



***Helping Central Ohioans learn to live well with the challenge of diabetes***

The Central Ohio Diabetes Association provides services to all individuals, regardless of ability to pay.



## **Central Ohio Diabetes Association is:**

- Not affiliated with a national organization (ADA, JDRF)
- Focused on the needs of Central Ohioans
- 100% funded by this community

## **Diabetes Self Management Education & Support**

- Comprehensive diabetes education covering the medical, nutrition, and psychosocial aspects of diabetes self-care.
- Our discussion-based, hands-on diabetes self-management program is led by a Dietitian and Nurse.
- Our Social Worker and Pharmacist also meet with our clients, providing education, answers to questions, and additional support.
- A family member or support person is encouraged to attend class with the participant.

## **Diabetes Self-Management Education and Support**

“Multiple studies have found that DSME is associated with: improved diabetes knowledge, improved self-care behavior, improved clinical outcomes, such as lower self-reported weight, improved quality of life, healthy coping, and lower costs.”

“Diabetes education is associated with increased use of primary and preventive services and lower use of acute, inpatient hospital services.”

\* Diabetes Care; Vol.38, Supplement 1, January 2015

## **Diabetes Self-Management Education and Support**

- Our diabetes education program has American Diabetes Association (ADA) Recognition status, the highest standard for diabetes education.
- 10 Standards of Care must be met and maintained.

## *Motivating Change*

- Thorough assessment of each client to ensure understanding of our clients' needs.
- Team of health professionals: RN, RD, LSW, RPh - meeting client needs through individualized, comprehensive, discussion-based diabetes & nutrition education.
- From the first appointment, the client's unique needs are recognized.
- Year-round support, follow-up, and programs for all clients.

## **Positive Changes**

Providing individuals with the education, tools, programs, and support they need to make positive changes results, for the vast majority of our clients, in:

- Improved Quality of Life
- Improved Nutrition Management
- Improved A1C

## *Programs & Support*

- Follow-up phone call support
- Support Groups
- *Cooking Matters* series
- *Brush-Up* special presentations led by a variety of experts
- Weight management program
- Individual consultation with Pharmacist
- *Evening of Health*



**We don't allow lack of money stop people  
from getting the education and support that they need**

The Central Ohio Diabetes Association is committed to helping Central Ohioans live well with the challenge of diabetes. The Agency's fundraising efforts and the financial support of the community allow us to provide services regardless of an individual's ability to pay.

central ohio  
**DIABETES**  **ASSOCIATION**



Central Ohio  
Diabetes  
Association  
is located at  
**1100 Dennison Ave**  
**Columbus 43201**  
in the  
Short North area.