

Press release

Munich/Düsseldorf, Germany – October 2017

“Dimini” project – DITG develops training tool for diabetes prevention

Healthcare policy is taking on diabetes prevention and supporting the “Dimini” project in Schleswig-Holstein and Hessen.

Sponsored by the German Federal Ministry of Health within the framework of its innovation fund, “Dimini” is a program for the prevention of type 2 diabetes. The “Dimini” project will strengthen the healthcare competence of people with increased risk of diabetes and delay or even prevent the emergence of type 2 diabetes.

Background

Regular physical activity and a balanced diet can prevent or delay the occurrence of type 2 diabetes. That sounds simple in theory, but most people find it hard to implement. The high number of overweight people is also elevating the risk of type 2 diabetes. Add to this the fact that patients are left on their own as soon as they leave the medical practice.

Working together with consortium partners, the German Institute for Telemedicine and Health Promotion (DITG) developed an e-learning module for diabetes prevention in the “Dimini” project. It relies on the general practitioner, the main contact for all questions concerning healthcare. The training tool, which is oriented toward general practitioners, physicians, and medical assistants, clarifies the risks of type 2 diabetes and prepares participants for the project implementation. Participating in the use of this tool authorizes physicians to implement the program. In addition, they can earn continuing education points. The training tool provides physicians with an overview of the entire “Dimini” project and its workflow. Symptoms and risk factors for type 2 diabetes are also presented. The tool presents the FINDRISK test and explains how people with diabetes can be motivated to adopt a healthy and balanced nutritional lifestyle. The physician (the general practitioner) becomes a supportive guide along the way to a healthier life.

Objective

The goal of the “Dimini” diabetes prevention project is to strengthen the healthcare competence of people with increased risk of type 2 diabetes. This will not only delay or even prevent the emergence of the disease, but also reduce healthcare costs at the same time.

Consortium partners

- AOK NORDWEST
- BARMER

- DAK-Gesundheit, Schleswig-Holstein contract region
- TK
- docevent GmbH Schleswig
- inav – privates Institut für angewandte Versorgungsforschung GmbH
- Kassenärztliche Vereinigung Hessen
- AOK Hessen
- DDG – Deutsche Diabetes Gesellschaft
- DGPR – Deutsche Gesellschaft für Prävention und Rehabilitation
- MSD
- German Federal Employment Agency (BfA)