

VIRTUAL classes using Zoom

Let the Power of the Diabetes Empowerment Education Program™ Work for You

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The Diabetes Empowerment Education Program™ (DEEP™) is a Medicare-approved, evidence-based diabetes self-management education (DSME) program for people with prediabetes or diabetes.

Increasing access to DEEP is essential to ensure that people with diabetes and prediabetes can acquire the knowledge and skills necessary to reduce complications resulting from diabetes, such as kidney failure, amputation, vision loss, heart failure, and stroke.

What Is DEEP?

- DEEP is a licensed DSME program developed by the University of Illinois, Chicago.
- DEEP workshops may be organized at local community settings, such as senior centers, senior housing facilities, libraries, churches, physician offices, hospitals, etc.
- DEEP workshops are interactive and involve demonstrations, role play, games, and other engaging activities for group learning.
- DEEP provides a supportive environment where participants work together in a small group to learn about health management tools and lifestyle choices.

Improved Outcomes with DEEP*

- A1C levels and systolic blood pressure
- Diabetes knowledge
- Physical activity
- Following a healthy eating plan
- Foot care
- Glucose self-monitoring
- Medication adherence
- Perceived confidence in self-care

Big Bend Area Health Education Center (BBAHEC) is now offering DEEP classes. If you are interested in partnering with us to hold a DEEP Workshop at your facility, please call Yolanda Candelaria at 850-224-1177 or 850-661-0120, or email at ycandelaria@bigbendahec.org



DEEP workshops at a glance

- Evidence-based peer educator training
- Six weekly workshops
- Each workshop lasts two hours
- Each workshop is delivered by a certified DEEP peer educator
- There is no cost to attend

DEEP topics

- Understanding the human body
- Diabetes risk factors and complications
- Nutrition education and meal planning
- Understanding and managing diabetes medications
- Physical activity
- Accessing your health team
- Managing stress



Improving outcomes by increasing knowledge and empowering individuals to manage their diabetes