

This product was developed by the Robert Wood Johnson Foundation Diabetes Initiative. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

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

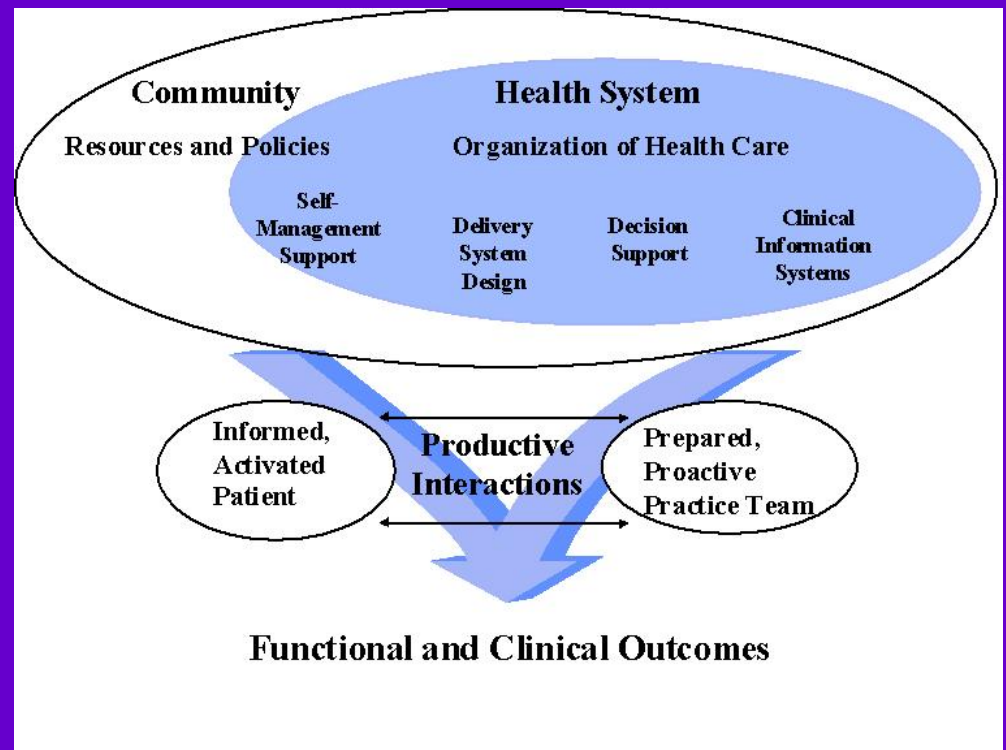


**Annual Meeting of the Society of Behavioral Medicine
San Francisco, March 2006**

Diabetes Self-Management: Behavioral Medicine Comes of Age

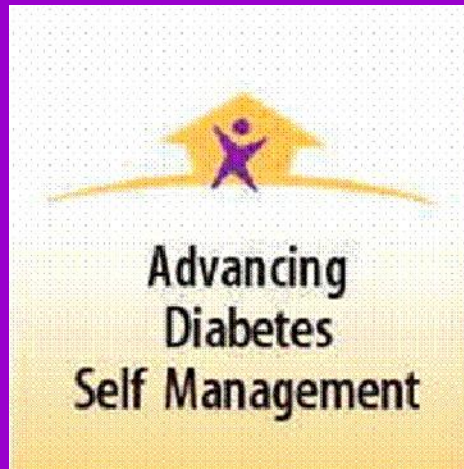
1. Centrality of behavior – diet, physical activity, self-monitoring, medication management. coping with psychological/emotional status
2. Behavioral disease prevention and management at the heart of national healthcare quality improvement
- 3 . Integration of clinical and public health/population-based 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



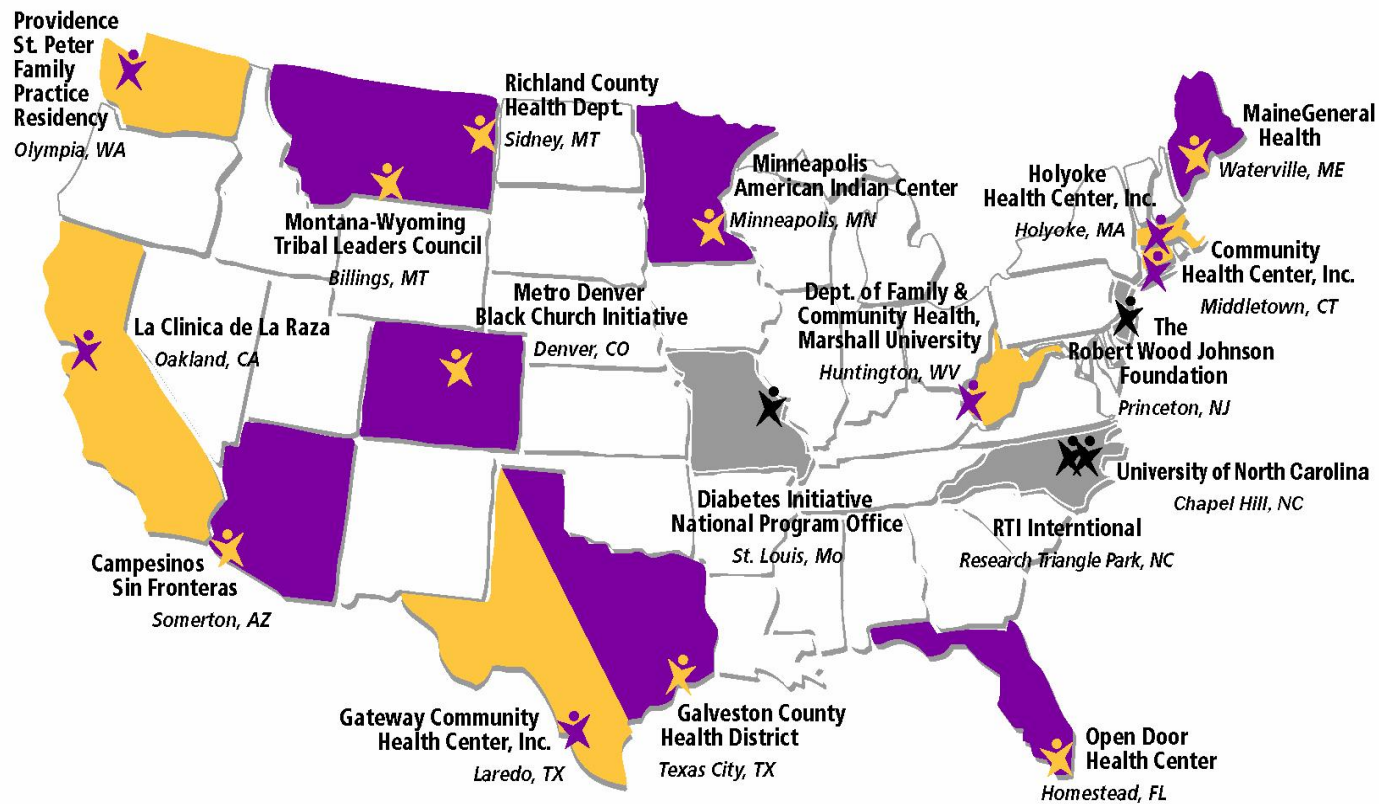
Demonstrating and evaluating community collaborations to support self-management of diabetes and diabetes care

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**

Fisher, Brownson, O'Toole, Shetty, Anwuri, Glasgow. Ecologic approaches to self management: The case of diabetes. *Am J Public Health* 2005 95(9):1523-1535.

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