist can attend | Participants have a variety of chronic conditions; family and others who assist can attend |
| What does the class focus on? | Focuses on nutrition, physical activity, stress management; goal is at least a 4% weight loss | Focuses on the medical management of the disease and 7 self-care behaviors: healthy eating, being active, monitoring, taking medication, problem solving, healthy coping, and reducing risks | Focuses on action planning/ problem solving | Focuses on action planning, problem solving, and emotional management |
| Who is trained to lead the program? | Lifestyle coach, can be a lay leader or Licensed Health Professional | Licensed Health Professional (Nurse, dietitian, pharmacist and/or a Certified Diabetes Care & Education Specialist) | Two lay leaders (at least one with diabetes) | Two lay leaders (at least one who has a chronic condition) |
| Is the class covered by insurance? | Medicare, Medicaid, and some private coverage; Year-long program consisting of 16 sessions (1 hour/week) during the first phase and 6 follow up sessions (1 hour/month) during the second phase | Medicare, Medicaid, and private insurance coverage (10 hours; 1-2 hours individual counseling; 8-9 hours in a group) | 15 hours, all in group (2.5 hours/week for 6 weeks; approximately 5 hours of diabetes content) | 15 hours, all in group (2.5 hours/week for 6 weeks) |
| What curriculum is taught? | Follows a CDC-approved curriculum | Content follows ADCES/ ADA approved curriculum for the 7 self-care behaviors in diabetes and is individualized for each participant | The class curriculum follows a scripted & timed content and processes for each session | The class curriculum follows a scripted & timed content and processes for each session |
| Is a referral required to attend? | No healthcare provider referral required | Healthcare provider referral is required | No healthcare provider referral required | No healthcare provider referral required |