

	Diabetes Self-Management Education and Support (DSMES)	Better Choices Better Health (Diabetes Self-Management Program)	Diabetes Prevention Program (DPP)
Who to refer	Individuals with Type 1 or Type 2 Diabetes that have new diagnosis, transition of care, new complications, annual visit, or have not previously received DSMES	Individuals 18 years and older with risk factors for prediabetes or diagnosed Type 2 Diabetes, and/or their caregivers, in need of lifestyle interventions	Individuals 18 years and older diagnosed with prediabetes or screened at high risk with the prediabetes risk test
Program length	Ongoing, at least 1 session per year	6 weeks	12 months
Qualifications of Educator	RN, RD, or pharmacist with >12 diabetes-related CEU each year	4 day lay leader training in CDSMP with 1 day cross-training in Diabetes Program	Lifestyle Coach with 16-hour training
Accrediting body	AADE or ADA	None	CRD-recognition
Curriculum Source	Tailored to individual Must meet 2017 National Standards for Diabetes Self-Management Education and Support e.g. AADE Diabetes Education Curriculum	Self-Management Resource Center	CDC

Cost to Participant	Dependent on individual insurance plan, may include "specialist" co-pay	Free of Cost	\$0 - \$250
Group Size	Minimum: 2 No Maximum	Minimum: 8 Maximum: 16	Minimum: 5 Maximum: 20