

# Tips for Engaging DSMES

Keep Sessions Moving and Personalized



## About Our Program

We are a diabetes education program outside a major metropolitan area and serve a mix of about 40% Hispanic and Black/African American populations. The majority of participants are over the age of 50 and mostly seniors.

## Ask the Right Questions

We start each visit with two simple questions:

1. During our time together today, what do you hope to learn?
2. What is important to you that I can assist you with?

Asking these questions will ensure you engage with participants on what is important to them and what they are more likely to remember and implement.

As you move through your session, keep changing your position throughout the room. We rarely use PowerPoint presentations but instead focus on discussion, hands-on learning and sharing using products/food labels a participant has at home.

For telehealth, keep sessions to no more than 30-60 minutes. We don't want our participants sitting more than 30 minutes, so get them off the computer and moving. Either end the class after 30 minutes or do a standup activity at the 30-minute mark.

For additional tips, visit  
**[DiabetesEducator.org/EngagingDSMES](https://DiabetesEducator.org/EngagingDSMES)**.

