

# Goals of the Worksite DSME Pilot Program

- ✦ To improve clinical outcomes of employees who have diabetes
- ✦ To improve self-managements skills
- ✦ To increase knowledge of key concepts of diabetes
- ✦ To increase work productivity and reduce costs associated with having diabetes

# DSME Pilot Program Description

- DSME Program based on American Diabetes Association Standards of Care
- 7 Worksites, various types, customized
- Individualized participant assessments
  - Clinical Data
  - Self-reported behaviors and knowledge
  - Worklife Limitations Questionnaire

# DSME Pilot Program Description (cont'd)

- 4-8 weeks of classes + follow-up at 3, 6, 12 months
- Multidisciplinary team of presenters (CDE, RN, RD, Certified Wellness Coach and Exercise Specialist)
- Offered additional support through secure website and Health Coaching Phone Calls

# One Participant's Story

- ✿ 35-year old mother of 2 children
- ✿ Very strong family history of Diabetes
- ✿ Wanted to learn as much as she could to help prevent getting diabetes and to model healthy behaviors for her children
- ✿ At 6-month follow-up:
  - ✿ Lost 25 lbs.
  - ✿ Significantly reduced LDL-Cholesterol
  - ✿ Eats more vegetables (and so do her kids!)

# Few Lessons Learned

- Use of gift certificates helped increase participation at 6 and 12 months
- Need for intensive communication/phone contact to increase participation rates at follow-ups
- Employees do not feel the need to be educated on all topics