Diabetes Community Council
Barriers to Diabetes Self-Management

**Physical**
- Not enough access to:
  - Medications
  - Glucometer/Supplies
  - Healthy foods
  - Safe places to exercise
  - Facilities to exercise (especially in winter)
  - Pools
  - Supportive shoes
  - Foot care (pedicures)
  - Eye care
  - Insurance

**Spiritual**
- Unable to attend cultural activities
- Need for greater referral system for on-call advocates
- Need for cultural trainings of medical staff

**Emotional**
- Denial
- Anger
- Isolation
- Depression
- Stress
- Caring for family (not oneself)
- Need to build family support
  - Prevention
  - Encourage healthy cooking
  - Encourage activity

**Mental**
- Lack of effective messages
- Unaware of signs/symptoms
- Not enough education on
  - Types of meds
  - Carbohydrate counting
  - Increasing physical activity
  - Prevention of complications
  - Positive results from care
  - Reacting to sugar highs/lows
  - How to access services