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Diabetic Lifestyle Intervention Requires a Self-Efficacy Approach

Current tactics to get type 2 diabetics to choose healthier habits doesn't address their emotional and mental mindset and fails to keep patients motivated

Newburyport, MA, May 7, 2008 – Feel Your Personal Best, leader in healthy lifestyle coaching, has identified the key reasons patients diagnosed with insulin resistance and type 2 diabetes fail to change their lifestyle behaviors. It is the overbearing emphasis of compliance and the use of scare tactics. The current tactic applied throughout the healthcare industry is to pressure patients to adhere to a list of prescribed behavior changes and give a harsh warning of the consequences of non compliance. This approach is not working. One in five diabetics still has poor glycemic control¹ and less than two percent of adults with diabetes perform the lifestyle guidelines recommended by the American Diabetes Association².

The heavy handed approach currently practiced by healthcare providers creates emotional distress and behavioral resistance. “When someone is pressured to do something they aren't emotional or mentally prepared for,” says Alice Greene, America's Healthy Lifestyle Coach and president of Feel Your Personal Best, “they will resist against it, feel ashamed by their behavior and in time stop trying to comply at all. This accounts for the high percentage of diabetics who are not successful in decreasing their glucose levels, don't take their medications or fail to show up for doctor appointments.”

A more effective approach to achieving compliance in lifestyle behaviors with diabetic patients is based on creating self-efficacy, which is a supportive process that helps them achieve greater confidence in their ability to carry out the requested behavioral changes. Self-efficacy doesn't happen over night. It is a process of becoming educated, gaining self-awareness, selecting realistic goals for behavioral changes, being positively reinforced and overcoming a self-critical mindset. “What motivates people is their understanding and attitude,” says Greene, “and diabetics need a gentler way to become educated in their disease and a compassionate, non-judgmental helping hand to begin their journey of behavioral changes.”

Greene is the co-developer of Living Free Diabetes, a CD and workbook diabetic lifestyle program, which balances patient education with confidence-building guidance in how to eat healthier, exercise regularly and choose healthy lifestyle habits. The program is designed to support physicians, as a patient education material, in communicating with their patients and gently supporting them to manage and reduce their blood glucose levels.

About Feel Your Personal Best

Feel Your Personal Best (FYPB) is guiding organizations and individuals to achieve healthy lifestyle results. FYPB specializes in healthy lifestyle coaching and self-paced guided programs, a new approach to helping people create healthy, fit and positive lifestyles. The company was founded in 2003 by Alice Greene, based on what she discovered was the answer to overcoming her own personal health and fitness struggle to feel her best.

The vision for Feel Your Personal Best addresses what is missing in current fitness, nutrition and wellness programs. It combines the power of behavioral change coaching techniques with the principles of exercise physiology, nutrition, emotional eating and dream fulfillment. For more information visit: www.feelyourpersonalbest.com or call 978-465-3555.

- 1 National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention (2006) study: Improvements in diabetes processes of care and intermediate outcomes: United States, 1988-2002. (Saaddine JB et al)
Diabetes processes of care and intermediate outcomes have improved nationally in the past decade. But 2 in 5 persons with diabetes still have poor LDL cholesterol control, 1 in 3 persons still has poor blood pressure control, and 1 in 5 persons still has poor glycemic control.
- 2 Population-Based Assessment of the Level of Care Among Adults with Diabetes in the U.S. Diabetes Care, 1998 (Beckles GL, et al)
Less than 2 percent of adults with diabetes perform the full level of care, which includes self-monitoring of blood glucose and dietary restrictions as well as medication use, that is recommended by the American Diabetes Association; (