

# Everyone with Diabetes Counts (EDC)

*A Free Opportunity for Your Patients*



Free diabetes education workshops are available to your patients through the **Everyone with Diabetes Counts (EDC)** program, which is a national initiative of the Centers for Medicare & Medicaid Services (CMS). The program offers free self-management workshops that are open to people with Medicare who have diabetes, their family members and caregivers. Dental offices are invited to participate by sharing this opportunity with their patients.

Quality Insights Quality Innovation Network, supported locally by Healthcare Quality Strategies, Inc. (HQSI), offers workshops in underserved and rural communities throughout the state. Dr. Sameer Stas of Premier Health Associates, a partner of Quality Insights, acknowledges the need for this program in New Jersey.

“The complications of diabetes in older adults can be devastating,” Dr. Stas said. “If these workshops can help even one of my patients prevent some of those complications, it is a huge success. Self-management of diabetes is imperative, and I will encourage my Medicare patients with diabetes to attend.”

Quality Insights has successfully graduated 1,378 participants from the workshops since July 2014. Over 90% of participants indicate they can better handle stress and make a plan with goals to control their diabetes after the workshop.

Quality Insights is seeking partnership with dental practices, physician offices, and other healthcare providers in 2018. Quality Insights will co-brand outreach materials with your practice and manage all outreach and marketing efforts for the workshops, which are completely free. **We need your help to get this important free program to your patients and community.**

EDC follows both of the programs described below. Both encourage self-managed behavior modification and coping strategies to help people with diabetes take control of their health. Graduates were able to lose weight, regulate their blood sugar levels, live a healthier life and form lasting bonds and support networks with others coping with similar challenges.

Program	Diabetes Self-Management Program (DSMP)	Diabetes Empowerment Education Program (DEEP)
Evidence-based	Yes (Originally developed at Stanford University School of Medicine)	Yes (Developed at University of Illinois at Chicago)
Cost	FREE	FREE
Spanish Available	No	Yes
Workshop Topics	<ul style="list-style-type: none"> <li>- Action Planning</li> <li>- Healthy Eating and Portion Control</li> <li>- Exercise</li> <li>- Medication Management</li> <li>- Communicating with Healthcare Providers</li> <li>- Dealing with Stress and Depression</li> </ul>	<ul style="list-style-type: none"> <li>- Understanding the Human Body</li> <li>- Risk Factors and Complications: Good, Bad and Ugly</li> <li>- Monitoring Your Body</li> <li>- Diabetic Meal Planning and Portion Control</li> <li>- Medications and Medical Care</li> <li>- Exercise and Dealing with Stress and Depression</li> </ul>
Duration	Once a week for six weeks; 2 ½ hours	Once a week for six weeks; 2 hours
Workshop Size	10-20	5-25
Materials	Educational literature/handouts, blood sugar tracker, and more	

To get involved, contact Lauren Marcus at 732-955-8150 or [lmarcus@hqsi.org](mailto:lmarcus@hqsi.org). Visit [www.qualityinsights-qin.org](http://www.qualityinsights-qin.org) to learn more.

## About Quality Insights

Quality Insights is the Quality Innovation Network-Quality Improvement Organization (QIN-QIO) for Delaware, Louisiana, New Jersey, Pennsylvania and West Virginia. Quality Insights collaborates with healthcare providers, patients and allied organizations across the network to bring about widespread significant improvements in the quality of care they deliver. Our goal is better care, smarter spending, and healthier people. To learn more about the network visit [www.qualityinsights-qin.org](http://www.qualityinsights-qin.org).



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