The Diabetes Empowerment Education Program (DEEP) Curriculum Description

The Diabetes Empowerment Education Program, also known as DEEP™, is an education curriculum designed to help people with pre-diabetes, diabetes, relatives and caregivers gain a better understanding of diabetes self-care. Classes last a total of six weeks, providing participants with eight unique learning modules.

Program Goals

Goals of the DEEP curriculum include:
• Improving and maintaining the quality of life of persons with pre-diabetes and existing diabetes
• Preventing complications and incapacities
• Improving eating habits and maintaining adequate nutrition
• Increasing physical activity
• Developing self-care skills
• Improving the relationship between patients and health care providers
• Utilizing available resources

Class Guidelines

Classes incorporate the following guidelines:
• Evidence-based
• Eight learning modules, taught over six weeks
• Twelve to fifteen people per class
• Participatory teaching and learning
• Classes approximately one to two hours in length, depending on class size
• Can be taught by peer educators or community health workers (CHWs) who are usually lay people within the community
• Graduation after completion of at least 80 percent of the modules and completion of a pre and a post test
Class Descriptions

1: Beginning Sessions and Understanding the Human Body
   • Exercises to establish trust and solidarity among group members and to obtain the motivation and participation of all
   • Description of the functioning of the human body and its relation to diabetes
   • Strategies to manage and control diabetes with the goal of beginning to reinforce the importance of self-care principles

2: Understanding Risk Factors for Diabetes
   • The definition, classification and symptoms of diabetes
   • Risk factors and the Weekly Action Plan

3: Monitoring Your Body
   • The diagnosis of diabetes, hypoglycemia, hyperglycemia, and ways to control these
   • Diabetes management and the benefits of the glucose meter

4: Get up and Move! Physical Activity and Diabetes
   • Motivating participants to perform some physical activity on a regular basis and to incorporate exercise as a method to control diabetes

5: Controlling Diabetes through Nutrition
   • Concepts and basic nutritional terms that allow participants to make correct decisions when selecting foods, including using food labels
   • Portion control

6: Diabetes Complications: Identification and Prevention
   • The main complications of diabetes
   • The different specialists and health care team available for prevention and control

7: Learning about Medications and Medical Care
   • Medications available for the control of diabetes, hypertension, high cholesterol and triglycerides
   • Medications’ mechanisms of action, recommendations, cautions and side effects
   • How to improve communication with health care providers

8: Living with Chronic Disease: Mobilizing Family and Friends
   • Emotional aspects of chronic disease, such as stress and depression
   • Patients’ rights
   • How to involve family and friends in the self-care program