

DSMES

Diabetes Self-Management Education and Support (DSMES),

commonly known as diabetes education, equips people with diabetes with the knowledge, skills, and support necessary to manage their diabetes. DSMES lays the foundation for navigating daily self-care behaviors with confidence.

Benefits

- Improve hemoglobin A1c
- Prevent or delay complications
- Improve medication-taking
- Increase physical activity
- Enhance self-efficacy
- Improve quality of life
- Reduce hospital admissions
- Reduce depressive symptoms
- Reduce diabetes distress

4 Times to enroll in Diabetes Education

- At Diagnosis
- Annually (or when not meeting treatment goals)
- When complicating factors develop
- When transitions in life or care occur

**On average,
participants drop
their A1c by 1.7%!**

Try saying...

"Joining a DSMES program can help you take better care of your diabetes by yourself. It gives you helpful tips, support, and new ways to manage your health that fit just for you. I think it could really help you feel better. Would you like to try it?"



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THE DIABETES INSTITUTE
Heritage College of Osteopathic Medicine