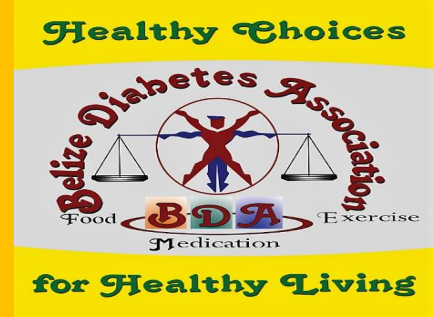


# Healthy Choices



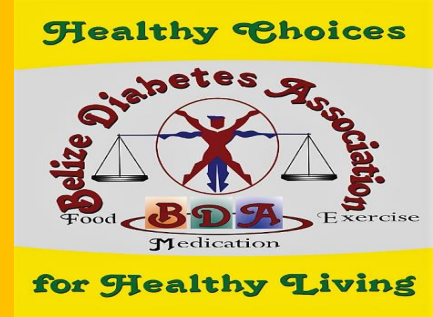
# for Healthy Living

# 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

Healthy Choices



for Healthy Living

# Objective



Train and educate:

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

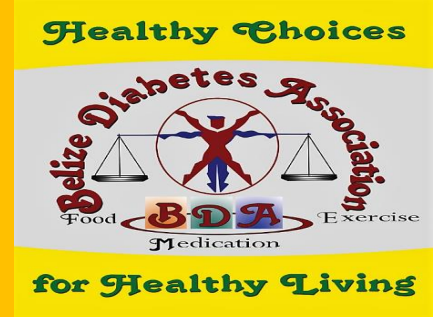
to carry out community-based diabetes lay education across the six districts of Belize.

# Objective



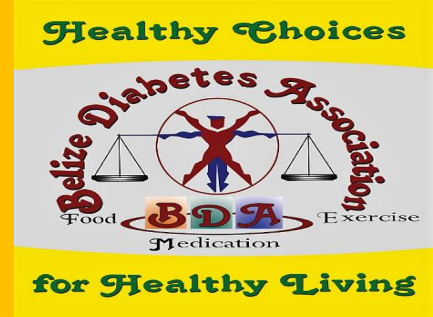
- Develop culturally appropriate diabetes self-management training, in coordination with diabetes experts within Belize.
- This training will be based off the curriculum developed by the Pan-American Health Organisation (PAHO).

# 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.

Healthy Choices



for Healthy Living

THANK YOU