

Patient education resources for those living with pre-diabetes, diabetes or those seeking a healthier lifestyle

	Step Up to a Healthy You Diabetes Prevention Classes	Take Charge of Your Health: Live Well, Be Well with Diabetes Stanford Diabetes Self Management Program	Take Charge of Your Health: Live Well, Be Well Stanford Chronic Disease Self Management Program	SIH Diabetes Education Program (SDEP)
Overview	Individual 1 hour sessions held at various locations from 6-7:30 pm on the 4th Tuesday of the month.	Series of six 2½ hour sessions held at various locations throughout southern Illinois.	Series of six 2½ hour sessions held at various locations throughout southern Illinois.	Individual and group sessions held at Memorial Hospital of Carbondale, Herrin Hospital and St. Joseph Memorial Hospital by Health Care Provider referral. Accredited program through American Association of Diabetes Educators.
Topics Covered	Nutrition, Physical Activity, Weight Management, Pre-Diabetes, Importance of Screenings, Importance of Behavior Change to improve health and reduce risk of diabetes and chronic diseases	Nutrition, Physical Activity, Problem Solving, Goal Setting, Medications, Communication, Decision Making, Managing Symptoms, Dealing with Difficult Emotions, Building an Effective Relationship with the Healthcare Team		Based on the AADE 7 principles: Healthy Eating, Being Active, Monitoring, Taking Medication, Problem Solving, Healthy Coping, Reducing Risks, and SMART Goal Setting.
Target Audience	Adults with pre-diabetes or those who are interested in improving their health and reducing their risk for diabetes, CVD, obesity, etc.	Adults living with pre-diabetes, Type I or Type II diabetes or anyone that is a caregiver for someone with diabetes	Adults living with a chronic disease such as COPD, arthritis, heart disease, diabetes, Parkinson's, etc. or caregiver	Adults with new onset of diabetes, uncontrolled or poorly controlled diabetes who are referred by their Health Care Provider. Will learn skills and behavior modifications to self-manage their diabetes, and how to use insulin and BG monitoring devices.
Provided/ Coordinated By	Diabetes Today Resource Team - Jackson, Franklin, Williamson Counties	Diabetes Today Resource Team, SIH & community partners	Diabetes Today Resource Team, SIH & community partners	SIH, RN Certified Diabetes Educators, RN Diabetes Educator, Clinical Registered Dietitians
How to Refer	Patient or healthcare provider can call the SIH Call Center at 866.744.2468 to learn about next class and to get registered.			Physician's referral required.
# of Sessions	One - Class repeats monthly	Six	Six	Variable, but generally an initial and follow-up at minimum
Cost	\$10 Session	Free	Free	Insurance will be billed.
To Register	Call the SIH Call Center at 866.744.2468 to register or to find the class nearest you.			Written referral required. Blank referral available on Optio or contact Sarah Vannoy at 618.549.0721 x65140. Referral faxed to 618.351.6476
For More Information	Lisa Nation 618.457.5200 x 67837	Lisa Nation 618.457.5200 x 67837	Lisa Nation 618.457.5200 x 67837	Amy Stout 618.942.2171 x35257 Deb Newbolds 618.549.0721 x65616 Patti Evans 618.684.3156 x55584