Ecological Approaches to Diabetes Self-Management: The Diabetes Initiative of The Robert Wood Johnson Foundation

Annual Meeting of the Society of Behavioral Medicine
San Francisco, March 2006
Diabetes Self-Management: Behavioral Medicine Comes of Age

1. Centrality of behavior – diet, physical activity, self-monitoring, medication management. coping with psychological/emotional status

2. Behavioral disease prevention and management at the heart of national healthcare quality improvement

3. Integration of clinical and public health/population-based approaches

4. How well we get research into practice depends on how well we get practice into research
Two Paradigm Shifts: Convergent ecological perspectives on diabetes self-management
The Diabetes Initiative
Edwin Fisher, PhD, Director
Carol Brownson, MSPH, Deputy Director
2002 - 2007

Demonstrating and evaluating programs to promote self-management of diabetes in primary care settings

Demonstrating and evaluating community collaborations to support self-management of diabetes and diabetes care
Putting it all Together:
“Resources and Support for Self–Management (“RSSM”)

- Individualized assessment
- Collaborative goal setting
- Enhancing skills: diabetes-specific skills, self-management skills, skills for emotion/depression and “healthy coping”
- Ongoing follow-up support and encouragement
- Enhancing community resources and enhancing access to resources available
- Continuity of quality clinical care

The Diabetes Initiative: 14 sites with an overall evaluation
Ecological Approaches to Diabetes Self Management: The Diabetes Initiative

- Carol A. Brownson, MSPH, Deputy Director, Diabetes Initiative National Program Office, Washington University, St. Louis, MO
  - *The Contributions Of Community Health Workers In Diabetes Self Management*

- Daren R. Anderson, MD, Chief Medical Officer, Community Health Center, Inc., Middletown, CT
  - *Integrating Services For Depression In Diabetes Self Management In Real-world Settings*

- Lauren McCormack, PhD, M.S.P.H., RTI International, Research Triangle Park, NC
  - *Measuring Resources And Supports For Self Management (RSSM)*

- Russell Glasgow, PhD, Senior Scientist, Clinical Research Unit, Kaiser Permanente, Penrose, CO, Discussant