



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Chronic Disease
Self Management



Diabetes Empowerment Education Program (DEEP) Curriculum Description

The Diabetes Empowerment Education Program (DEEP) is an education curriculum designed to help people with pre-diabetes, diabetes, relatives and caregivers gain a better understanding of diabetes self-care.

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 Descriptions

Curriculum Topics Include:

- Understanding the Human Body
- Understanding Risk Factors for Diabetes
- Monitoring Your Body
- Get up and Move! Physical Activity
- Controlling Diabetes through Nutrition
- Diabetes Complications: Identification and Prevention
- Learning about Medications and Medical Care
- Living with Chronic Disease: Mobilizing Family and Friends

Free Virtual Community Program - Register at www.tgfyymca.org