

CREATING SELF MANAGEMENT TOOL KITS FOR PEOPLE WITH DIABETES

Arizona diabetes partners identify need and legislature funds efforts to meet it

Public Health Problem

- Diabetes is a growing problem in Arizona where the rate of diabetes has more than doubled since 1990.
- Diabetes self-management education is an effective way for people with diabetes to achieve positive health-related outcomes. Reaching more people who have diabetes with this type of education is a national health objective of Healthy People 2010.
- More than a third of Arizonans with diabetes report they have never taken a course to learn the steps they can take to manage their disease.

Program

- The Arizona Diabetes Program and the Arizona Diabetes Coalition determined through a collaborative process involving multiple stakeholders that in order to significantly impact disease outcomes resources needed to be directed at multiple levels in the diabetes prevention and control system - specifically, self management tools, worksite interventions, community grants for education and a health communications campaign.
- Implementation of one of these identified levels led to development of a self management toolkit, in English and Spanish, titled “A Roadmap to Taking Charge of Your Diabetes” which includes a hand mirror for daily foot checks, a pillbox to organize diabetes medications, a Medical Alert bracelet and much more. Over 7000 kits were distributed to community health centers and organizations which used them in their educational programs, classes, and outreach activities.

Impact

- A Diabetes Legislative Appropriation of one million dollars resulted from the demonstrated need to improve diabetes care led by the Latino Caucus and Representative (now Senator) Amanda Aquirre. Part of it was used to fund this self-management initiative.
- More than three-quarters of consumers surveyed after receiving the toolkit reported making health-related changes as a result.
- Consumers who received the toolkit say:
“This kit is excellent; it answered all of my concerns...”
“I couldn't believe that I was getting precisely all the information I needed.”
- Toolkits were revised based on feedback from a user survey and input from the Arizona Diabetes Coalition and printed using state funds.

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