

TRINIDAD AND TOBAGO

The Ministry of Health collaborates with the Diabetes Association of Trinidad and Tobago in diabetes control. Trinidadians of East Indian descent and those of African descent have a very high prevalence of diabetes.

Diabetes education program _____

The Diabetes Association of Trinidad and Tobago was established in 1988 to improve the quality of life of people with diabetes. The association is very active with regard to educational activities for patients in the country.

Objectives _____

The goal of the program is to provide information to people with diabetes to help them properly manage their disease and improve their quality of life.

Specific objectives _____

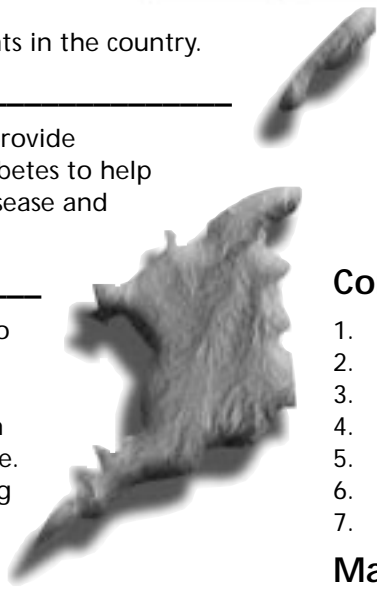
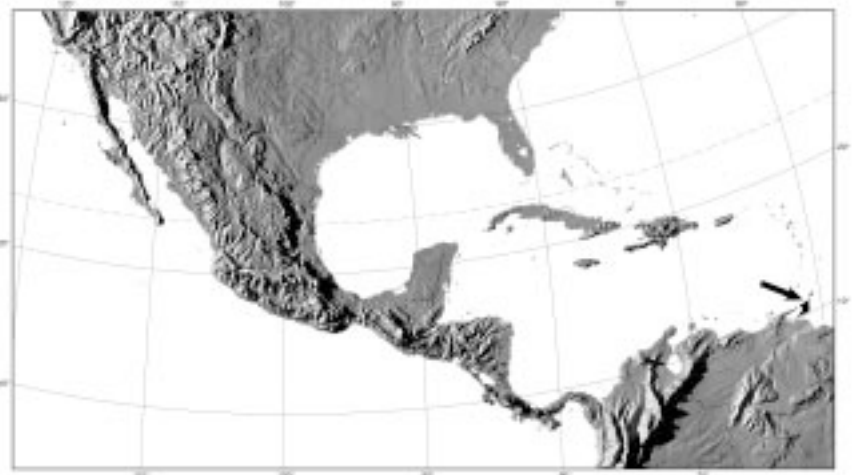
1. Provide health education to people with diabetes, especially those recently diagnosed, informing them about the need for self-care.
2. Give education and training to help modify lifestyles in line with treatment recommendations (diet, physical exercise).

Population _____

All people with or without diabetes who live in Trinidad and Tobago.

Educational methodology _____

The association has 14 or 15 groups in the country for practical sessions or diabetes education. Members of each group consist of health professionals as well as people with diabetes. Each group has one session a month, in which patients receive information about diabetes and about effective self-care measures. An important aspect of the discussions has to do with "lifestyle" changes (diet, alcohol, exercise). These sessions are based on interactive participation, and the patients ask questions about all their concerns.



Content and topics _____

1. What is diabetes?
2. Complications of diabetes
3. Self-care
4. Diet
5. Exercise
6. Foot care
7. Alcohol

Materials _____

Printed materials

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