DECIDE
A diabetes self-management program

- Enhances health behavior change
- Trains patients in-person or online
- Improves clinical outcomes
What is **DECIDE**?

Decision-making Education for Choices In Diabetes Everyday

**Improved self-management. Better outcomes.**

The goal of **DECIDE** is to help people—ranging in age from 18 to 90 years old—learn how to change their behavior so they can better manage their diabetes.

Incorporating the seven core diabetes-self-management behaviors, the **DECIDE** program facilitates adherence and maintenance by teaching patients problem-solving as a key skill for behavior change and for incorporating self-management activities into their everyday lives.

**Structured curriculum** engages patients in a step-by-step process of self-management, planning and activation

**Problem-based training** helps patients apply diabetes self-management in the context of their everyday lives

**Tools and resources** support behavioral change

**Training of health care providers** to coach and support their patients

**Choose the **DECIDE** Format**

That's Right for You and Your Population

People learn differently and have different ways of accessing information. That’s why **DECIDE** is available in both in-person and online formats, which can be offered separately or in combination.

[JohnsHopkinsSolutions.com/DECIDE](http://JohnsHopkinsSolutions.com/DECIDE)
Health care providers can offer **DECIDE** in-person, using a group or individual format, in a variety of settings.

**Benefits for Providers:**
- Well-suited for health care professionals seeking an on-site program for their setting
- Guides groups or individuals through the **DECIDE** curriculum
- Program can be scheduled for weekly or bi-weekly sessions
- Sessions can be held in a variety of health care and community settings

**Ideal for Patients Who:**
- Prefer an in-person educational experience
- Have lower health literacy, low vision, or other functional limitations
- Have limited access to the internet or computers, or who are non-users

Using a cloud-based platform, **DECIDE** online delivers the clinically-validated program to patients anywhere, on any device, at any time.

**Benefits for Providers:**
- Enrolls patients and manages their progress through an interactive dashboard
- Improves patient engagement and satisfaction with text and two-way video communication
- Measures and reports on quality outcomes data
- Scalable for managing an unlimited number of patients
- Integrates with all major EHRs

**Ideal for Patients Who:**
- Need flexibility to log-in and learn from any location, at any time
- Seek interactive and engaging digital content
- Prefer to move through a self-directed program to progress at their own pace
- Want to revisit modules multiple times

For additional information contact us at 410-464-6715, or DECIDE@JohnsHopkinsSolutions.com
Selected Research Publications


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**DECIDE’s Evidence-based Outcomes:**

- Lower A1C levels
- Lower blood pressure
- Lower cholesterol
- Improved medication adherence
- Better self-management behaviors

**DECIDE** was developed through years of research and clinical application by Felicia Hill-Briggs, Ph.D., A.B.PP., a clinical psychologist, behavioral scientist, and professor of medicine at the Johns Hopkins University School of Medicine. She is a nationally recognized expert in diabetes self-management and diabetes population health improvement. Her research has earned scientific awards as well as honors for improving community health and wellness.

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