

Take Control of Your DIABETES



Everyone with Diabetes Counts

Diabetes affects millions of Americans every day:

- 1 person out of 11 has diabetes
- 1 person out of 4 with diabetes does not know he/she has this disease
- in Philadelphia, the diagnosed diabetes rate (11.4%) is higher than the national average (8.9%)
- it is even higher among minority communities (African-American, Hispanic, and Asian, up to 13.2%)
- It is the highest among older adults (more than 25.9%)

Diabetes can be controlled, BUT without timely treatment and proper self-management, diabetes can lead to devastating **complications**:

- blindness, kidney failure, stroke, heart disease, and loss of toes, feet, or legs

The **Everyone with Diabetes Counts** program brings **FREE** diabetes self-management education classes for people 65 and older to your community in Philadelphia.

The **Everyone with Diabetes Counts** program utilizes the Diabetes Empowerment Education Program (DEEP™) teaching model. The DEEP model is based on principles of empowerment, adult education, and participatory learning.

The following organizations have been contracted by the Center for Medicare and Medicaid Services to support the **Everyone with Diabetes Counts** program in Philadelphia:

- Quality Insights Quality Innovation Network
- HCD International

We Need You!

The **Everyone with Diabetes Counts** program will not succeed without your support. We need your help, if you care about the people in your community and you are:

- a healthcare provider with diabetes patients (physician, diabetes educator, nurse, pharmacist, dietitian)
- an individual living with diabetes, caretaker for a person with diabetes, or you know someone who has diabetes
- a community leader

Please contact us to learn more about how you can take part in this effort to make the Everyone with Diabetes Counts program a success and move toward a world free of the devastation of diabetes!

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For more information on Quality Insights Quality Innovation Network, please visit our website at

www.qualityinsights-qin.org

