



# 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

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## 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

