

Empower Your Patients to Better Manage Their Diabetes



Why start an evidence-based Better Choices, Better Health program?

- In the early 1990s, the Stanford Patient Education Research Center developed the Chronic Disease Self-Management Program (CDSMP) and it is now owned by the Self-Management Resource Center.
- These workshops focus on disease management skills to help your patients with diabetes lead healthier lives.
- The interactive nature of the workshops leads to proactive patient behavior, including action planning and behavior modeling.
- Patients will also learn symptom management activities like exercise, healthy eating and more.
- You can positively impact the health of your community.
- We'll help you implement a program and support you along the way.
- You'll get increased visibility because your program will be listed on the Iowa HHS website.

Get support to start a program, find patient resources and more:

