



Diabetes Self-Management Study

Introduction

We are currently conducting a study among those with Pre-Diabetes and Type 2 Diabetes who are interested in taking a more active role in their own health care.

Background

The incidence of Diabetes is rising at epidemic rates in the United States. There are 26 million people with Diabetes and another estimated 79 million with Pre-Diabetes (basically 1 in 3 Americans).

According to the CDC, Diabetes is the leading cause of kidney failure, non-traumatic lower-limb amputations, new cases of blindness, and a major contributor to heart disease and stroke. It is the seventh leading cause of death. The U.S. spends approximately \$200 billion per year on Diabetes related issues.

A Diabetes Self-Management Program (including behavior modification and lifestyle change) can be very helpful in preventing complications of Diabetes and can be effective in reducing risk for or delaying onset of Type 2 Diabetes among those with Pre-Diabetes.

Objective

To measure the effectiveness of an online Diabetes Self-Management Program among those with Type 2 Diabetes and Pre-Diabetes.

Details

- The study is 12 weeks in duration.
- An A1c test is taken at the beginning of the study and at the end of 12 weeks.
- Study participants are provided with a number of self-management tools including: meal plans, grocery shopping lists, exercise program, chart for tracking progress, blood sugar log, etc.
- A questionnaire is presented each week and study participant progress is recorded.
- An optional phone call with a Registered Dietitian and Certified Diabetes Educator is available each week to help answer any questions participants have.

Profile of Study Subjects

- Diagnosed with Type 2 Diabetes or Pre-Diabetes
- BMI > 30
- Desire to lose weight

Call for Study Participants

If you have questions about the study or are interested in participating, please e-mail: **nutrition@GlucosMenu.com**

Christine Carlson, Registered Dietitian & Certified Diabetes Educator
GlucosMenu® Nutrition Director