

Tips for Engaging DSMES

Engage Every Participant in Group Sessions



About Our Program

We are located on the Gulf Coast of Florida. The majority of our participants are Caucasian and of Medicare age.

Get Them Talking

When we start group sessions, it's important to understand what each participant wants to gain. Ask each person what they want to walk away with a better understanding of and write these down on a white board. At the end of class review the list and make sure you've covered everything.

During the session, ask open-ended questions to encourage engagement. We make class fun by **having the group answer each other's questions in a guided manner**. This can be an amazing way to learn!

We also have participants pull out their phones and download a carb counting app. We then **walk through various foods together so they are familiar using the app**.

Serving lunch can be another way to get everyone engaged. We have participants check their blood sugar before and 2 hours after the meal (with a known amount of carbs - since they just calculated how much is in their lunch). This provides a real-world assessment of their post-prandial blood sugar level.



For additional tips, visit
DiabetesEducator.org/EngagingDSMES.