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# **Empowering Well-Being: A Diabetes Journey with DSMES Frameworks & ADCES7 Self Care Behaviors**

National Center for Farmworker Health  
November 22, 2024



# National Center for Farmworker Health

The National Center for Farmworker Health is a private, not-for-profit organization located in Buda, Texas, whose mission is **"To improve the health of farmworker families."**

Services we provide across four main areas:

- **Capacity Building**
- **Health Promotion and Education**
- **Farmworker Outreach**
- **Research and Data Collection**



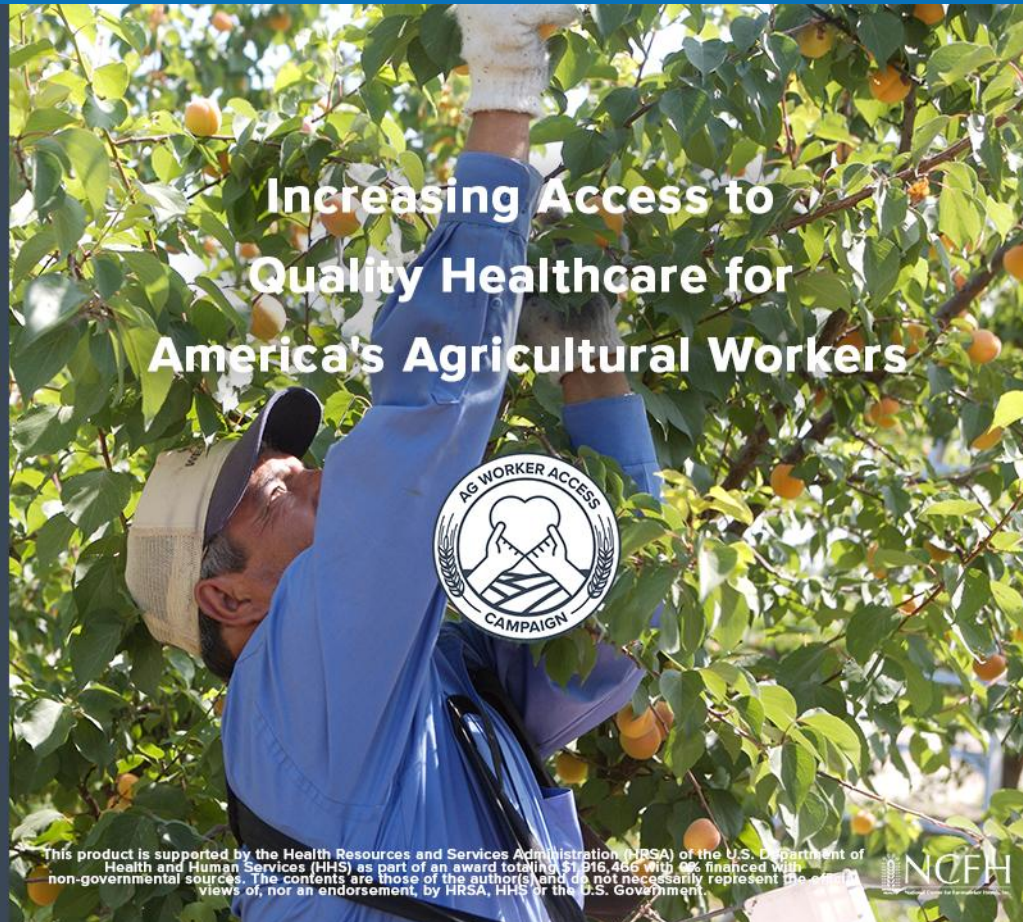




# Ag Worker Access Campaign

A national initiative to increase the number of Migratory & Seasonal Agricultural Workers & their families served in Health Centers.

<http://www.ncfh.org/ag-worker-access.html>





# Today's Speaker



**Betsy Rodriguez, RN, BSN, MSN, DCES, FADCES**  
**Senior Public Health Advisor, Division of Diabetes Translation**  
**Centers for Disease Control and Prevention**

# Empowering Well-Being: A Diabetes Journey With DSMES & the ADCES7

Betsy Rodriguez BSN, MSN,DCES, FADCES

Senior Public Health Advisor

Division of Diabetes Translation

CDC

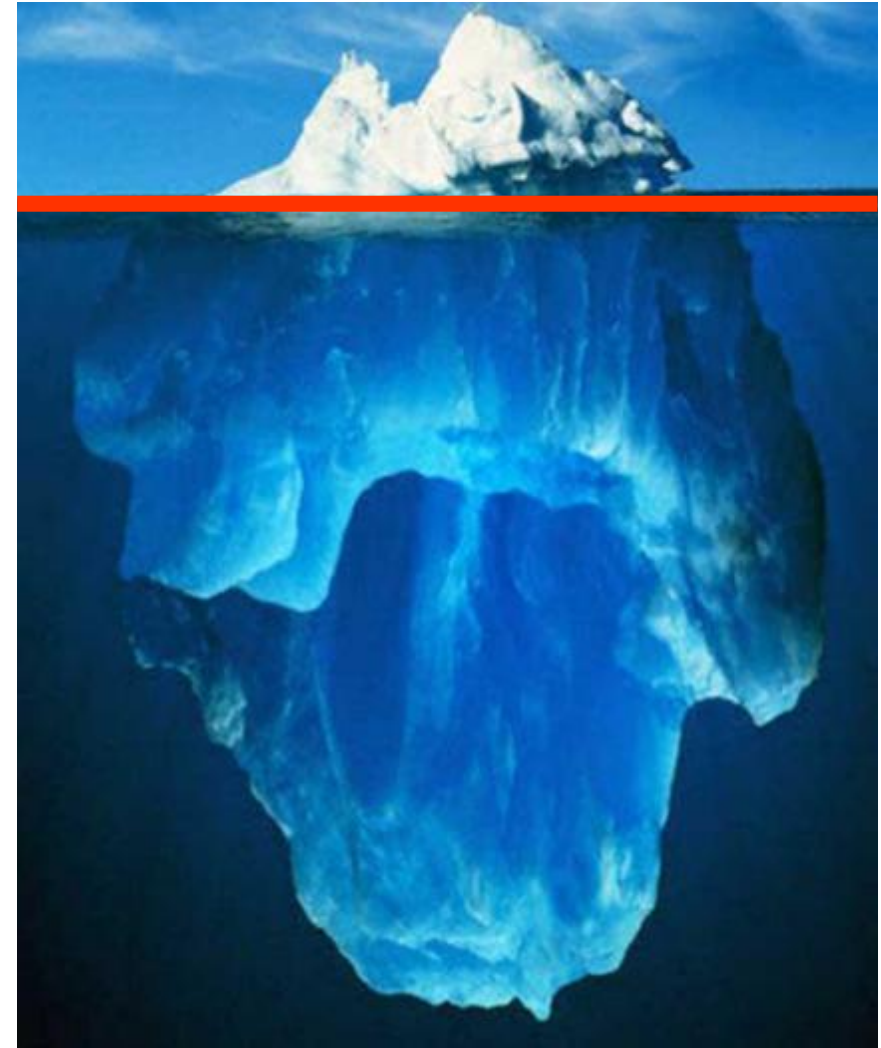
# Objectives

- 1. Understand DSMES & ADCES7 Framework:** Gain insights into the diabetes self-management education and support (DSMES) framework and the ADCES7, focusing on their role in promoting patient-centered care.
- 2. Enhance Patient Engagement:** Learn practical techniques to engage individuals with diabetes, fostering their commitment to self-management and improving health outcomes.
- 3. Implement Well-Being Strategies:** Explore actionable strategies to integrate holistic well-being approaches into diabetes care, addressing both physical and emotional health for your patients.



# Diabetes and prediabetes

- **38 million Americans (11.6%) with diabetes**
- **98 million American adults (38.0% ) with prediabetes**



# Diabetes care and education

## Significance of diabetes management within health center settings

- **Prevalence of Diabetes**—High prevalence: Diabetes is a major public health issue, with millions of individuals affected in the United States alone. Health centers often serve populations with higher rates of diabetes, making effective management crucial.
- **Comprehensive Care**—Holistic Approach: Health centers can provide integrated services, including medical, nutritional, and mental health support, which are essential for comprehensive diabetes management.



# Diabetes care and education

## Significance of diabetes management within health center settings

- **Team-Based Care:** A transdisciplinary team approach allows for coordinated care that addresses various aspects of a patient's health, including lifestyle changes and medication management.
- **Access to Care—Improving Accessibility:** Health centers often serve the needs of underserved populations, ensuring access to diabetes care for individuals who may otherwise face barriers to treatment.

# Diabetes care and education

## Significance of diabetes management within health center settings

- **Cost-Effective Services:** Health centers often provide affordable care options, reducing financial barriers for patients with diabetes.
- **Patient Education and Empowerment—Self-Management Support:** Health centers can educate patients on diabetes self-management strategies, empowering them to take an active role in their health.
- **Behavioral Support:** Providing resources and tools for healthy lifestyle changes can lead to better health outcomes.

# Role of health care professionals in supporting patients

- **Patient Education**

- Diabetes Self-Management: Educating patients about diabetes management, including blood glucose monitoring, medication management, and dietary choices.
- Empowerment: Encouraging patients to take an active role in their own care by providing them with the knowledge and skills necessary for effective self-management.

- **Individualized Care Plans**

- Assessment: Conducting comprehensive assessments to understand each patient's unique needs, preferences, and challenges.
- Personalized Strategies: Developing individualized care plans that address lifestyle changes, medication management, and other health concerns

# Role of health care professionals in supporting patients

- **Team-Based Approach:** Working collaboratively with a team of health care providers, including dietitians, pharmacists, social workers, and mental health professionals, to ensure holistic patient care.
- **Technology Integration—Utilizing Health Technology:** Introducing patients to diabetes management apps and tools that facilitate self-monitoring and goal setting.
- **Telehealth Options:** Offering telehealth services to increase access and convenience for patients managing diabetes, especially in underserved populations.



# Understanding DSMES

# What are DSMES services?

- If you had to explain DSMES services to your neighbor, mom, or uncle, how would you do it?



# DSMES services: What do we know?



- Helps people manage their diabetes in ways that fit their lifestyle.
- Can be offered in health care or community-based settings.
- May be online or in person, individual or in a group.
- It can improve health behaviors and outcomes but is underused.

But one size doesn't fit all....

# DSMES services in plain language

Whether you are new to having diabetes or have had it for years, when you receive diabetes self-management education and support (DSMES) services you will:



**Work with a diabetes care and education specialist** to set and track your goals



**Learn how to use knowledge, skills, and tools** to build confidence and emotional strength to manage diabetes



**Practice how to fit diabetes care into all parts of life**—like eating and problem solving



**Find ways to get support** (in person and online) from your family, friends, community, and health care team



# Through the experience of a CHW ...

- “Imagine you're trying to take care of a garden. You need to know what plants to water, when to water them, and how to handle pests. Diabetes self-management education and support, or DSMES, is a bit like that for managing diabetes. It's a set of services that helps people with diabetes learn how to take care of their health.
- These services teach you about things like how to check your blood sugar, the best ways to eat to keep your blood sugar stable, and how to stay active. They also help you manage any problems or questions you might have. Just like a gardening expert would guide you on how to care for your garden, DSMES provides guidance and support so you can better manage your diabetes and improve your quality of life.” Rosalina Mateo, CHW

# Focus on healthy behaviors



**ADCES7 SELF-CARE BEHAVIORS™**

PROBLEM SOLVING  
REDUCING RISKS  
MONITORING  
TAKING MEDICATION  
HEALTHY EATING  
HEALTHY COPING  
BEING ACTIVE



# What is needed?



**Healthy Eating:**  
Discuss the importance of nutrition.



**Being Active:**  
Emphasize physical activity.



**Monitoring:** Talk about self-monitoring of blood glucose.



**Taking Medication:**  
Discuss management of prescribed treatments.



**Problem Solving:**  
Encourage proactive management of diabetes.



**Reducing Risks:**  
Discuss preventive measures.



**Healthy Coping:**  
Address emotional and mental health support.

# Benefits of the ADCES7™

- Leads to effective self-management through improved behavior
- Guides you to deliver effective person-centered collaboration and goal setting
- Provides an evidence-based model for assessment, intervention, and evaluation
- Encourages a strengths-based approach and acknowledgement of the whole person in context of their life and relationships
- Provides standard vocabulary for assessing, identifying challenges, setting goals, solving problems, documenting issues, evaluating success, and making improvements over time



Using the chat box....

**In three words, describe your experiences with DSMES services. What is the most common barrier you encounter in this area?**

# Barriers to DSMES services

- Access to services
- Cultural competence
- Engagement and motivation
- Cost and insurance coverage
- Awareness and education

# Barriers

- Difficulty attending clinic visits and/or the diabetes program
- Lack of transportation
- Difficulties with scheduling
- Jobs without benefits or time off
- Competing demands, such as caregiving for other family members



# Barriers to monitoring



Images from [phil.cdc.gov](https://phil.cdc.gov)

- Cost
  - *Personal*
  - *Financial*
- Individual barriers
  - *Age*
  - *Visual disabilities*
  - *Cognitive disabilities*
  - *Literacy/numeracy*
- Ease of use
- Features and preferences

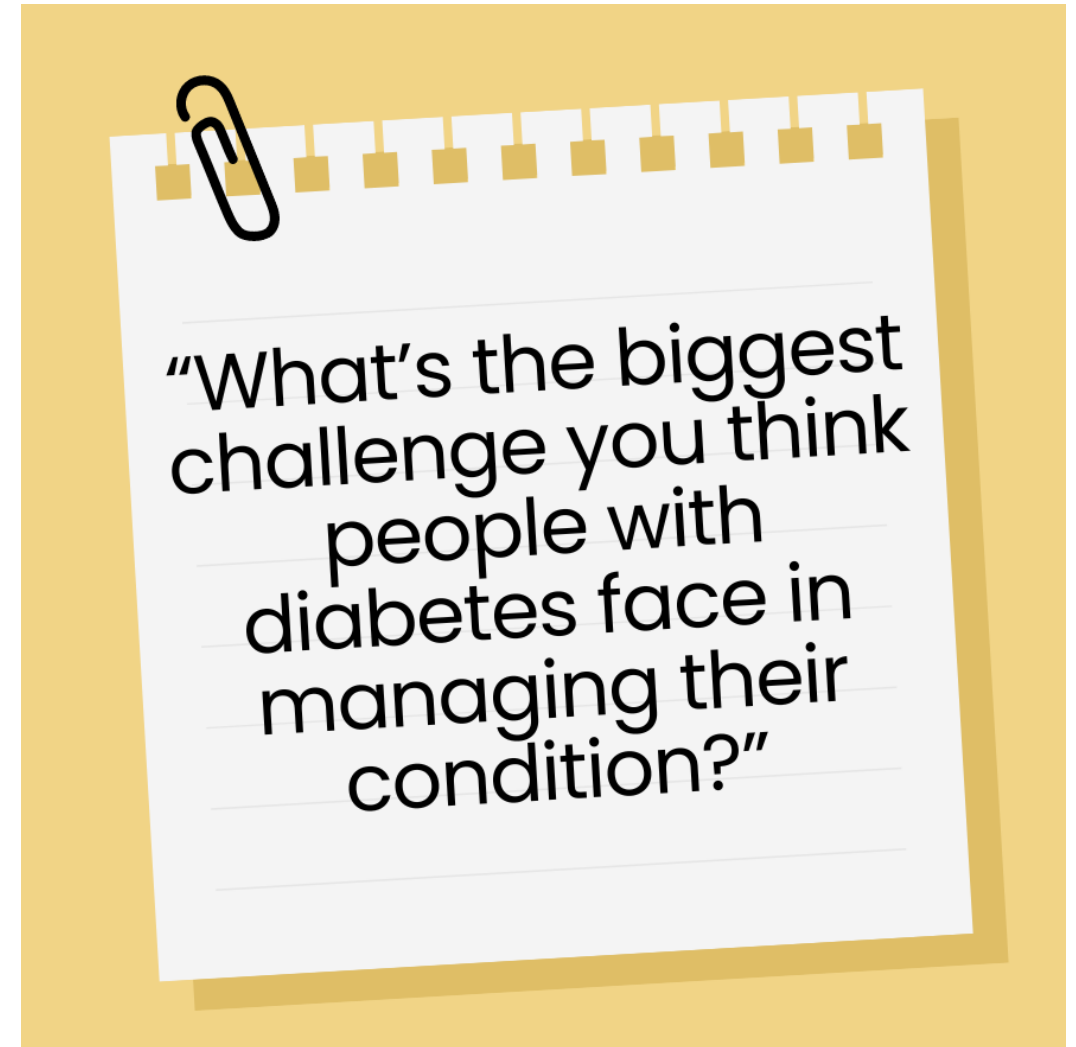


Using the chat box, share...

**Which barriers do you think are most significant?**

# Time to hear from you! DSMES/diabetes challenges

- Raise your hand to share how:
- A physician
- A nurse
- A dietitian
- A social worker
- A CHW can help address these challenges.



# Patient-Centered Care

What is it?

# Patient-centered care

- **Patient-Centered Care (PCC)** is an approach to health care that prioritizes the preferences, needs, and values of patients. It emphasizes the partnership between patients and health care providers to ensure that care is tailored to the individual, promoting better health outcomes and satisfaction.

- **A Transdisciplinary Team** is a collaborative group of professionals from diverse fields who work together to address complex health issues. This approach goes beyond traditional disciplinary boundaries, integrating knowledge and skills to create holistic, patient-centered solutions that enhance health outcomes.

# Patient-centered care

## Patient-Centered Care (PCC)

- **Respect for Patient Preferences:** Listening to and honoring patients' treatment choices.
- **Emotional Support:** Addressing patients' emotional and psychological needs.
- **Information Sharing:** Keeping patients informed about their conditions and options.
- **Holistic Approach:** Considering physical, emotional, social, and spiritual factors in care.
- **Coordination of Care:** Collaborating among providers for seamless, integrated care.

## Transdisciplinary Team

- **Collaborative Approach:** Members share responsibilities and expertise.
- **Integrated Care:** Focuses on comprehensive solutions that address multiple aspects of a patient's health.
- **Flexibility:** Team members adapt roles and responsibilities to meet the needs of the patient.

# What is the most important aspect of patient-centered and transdisciplinary care for you?

(Choose one)

- A) Respecting patient preferences
- B) Providing emotional support
- C) Sharing information effectively
- D) Collaborating with other professionals
- E) Addressing holistic needs

Please share a specific example of how you've implemented this aspect in your practice.





# Enhancing patient engagement

Strategies for engaging individuals with diabetes

- Personalized Education: Tailor information to individual needs and learning styles.
- Goal Setting: Collaborate with patients to set achievable, realistic health goals.
- Motivational Interviewing: Use techniques to enhance motivation and address barriers.
- Support Groups: Facilitate peer support to foster community and shared experiences.
- Technology Utilization: Encourage the use of apps and devices for self-monitoring and tracking progress.
- Regular Follow-Ups: Schedule consistent check-ins to assess progress and provide ongoing support.
- Culturally Relevant Resources: Provide materials that reflect the cultural backgrounds of patients.

**What strategy have you found most effective in engaging individuals with diabetes in your practice?**

# Engaging discussions

How can we improve our current practices?



What barriers do we face in engaging patients?



How can we better support emotional health?

# Strategies for patient engagement per the ADCES7

Healthy Eating: Conduct cooking classes to teach diabetes-friendly meal preparation.

Being Active: Organize group exercise sessions to promote physical activity.

Monitoring: Provide training on using apps or devices for self-monitoring.

Taking Medication: Implement a pillbox system or offer medication management workshops.

Problem Solving: Facilitate guided discussions to brainstorm solutions to challenges.

Reducing Risks: Offer regular health screenings to identify and address risk factors.

Healthy Coping: Create support groups focused on emotional well-being and coping strategies.

# Actionable strategies for holistic diabetes care: Enhancing physical and emotional well-being



## **Patient-Centered Education**

Provide workshops on nutrition and diabetes management.  
Use visual aids and culturally relevant materials.



## **Mindfulness Practices**

Incorporate brief mindfulness sessions in waiting areas.  
Offer resources for meditation and stress reduction techniques.



## **Support Groups**

Establish peer-led support groups for emotional sharing.  
Facilitate regular meetings to foster community connection.



## **Lifestyle Coaching**

Integrate health coaches to assist with personalized wellness plans.  
Encourage goal-setting that includes physical activity and emotional wellness.

# Actionable strategies for holistic diabetes care: Enhancing physical and emotional well-being

## •Collaborative Care Teams

- Include mental health professionals in diabetes care teams.
- Promote open communication among providers to address holistic needs.

## •Resource Referrals

- Connect patients with local resources (nutritionists, fitness programs).
- Provide information on community wellness activities.

## •Regular Check-Ins

- Schedule follow-ups focusing on both physical and emotional health.
- Use screening tools to assess mental well-being regularly.



# Actionable strategies for holistic diabetes care: Enhancing physical and emotional well-being

## Culturally Sensitive Practices

- Tailor interventions to respect cultural beliefs and practices.
- Involve family members in care discussions when appropriate.

## Self-Management Tools

- Offer apps or tools for tracking physical and emotional health.
- Encourage journaling to reflect on feelings and progress.

## Holistic Assessment

- Use comprehensive assessments that include mental and emotional health metrics.
- Adjust care plans based on a holistic understanding of each patient.

# Innovative ideas for holistic diabetes care

## Mobile Wellness Units

- Launch mobile units that provide health screenings, nutrition workshops, and mental health support in underserved areas.

## Telehealth Support Groups

- Facilitate online support groups where patients can share experiences and coping strategies, enhancing accessibility and comfort.

## Gamification of Health Goals

- Develop a mobile app that gamifies diabetes management, encouraging physical activity and healthy eating through challenges and rewards.

# Innovative ideas for holistic diabetes care

## Art therapy

- Offer art therapy sessions or creative workshops that allow patients to express emotions and reduce stress, enhancing mental well-being.

## Community Garden Initiatives

- Create community gardens where patients can grow their own fruits and vegetables, promoting healthy eating and community bonding.

## Integrated Health Workshops

- Host workshops combining cooking demonstrations with physical activity classes, showing how nutrition and exercise work together for better health.

# Innovative ideas for holistic diabetes care

## Mind-Body Fitness Classes

- Introduce classes like yoga or tai chi specifically designed for diabetes patients, focusing on both physical health and stress reduction.

## Patient Wellness Ambassadors

- Train patients who have successfully managed their diabetes to mentor others, creating a supportive community and fostering shared experiences.

## Personalized Wellness Portfolios

- Provide each patient with a digital portfolio that includes tailored wellness plans, resources, and progress tracking for both physical and emotional health.

## Let's think about ...

- How can we effectively adapt and implement these innovative holistic well-being strategies within the unique framework and resources of our FQHC to enhance diabetes care for our patients?

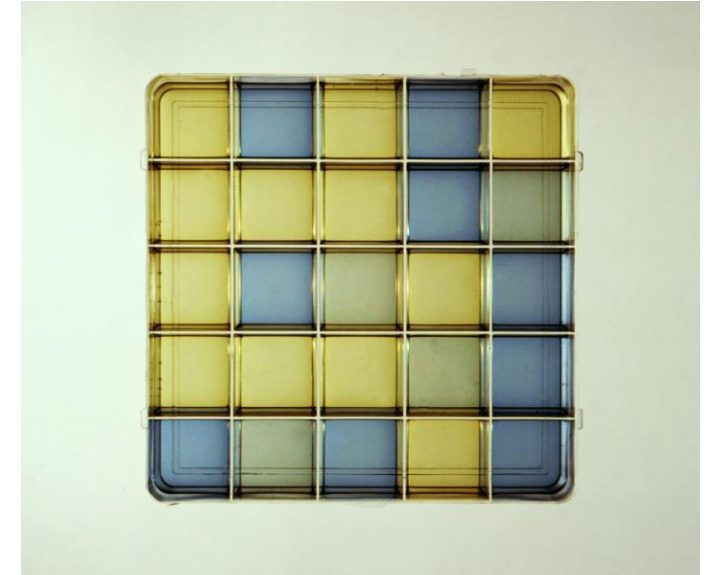


Image from [phil.cdc.gov](http://phil.cdc.gov)

# Call to action: Empower your patients' journey

- **Embrace Holistic Approaches:** Integrate emotional and physical health strategies into your diabetes care.
- **Collaborate & Innovate:** Work as a team to implement creative solutions tailored to our community's needs.
- **Engage Patients:** Foster a supportive environment where patients feel empowered to take charge of their health.
- **Take the Next Step:** Let's commit to implementing one new strategy from today's discussion within the next month!



# Takeaway Question

- What key insight from today's presentation will most enhance holistic well-being in our diabetes care?



Image from [phil.cdc.gov](https://phil.cdc.gov)

# References

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# For info, contact Betsy Rodriguez

**[bjr6@cdc.gov](mailto:bjr6@cdc.gov)**

For more information, contact CDC

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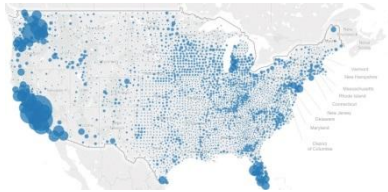
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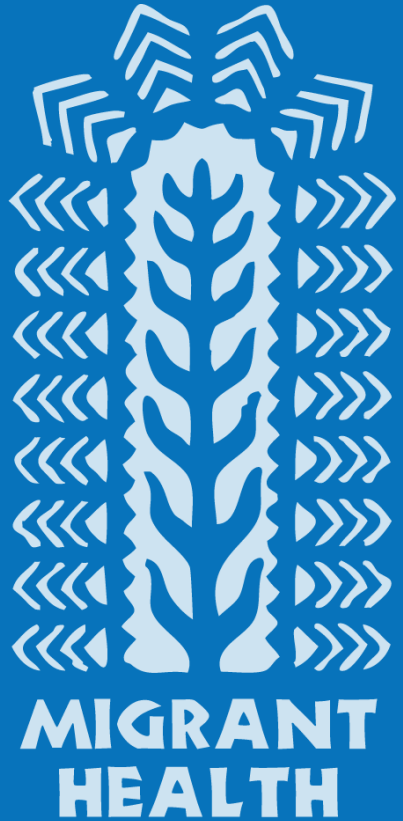


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Governance Tools

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# Learning Session Evaluation



Link to evaluation survey: <https://www.surveymonkey.com/r/D6PV86V>



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Helpline for Farmworkers and their families

- Connects Farmworkers to healthcare and social services
- Assists with limited financial resources for health services



# Farmworker Health Network

The **Farmworker Health Network** works cooperatively with HRSA to provide training and technical assistance to over **a thousand Community & Migrant Health Centers** throughout the U.S.







# Farmworker Health Network

## Farmworker Health Network

- Farmworker Justice <http://www.farmworkerjustice.org>
- Health Outreach Partners <http://www.outreach-partners.org>
- MHP Salud <http://www.mhpsalud.org>
- Migrant Clinicians Network <http://www.migrantclinician.org>
- National Association of Community Health Center <http://www.nachc.com>





National Center for Farmworker Health

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- Dedicated to improving the health status of Ag worker families: providing info services, training/technical assistance & a variety of products to health centers, organizations, universities, researchers, & other Ag worker health advocates nationwide.

- The National Center for Farmworker Health proactively supports the work of health centers and the empowerment of



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# WEBINAR





# Thank you!

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