

Diabetes Self-Management Discussion Questions

1. Have you ever been diagnosed with diabetes? What were the signs that you and/or your doctor saw?
2. What changes did you make in your life after your diagnosis? Did you modify your eating habits, smoking, exercise routine?
3. What specific life changes do you feel have had the greatest benefits for your diabetes control?
4. Where do you feel you have learned the most about diabetes care? What good advice have you been given?
5. Do you read food labels in order to make better food choices? What information do you look for on the labels?
6. Do you think a diabetes self-management program could help you or someone you know? How, or why not?

Helpful Resources:

Diabetes has no cure, but we can take steps to [manage our diabetes](#) and stay healthy.

<https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes>

The National Institute of Diabetes and Digestive and Kidney Diseases
Health Information Center

[Phone: 1-800-860-8747](tel:1-800-860-8747)

[TTY: 1-866-569-1162](tel:1-866-569-1162)

[Email: healthinfo@niddk.nih.gov](mailto:healthinfo@niddk.nih.gov)

Hours: 8:30 a.m. to 5 p.m. eastern time, M-F

Diabetes self-management programs as well as other evidence-based programs are offered across Pennsylvania in a collaborative effort between PA Department of Aging and your local Area Agency on Aging. To find your local Area Agency on Aging see

<https://www.aging.pa.gov/local-resources/Pages/AAA.aspx>

Or Google: **Pennsylvania Area Agency on Aging Locator**

U.S. Department of Health & Human Services

[Self-Management Education: Learn More. Feel Better.](#)

<https://www.cdc.gov/learnmorefeelbetter/programs/diabetes.htm>

Contact the speaker for more information:

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