

# WHY IS DIABETES EDUCATION IMPORTANT?

Diabetes education, also known as diabetes self-management education (DSME) is a process through which people with or at risk for diabetes gain the knowledge and skills needed to modify behavior and successfully self-manage the disease and its related conditions. It aims to achieve optimal health status, better quality of life, and reduce the need for costly healthcare. It focuses on the AADE7 Self-Care Behaviors, which are:

- Healthy eating
- Being active
- Monitoring
- Taking medication
- Problem solving
- Healthy coping
- Reducing risks

The educational classes at Rural Health Group are available free of charge for any of our patients and are available in individual or group support sessions. Providers, if you have patients that you think will benefit from educational sessions, feel free to refer them to either Sue Liverman or Barbara Armstrong in ECW. For more information about our program, contact Marie Jones at 252-589-1036 or by email—[marie.jones@rhgnc.org](mailto:marie.jones@rhgnc.org).

---

## A1c dropped 7 points!!!



**Congratulations Mr. Harris!**

Mr. Calvin Harris, a Halifax County resident, is a great example of what diabetes education can do for our patients. He was discharged from the hospital in September 2009 with an A1c of 12.9. Mr. Harris began attending diabetes and nutritional education classes with Sue Liverman, CDE and Barbara Armstrong, RD, while also attending group support classes. By January 2010, Mr. Harris' A1c was down to 5.9!

