



# Diabetes Community Council

## Barriers to Diabetes Self-Management



### Physical

- Not enough access to:
- Medications
  - Glucometer/Supplies
  - Healthy foods
  - Safe places to exercise
  - Facilities to exercise (especially in winter)
  - Pools
  - Supportive shoes
  - Foot care (pedicures)
  - Eye care
  - Insurance

### Spiritual

- Unable to attend cultural activities
- Need for greater referral system for on-call advocates
- Need for cultural trainings of medical staff

### Emotional

- Denial  
Anger  
Isolation  
Depression  
Stress  
Caring for family (not oneself)  
Need to build family support
- Prevention
  - Encourage healthy cooking
  - Encourage activity

### Mental

- Lack of effective messages  
Unaware of signs/symptoms  
Not enough education on
- Types of meds
  - Carbohydrate counting
  - Increasing physical activity
  - Prevention of complications
  - Positive results from care
  - Reacting to sugar highs/lows
  - How to access services