Healthy Choices

Belize Diabetes Association

Food BDA Exercise

Medication

for Healthy Living
Diabetes Prevalence

• The International Diabetes Federation 8 Edition atlas released December 2017 stated that 14.2% of Belize’s adult population is living with diabetes.

• This is the equivalent of approximately fifty thousand people living with the condition.

• This is the age group 20 to 79 years old.
Belize National Diabetes Self-care Program

Addressing the high prevalence of diabetes in our country

Self-Management
WDF → BDA & MOH → HE → CHW/RHN
Objective

Train and educate:

- Health Educators (HE)
- Community Health Workers (CHWs)
- Rural Health Nurses (RHN)

to carry out community-based diabetes lay education across the six districts of Belize.
Objective

• Develop culturally appropriate diabetes self-management training, in coordination with diabetes experts within Belize.

• This training will be based off the curriculum developed by the Pan-American Health Organisation (PAHO).
Program Design

• Within two weeks following recruitment, diabetes self-management education will begin.
• The CHWs along with the Rural Health Nurse will meet with groups of 6-7 participants (patients) for a maximum of two hours.
• The team will aim to give two training sessions per month, for a total of six to eight sessions.
Program Design

• In collaboration with the epidemiological unit of Ministry of Health, an appropriate data collection, storage, analysis and sharing mechanism will be established.
Outcome

Improved and increased level of knowledge and awareness of diabetes and self-management at the community level, including process of referral to additional primary care services for diabetes patients.