

COURSE OVERVIEW & INTRODUCTION



What is the purpose of *Pacific Diabetes Today* training?

Pacific Diabetes Today (PDT) training is designed to provide community members with the knowledge and skills to plan and carry out a community-based diabetes program. PDT will help these community members to form a group to address the community's concerns about diabetes, its problems, and solutions.

For whom is the *Pacific Diabetes Today* training?

Pacific Diabetes Today is for community members (community leaders, health professionals, educators, business leaders, people with diabetes, and people with family members with diabetes) who want to form a group to do something about diabetes in their community.



What will we do during PDT training?

Learn about diabetes:

- Definition of diabetes.
- Types of diabetes.
- Signs and symptoms of diabetes.
- Risk factors for diabetes.
- Complications of diabetes.
- Control of diabetes.



Learn about: Diabetes in the Pacific

- Burden of diabetes.
- Prevalence and incidence of diabetes.
- Mortality (death) due to diabetes.
- Illness due to diabetes.



Learn how to assess your community – Module 1:

- Describe your community.
- Identify ways to involve the community in the community assessment.
- Identify community strengths, resources, and assets.
- Identify community weaknesses, limitations, and constraints.
- Describe the burden of diabetes in your community.



Learn how to plan your diabetes program – Module 2:

- Identify diabetes problems in your community.
- Prioritize diabetes problems in your community.
- Complete a problem statement.
- Develop a program goal.
- Develop program objectives.
- Develop activities for each objective.

Learn how to monitor and evaluate your diabetes program – Module 3:

- Determine current information related to the program activities and objectives.
- Determine indicators (measures) of success for the program activities and objectives.
- Determine how to get the information needed to measure success for each activity and objective.

Learn how to implement your diabetes program – Module 4:

- Identify ways of gaining community acceptance, support, and participation.
- Identify resource needs for your program.
- Develop a program budget.
- Develop a program schedule.
- Develop a responsibility sheet.
- Complete a NEXT STEPS worksheet.

Learn how to get help as needed when activities begin.

Have fun!



How will the lessons be presented?

Pacific Diabetes Today training lets you participate fully in your own learning. This means that the training will be a two-way process. You will be involved in many talk-story sessions in which you teach and learn. You will share your knowledge with others in the group, and they will share their knowledge with you. The next several pages describe some of the ways the lessons may be presented.

LET'S TALK

To start some topics, we are just going to talk story. Let's talk – you don't need to look at the Guidebook for the open discussions. This is the time to share.



EXAMPLE

Once we have covered a topic, we will present an example. This should help you with the hands-on exercise sessions.



PRACTICE

Exercises will be assigned to you in small groups. Doing these exercises will give you a chance to practice what you have learned.



YOUR TURN

It's your turn to present what you have practiced. You will choose someone from your small group to present the completed exercise.



PRESENTATION

After talking about the topic, we will briefly present the information about the topic. The style of presentation will vary from overheads, flipcharts, or videos.

