Living Your Best Life (With Diabetes!)

1. **Program Overview**

Living Your Best Life (With Diabetes!) diabetes self management support program for Montana adults living with diabetes. This program has seven hands on virtual learning sessions. The sessions will be held once a week. Participants can tune in from their home with a computer or smart phone.

Each session is facilitated by a community health peer leader who helps to facilitate learning through group discussion and hands on activities to build participants diabetes management skills. Each participant will be mailed a box in advance to the first session with all the tools needed to participate, with the exception of the computer or smart phone.

1. **Program Goals:**

The Main goals of Living Your Best Life (with Diabetes)! for Montanans are:

* Provide participants with the skills and knowledge needed to live healthy with diabetes in their community.
* Help participants feel more confident in their ability to make healthy choices both at home and away from home that will support them to live healthy with diabetes.
* Provide participants with a supportive and relevant environment to discuss his or her successes and challenges with a life that includes managing diabetes.
* Provide participants with an hands on, educational support group they can access virtually from their home.
* Encourage and provide support for participants to engage in their own individual healthcare plan in partnership with their healthcare team.

1. **Program Content and Structure**

Community health peer facilitators lead the 7 virtual sessions. Depending on the community, the health facilitator may have a different title.

Each session includes:

* A greeting with small group discussion
* Materials needed by facilitator and participant
* A lesson
* PowerPoint to accompany lesson
* Hands on activities
* Goal setting
* End of class evaluation

**The seven session topics are:**

One: What is Diabetes? And The ABCs of Diabetes, A

Two: The ABCs of Diabetes, B and C

Three: Diabetes and the Body

Four: Eating with Diabetes

Five: Diabetes and Medications

Six: Getting Active

Seven: Stress and Coping and Self Care