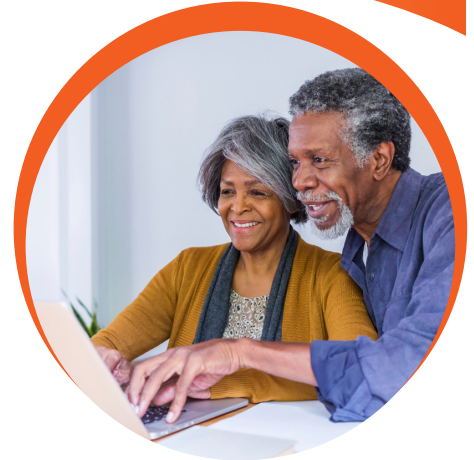




WHAT PROVIDERS SHOULD KNOW ABOUT: **DIABETES PATH**

Personal Action Toward Health (PATH)



What it is:

A 6-week workshop that meets once a week for 2 to 2½ hours. The program may be provided virtually or in-person. Diabetes PATH helps participants better self-manage living with diabetes through a variety of skills and tools.

Who should participate:

People living with type 2 diabetes and their caregivers.

Diabetes PATH participants learn how to:

- Balance and monitor their blood sugar
- Manage everyday activities and avoid complications
- Create a healthy meal plan
- Improve their communication skills with their family and health care providers
- Manage symptoms and decrease stress
- Improve their overall health and increase your energy

Impact of the program:

- 91% of participants felt more confident about taking care of their health after completing a PATH workshop.
- Significantly reduced A1C among those with A1C above 7% at 6-months¹
- Statistically significant improvement in depression and increase in days exercised¹
- Statistically significant improvements in communication with physicians, healthy eating, patient activation, and self-efficacy²
- Estimated cost savings of \$714 to \$944 per person*^{3,4}

*"This class had such a calming effect not only by hearing that it's normal to struggle with these things but your reassuring manner did wonders. It also got me motivated to get moving even more. The making of action plans got me in the habit of already planning for the winter months and staying motivated. Most of all, it has made me realize I control diabetes and my health it's not holding me hostage or controlling me."
- Participant*



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How to discuss it with your patients:

You should emphasize that the program will provide education and support to help your patient manage their life with type 2 diabetes. Diabetes PATH is offered at no cost to participants.

How to refer your patients:

You can use our fillable referral form or provider portal, accessible at www.nkfm.org/healthcare-professionals. Your patients can register online at <http://www.nkfm.org/dpath> or call 1-800-482-1455, Ext 2590.

For more information about upcoming workshops: Visit www.nkfm.org/dpath or www.nkfm.org/PATH.

¹Lorig K, Ritter PL, Ory MG, Whitelaw N. Effectiveness of a generic chronic disease self-management program for people with type 2 diabetes: a translation study. *The Diabetes Educator*. 2013 Sep;39(5):655-63.

²Lorig K, Ritter PL, Villa FJ, Armas J. Community-based peer-led diabetes self-management. *The diabetes educator*. 2009 Jul;35(4):641-51.

³University of Memphis School of Public Health, 2014. <http://www.ebp-savings.info/>.

⁴Centers for Medicare & Medicaid Services. Report to Congress: The Centers for Medicare & Medicaid Services evaluation of community-based wellness and prevention programs under section 4202 (b) of the Affordable Care Act. Washington: Government Printing Office. 2013

*Cost savings estimate was calculated for the Chronic Disease Self-Management Program (CDSMP).



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