

Systematic Reviews of the AADE7™ Seven Self-Care Behaviors

Fact Sheet

- ✓ In response to the rising burden of diabetes in the United States, and the evolution and advancement of effective strategies to help patients' modify important self-care behaviors, AADE commissioned seven systematic reviews addressing AADE's seven self-care behaviors. These seven self-care behaviors include: healthy eating, being active, monitoring, taking medication, problem solving, reducing risks and healthy coping.
- ✓ These seven self-care behaviors are central to diabetes management. Each systematic review offers a critical appraisal of published research exploring the benefits of patients adhering to each of the seven behaviors.
- ✓ Robust studies on interventions relating to diabetes education were carefully reviewed using rigorous review criteria adopted by the American Diabetes Association. Authors critiqued both strengths and weaknesses of study designs and findings in an effort to identify effective strategies that may enhance diabetes educators' effectiveness in educating patients around these seven self-care behaviors.
- ✓ AADE is committed to assisting its members, who themselves are dedicated to serving individuals diagnosed with diabetes, with receiving the most current scientific findings around which current and future continuing education needs can be centered.
- ✓ AADE realizes that the science of diabetes management and disease control evolves over time and, as an organization whose primary role is to equip health professionals with the necessary tools to better serve those living with diabetes, the association assumes the responsibility to periodically conduct, synthesize, translate and disseminate the 'state of the science' regarding the AADE7™ self-care behaviors.
- ✓ Health professionals working in disease management will find these seven systematic reviews and their accompanying commentaries timely and relevant.