

Pathways for wellbeing for people with diabetes and those at risk of type 2 diabetes

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Background

There are plenty of information and tools for people with diabetes and those at risk of developing type 2 diabetes, but the information is spread all over the places and it is hard to find the relevant information.

Aim

The aim of the project is to broaden the possibilities to find multi-channel support for diabetes self-management of persons with diabetes and of those in risk for developing type 2 diabetes.

Method

In the project we develop open and ease-to-use pathways to wellbeing. In spring 2021 we did a survey for the basis of pathways. The survey was about how people with diabetes think about digital health services and what experiences they have about those. Most needed information and support to various areas, they also preferred digital information and digital tools.

The pathways consist of digital materials developed by Finnish Diabetes association as well as by public and private sector health care organizations and by other third sector associations as well. This is a cooperation project with Finnish Diabetes Association and 12 wellbeing services counties.

Results

The first pathway; pathway for wellbeing for people at risk of type 2 diabetes was opened 3rd June 2022. Later in 2022 two more pathways were opened; one for people with type 1 diabetes and one for people with type 2 diabetes. Until 17th November there were 3 414 visitors with 17 035 visits on diabetespolut.fi-website altogether. The average time spent on the web site was three minutes.

Pathways were mainly (73%) used with a mobile device. The most interesting path has been the one for type 2 diabetes. Some of the cooperative wellbeing service counties have already implemented wellbeing pathways to their digital services as well.

