

ABCs OF DIABETES – Group Education Series

National Diabetes Education Program

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Mission Statement:

The diabetes self-management training program is committed to providing adults with diabetes and their families (or significant others) with educational services and information in the area of diabetes. The program aims to empower individuals to achieve and maintain good health and to prevent the complications that may develop from diabetes by providing the knowledge and skills needed for successful management.

Purpose:

The *ABCs of Diabetes* is a group education series for diabetes self-management which is managed and conducted in accordance with the American Diabetes Association's National Standards for Recognition.

The class series consist of four classes, a pre-assessment session, a post-assessment session with behavior change goal setting, and individual consultation with a Registered Dietitian.

The first class covers General Facts of Diabetes and the Medications.

The second class covers Medical Nutrition Therapy.

The third class covers Exercise and Blood Glucose Monitoring.

The final class covers Special Issues and Long-Term Management.

Nutrition:

Few subjects are more important to public health than food. One of the major ways in which humans interact with their environment is through our food. The science of nutrition has developed through the study of the components of foods that are required to sustain life and to maintain health. Improper [diet](#) can cause disease if important nutrients are missing from the diet, and inappropriate dietary practices can increase the risk of certain diseases. Essential nutrients are substances that must be in the human diet to support life. These essential nutrients include vitamins, inorganic elements, essential amino acids, essential fatty acids, and a source of energy, and [water](#). A lack of a nutrient or an insufficient amount of a nutrient can result in a deficiency disease that can be life threatening in extreme cases. The essential

nutrients are widely distributed in foods and most people can obtain sufficient amounts of them if they consume a varied diet.

Please search for “Tasty Recipes” on the website. www.NDEP.nih.gov