



# Appalachian Diabetes Consultation

April 10, 2014

## PROMISING PRACTICES

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**Project Title:** Diabetes Boot Camp

**Presented by:** Jay Shubrook, Director Diabetes Center, and Darlene Berryman, Executive Director Diabetes Institute, Ohio University Heritage College of Osteopathic Medicine

**Purpose/Description:** To empower people with type 2 diabetes to take charge of their health by helping them to implement therapeutic lifestyle change.

### **Key Components:**

- Regular physical activity appropriate for this population
- Group program and group mentality
- Cooking instruction and demonstration
- Measurable outcomes

### **Performance Metrics:**

- Diabetes self-care confidence
- Diabetes self-care knowledge
- HgA1c

### **Lessons Learned:**

- Employers will pay for this
- Programs are too expensive for most individuals