

EVALUATION OF A DIABETES EDUCATION PROGRAM

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Education of the diabetic patient is an essential part of the overall management of the disease (Watkins, 1967). Health workers in Australia educate the diabetic but rarely are the methods evaluated.

A diabetes education program has been developed to educate the non-insulin dependent diabetic, and to evaluate the effect on diabetic control. The program included topics on dietary management and medical aspects of diabetes. Evaluation of diabetic control was assessed from data obtained prior to commencement and at three and six months after completion of the program. Evaluation data for each subject included assessment of anthropometry, biochemical values, dietary intake data, attitude changes and knowledge gained.

Carbohydrate control as measured by fasting blood glucose levels (B.G.L) and B.G.L in response to a standard meal improved significantly at 60 and 120 mins. after a standard meal (Table 1).

Knowledge scores increased significantly from an initial score of  $17.3 \pm 1.89$ ,  $n = 10$  to  $21.9 \pm 1.55$ ;  $n = 10$ ,  $P < 0.05$ .

Evaluation of the diabetic education program indicates that carbohydrate control and knowledge gained are improved in those subjects who have attended the program.

Watkins, J.D., Williams, T.F., Martin, D.A., Hogan, M.D., Anderson, E.  
A study of diabetic patients at home.  
Amer. J. Pub. Hlth., 57:3: 452-459, (1967)

TABLE 1

Carbohydrate Control in Non-Insulin Dependent Diabetics (n=10)

Blood Glucose (mmol/l)	Fasting	60 Min. After Standard Meal	120 Min. After Standard Meal
Before Program	11.2 $\pm 1.62$	16.3 $\pm 1.53$	15.4 $\pm 1.47$
3 Months After Program	10.6 $\pm 1.68$ ( $p < 0.05$ )	13.5 $\pm 1.52$ ( $p < 0.001$ )	12.6 $\pm 1.42$ ( $p < 0.02$ )

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