

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 healthyaging.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)
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