

BRAZIL

This program emerged as an initiative of the Juvenile Diabetes Association (ADJ), a nonprofit entity founded in 1980. The Association promotes education for people of all ages with diabetes.

ADJ staff coordinated the program with external professionals such as a physician, a nutritionist, nurses, and a physical education coordinator in the first phase. A psychologist and a nutritionist, who lead group sessions, coordinated the second phase of the education program.

The following program is offered to people with type-2 diabetes.

People with Diabetes' Day _____

This can be considered the first phase of the education program. Once a month an entire day is devoted to helping patients recently diagnosed with diabetes learn to live with the disease. Orientation and practical exercises are provided on diet, self-control, physical activity, and other specific care activities.

Participants are 12 adults with type 2 diabetes; a family member may accompany each participant.

The education session is carried out in the Association's facility, which has rooms specifically equipped for cooking, self-testing, foot care, and oral health. A nearby park is available for physical activity.

The education session lasts from 8:00 a.m. to 5:00 p.m.

Materials _____

- Novos Horizontes magazine (quarterly)
- Transparencies
- Explanatory pamphlets
- Charts
- Specific environments



Content _____

1. Capillary blood glucose test
2. Insulin administration (course in self-administration), or use of oral medication
3. Physical activity
4. Preparation of lunch
5. Oral health
6. Care of the feet
7. Self-monitoring and final evaluation

Group experience _____

With the same objectives and the same monthly frequency, for groups that have completed People with Diabetes' Day.

The group programs the activities or trips that are of interest to them.

Coordinated by a nutritionist and a psychologist, various activities are carried out such as:

- Virtual restaurant (once a month)
- Discussion of different topics with the presence of a guest professional (once a month)
- Course in dietetic cooking (every 3 months)
- Educational field trips (once a year)

Individual needs are also addressed, covering topics such as self-control, self-administration of insulin, and nutrition.

For more information, contact:

Graça Maria de Carvalho Camara
Diretora Executiva
Asociación de Diabetes Juvenil ADJ – Brasil
Av. Dr. Arnaldo 2052
Sumare CEP 01255-000
Sao Paulo, Brasil
Telephone: (55)-11-3675-3266
Fax: (55)-11-3675-3266
E-mail: adj@adj.org.br