

# Annual Diabetes Education Accreditation Program (DEAP)

## Patient Survey Overview

### Diabetic A1c Levels



Average pre-A1c: 8.27

Max pre-A1c: 14.0

Median pre-A1c: 7.4

Average post-A1c: 7.34

Max post-A1c: 8.7

Median post-A1c: 7.2

- Change of **0.9** in pre-A1c compared to post-A1c readings for those **with diabetes**
- Change of **0.2** in pre-A1c compared to post-A1c readings for those **with pre-diabetes**

Participants set healthy eating and being active as a goal when joining SYH



**89%** Reported success/progress for healthy eating

**95%** Reported success/progress for being active

Participants set monitoring glucose as a goal when joining SYH



**94%** Reported success/progress for monitoring glucose

- Those with diabetes are making progress by checking glucose level often times a day

Participants with diabetes set taking medication related to diabetes management as a goal when joining SYH



**91%** Reported success/progress for reducing medication

- Many reported positive changes and are still trying to reduce/eliminate the amount of medication

Participants set problem solving as a goal when joining SYH



**93%** Reported success/progress

- Many mentioned the SYH community's **group support**, discussions Q&A, and feedback from health coaches allow you to learn new information about diabetes management

Participants set reducing risk (Doctor/ER visits) as a goal when joining SYH



**94%** Reported success/progress for reducing risk

- Overall you mentioned that you try not to take risks to avoid unneeded ER and DR visits. Also, that you continue to learn new ways to improve your quality of life

Participants set Healthy coping as a goal when joining See Yourself Health



**84%** Reported success/progress for improved healthy coping

- Things that seem to be helping are changing up your routines, talking to peers, Monday night meetings, and overall **connecting to people that relate to you**