

Self Management Promotion

Diabetes Education In Siouxland





Diabetes is a disease that affects 30.3 million Americans, or 9.4% of the population as of 2015. Diabetes occurs when the body is unable to produce enough-or any-insulin or unable to use it well. Symptoms of diabetes can include: increased thirst and urination, unexplained weight loss, blurred vision, numbness or tingling in the feet or hands, and fatigue. The most common types of diabetes are type 1, type 2, and gestational. Type 1, is when your body is unable to make insulin. Type 2 (most common), occurs when your body does not make enough insulin or use it well. Gestational diabetes develops in some women when they become pregnant.

Fortunately, with guidance from a primary care professional, behavior and lifestyle changes, and additional support programs; you can manage diabetes and live a healthy life. In 2012, 86 million Americans age 20 and older had pre-diabetes; this is up from 79 million in 2010*. Because of this alarming increase, it is more important now to provide diabetes education to individuals.

The Siouxland District Health Department has partnered with other local health organizations to provide information on the diabetes education programs offered across the Siouxland region. In this packet, you will find up to date information on the diabetes education programs offered in the community.

This packet includes information about the YMCA's Diabetes Prevention program, Mercy Medical Diabetic Education, and Unity Point's Diabetic and Pre-Diabetic Education classes, Connections Area Agency on Aging's Diabetes management classes, along with additional resources pertaining to health and wellness.

Thank you for taking the steps to improve the health and lives of the Siouxland Community!

Best in health,

Steve Beekman, Health Promotion Specialist
Siouxland District Health Department
1014 Nebraska Street, Sioux City IA 51105
712-279-6119
www.siouxlanddistricthealth.org

* <http://www.diabetes.org/diabetes-basics/statistics/?referrer=https://www.google.com/#sthash.Wem46pw6.dpuf>

Self Management Promotion

Diabetes Education In Siouland

Contents

YMCA's Diabetes Prevention program

Unity Point's Diabetic and Pre Diabetic Education classes

Mercy Medical Diabetic Education

Connections Area Agency on Aging Diabetes
Self-Management Workshop

Resources

YMCA

Diabetes Prevention program



...The Y. For A Better Us.

You will find in this section:

- Diabetes Prevention Program Fact Sheet
- Diabetes Prevention monthly & Program Information
- Participant Testimony
- Who to contact for more information



MEASURABLE PROGRESS UNLIMITED SUPPORT

Diabetes Prevention Program FACT SHEET: SEPTEMBER 2015



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM OVERVIEW

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 58%, and 71% in adults over the age of 60.

DESCRIPTION

- One-year program
 - 25 sessions
- Small group, supportive environment
- Classroom based
 - Can be offered in any community setting
- Learn about healthier eating & increasing physical activity to reduce risk

GOALS

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

WHO QUALIFIES

- Adults 18+
- Overweight (BMI ≥ 25)*
- At risk for or have been diagnosed with **PREDIABETES**[†]
 - Via a blood test with one of the following results
 - Fasting Plasma Glucose between 100–125 mg/dL
 - 2-hour Plasma Glucose between 140–199 mg/dL
 - A1c between 5.7% and 6.4%
 - Or a previous diagnosis of gestational diabetes
 - If a blood test is not available, a qualifying risk score based on a combination of risk factors—family history, age, etc.

"Go in with the idea that it's [the YMCA's Diabetes Prevention Program] going to help you. Be open to a lot of work because you will have to write down everything you have to eat every day, but it will definitely get you to a better place."

DARLENE, YMCA of the Greater Twin Cities • Minneapolis, MN

BY THE NUMBERS

Participants attending at least one session ¹	36,625
Average weight loss at the end of weekly sessions	4.6%
Average weight loss at the end of year	5.5%
Number of states delivering program	43
Ys currently trained to deliver program	186
Total class locations 627 Y sites 713 non-Y sites	1,340
Classes started ²	4,481
Average attendance for 4+ sessions	12.6
Average minutes of weekly physical activity	154.2
Lifestyle Coaches trained by Y-USA	3,247

*Asian individual(s) BMI ≥ 22
[†]Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

All numbers represent data collected to date.
¹ Includes Indiana's 392 participants from 2005 – June 2010
² Does not include # of classes in Indiana prior to June 2010

ADVANCE AND ENHANCE YOUR LIFE

Diabetes Prevention Program



WHAT IS TYPE 2 DIABETES

Type 2 diabetes is a chronic medical condition that occurs when a person's body does not make enough insulin to process the sugars consumed through food or when the body doesn't effectively use the insulin the body does produce.

THE EFFECTS OF DIABETES

Diabetes is a serious chronic condition that can lead to heart disease, high blood pressure, loss of limbs, and blindness.

FACTS ABOUT DIABETES

- More than 29 million people in the United States have diabetes, up from 26 million in 2010.
- It's estimated that 1 in 3 Americans could develop diabetes by 2050, if current trends continue.
- 1 in 4 people with diabetes are unaware they have it.
- Diabetes is the 7th leading cause of death in the United States.
- Medical expenses are 2.3 times higher for those with diabetes.

COST OF DIABETES

In 2012, diabetes costs an estimated \$245 billion in total costs and lost work and wages.

Source: Centers for Disease Control and Prevention

29 MILLION AMERICANS HAVE **DIABETES**

86 MILLION AMERICANS HAVE **PREDIABETES**



Source: Centers for Disease Control and Prevention (2014)

ymca.net/diabetes

AWARENESS IS THE KEY TO PREVENTION

Of the 86 million Americans with prediabetes, only 9 million are aware of it.

Several factors including family history, age, weight, and physical activity level can contribute to your risk for developing type 2 diabetes, but learning your risk is the first step in preventing new cases of the disease.

ONE MILLION MORE WHO KNOW

We know that the best way to stop type 2 diabetes is to prevent it and awareness is the first step to prevention. Only 10 percent of those with prediabetes are aware of it. We must increase this number.

Chances are you, or someone you know, are one of the 77 million Americans who are unaware they are at risk for type 2 diabetes. Join these national organizations to help **ONE MILLION MORE** people learn their risk. **Take the test, share the test.**

www.ymca.net/diabetes

WHAT IS PREDIABETES

Prediabetes occurs when a person's blood sugar is higher than normal, but not high enough to be diagnosed as diabetes.

Prediabetes does not mean you will definitely develop type 2 diabetes, but it does mean that you have the opportunity to make lifestyle changes, including healthier eating and increased physical activity which result in modest weight loss to prevent or delay the disease.

Currently, there is no cure for diabetes, but prediabetes can be prevented.



[YMCA's Diabetes Prevention Program](#) is 12-month group program consisting of 25 sessions over the course of one year (the first 19 are held within first six months, last six sessions held within last six months) led by a trained Lifestyle Coach all in a comfortable and supportive setting. Plus, a free twelve-week membership to the Y as a part of the program.

Participants will learn strategies for:

- Healthy eating
- Getting started with physical activity
- Overcoming stress
- Staying motivated

Overall goals for all participants:

- Lose 7% of body weight
- Gradually increase physical activity to 150 minutes per week

By eating healthier, increasing physical activity and losing a modest amount of weight, a person with prediabetes can prevent or delay the onset of type 2 diabetes!

Participation in a group-based lifestyle intervention such as the YMCA's Diabetes Prevention Program has shown to reduce the number of new cases of type 2 diabetes by **58%** overall among adults at high risk, and by **71%** in adults over 60 years old.

Eligibility requirements:

- At least 18 years of age
- BMI of 25 or higher
- Possess a high risk for developing type 2 diabetes **or** have been diagnosed with prediabetes
- Youth under 18 and people previously diagnosed with diabetes do **not** qualify

Other risk factors:

- Being overweight or obese (BMI of 25 or higher)
- Being age 45 or older
- Sedentary lifestyle
- Low HDL Cholesterol (35 mg/dl; 0.09 mmol/l) and high triglycerides (250 mg/dl; 2.82 mmol/l)
- High blood pressure (consistent reading of 140/90mmHg or higher)
- History of gestational diabetes or giving birth to a baby weighing more than 9 lbs
- History of vascular disease

Program Cost:

Members: **FREE**

Non-Members: \$429



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THIS IS WHY – STEERING CLEAR OF DIABETES

Before starting the YMCA's Diabetes Prevention Program, Sioux City resident Carol had always thought she was in control of her lifestyle. But the combination of a poor diet and a lack of exercise caught up with her as she gained about 10 pounds a year over the past 3-4 years. The weight was adding up and she was heading down a slippery slope towards type 2 diabetes and potentially, all of the disease's undesired side effects. This was most noticeable as she now fell behind 'the boys' – a group of friends she often bike rides with.

"I was struggling as to how to get out of a destructive lifestyle pattern," Carol recalls.

So Carol signed up for the YMCA's Diabetes Prevention Program and over the past six months, with the help of Y staff and other program participants, she has steered herself back in a healthier direction.

She continued, "This class made me stop and think about where I had been, where I was headed and where I wanted to be."

Where she wants to be is on a lifetime path paved with good exercise and diet habits, rather than a bumpy trail filled with detours like heart disease, kidney failure or high blood pressure.

"Now I am more active and feel much better. I track my food intake on a daily basis... and regular exercise gives me more energy every day, I sleep better and it has improved my joint health. I have lost 20 pounds since starting the program and am pretty proud of that!"

That's what the YMCA's Diabetes Prevention Program is all about – helping people take their lives back and be happier by providing tools and support that can lead them down a healthier path.

And Carol's not done yet, "I would like to lose another 20 pounds before our

The Y. For A Better Us.

Norm Waitt Sr. YMCA 601 Riverview Drive South Sioux City, NE 68776 nwsymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

program ends. I have been on a low level cholesterol medication and hope to be off of it at my next doctor's appointment."

Finally, Carol hopes her new found habits help her keep up with 'the boys' while biking in Arizona in 2016.

"I won't be able to ride as fast as they do but... I just want to be able to go the distance. Couldn't do that with 35-40 pounds of extra weight!"

###

For further information or media requests, contact:

Chris DeRoin

Digital Marketing & Media Coordinator

NORM WAITT SR. YMCA

PHONE: (402) 404-8439

E-MAIL: cderoin@nwsymca.org

@nwsymca

The Y. For A Better Us.

Norm Waitt Sr. YMCA 601 Riverview Drive South Sioux City, NE 68776 nwsymca.org

Unity Point Health- St. Luke's

Diabetes Education program



“UnityPoint Health - Sioux City provides coordinated clinic, hospital and home-based care for patients in Sioux City and the surrounding Siouxland area.”

You will find in this section:

- Diabetes Prevention class schedule
- Information on diabetes services Unity Point Health provides



Diabetes EDUCATION CLASSES

Knowledge is one of your best tools in managing diabetes. UnityPoint Health – St. Luke's offers diabetes education classes that cover a variety of topics, from how to monitor blood glucose levels to diet and exercise, along with healthy living tips to help with prevention as well as management of diabetes.



Type 1 Diabetes

Type 1 Diabetes accounts for about 10 percent of diabetes cases. People with Type 1 diabetes require daily insulin injections. It can affect any age but is often seen in children. St. Luke's provides pediatric diabetes care for these younger patients.

Call to schedule a one-on-one appointment.

Type 2 Diabetes

Type 2 Diabetes accounts for about 90 percent of diabetes cases. This type often goes undetected for long periods of time because the symptoms develop slowly, or in some cases there are no symptoms at all. This form of diabetes most often occurs in adults; however, there are now a growing number of children being diagnosed with Type 2 diabetes as well.

These classes, with essential information, will help you manage diabetes for a lifetime! Call for your introductory appointment. You will then be scheduled in a class day and time that works best for you. Classes are a series of three sessions held on Wednesdays at 1 p.m.* or Thursdays at 5 p.m.*



Gestational Diabetes

Gestational Diabetes can occur during pregnancy and disappears after delivery. St. Luke's offers pregnant women with this form of diabetes, education and glucose meter training, as well as some of Siouxland's best pre-natal care when you're preparing for baby.

Held every Tuesday at 9 a.m.* and 12 p.m.*

A doctor's order is required to attend the classes mentioned above and the fee is billed to Medicare, Medicaid, or insurance. Call (712) 279-3124 for more information.

Call Central Scheduling at (712) 279-7979 for specific dates and to schedule your appointment.

**Exceptions may apply.*



Diabetes Education

2720 Stone Park Blvd.
Sioux City, IA 51104
(712) 279-3124

Diabetes Prevention Program

This program begins in January and will guide you week by week then month by month throughout the year to help with your commitment to get healthy. You are eligible to attend if you have pre-diabetes, a history of gestational diabetes or are at high risk for developing Type 2 diabetes. Call (712) 279-3695 for more information.

Continuous Glucose Monitoring

A doctor's order is required

Diabetes Education

Living with diabetes may be challenging, but you don't have to go it alone. UnityPoint Health is committed to helping you live well with diabetes by providing coordinated care through education, coaching and support.

Importance of Diabetes Education

Diabetes Education helps people with or at risk for diabetes gain the skills and knowledge needed to change their behavior and successfully manage diabetes and its related conditions. With so much misinformation available about how to manage diabetes, it is important to partner with an expert to help you navigate the disease.

That is why our diabetes educators will team with you, your support caregiver and your provider to optimize your diabetes control while in our care. To meet your needs, Diabetes Education is provided through group classes or individual sessions.

UnityPoint Health's Diabetes Education program utilizes the National Diabetes Education Program, which is endorsed by the Centers for Disease Control and Prevention (CDC). This evidence-based program has proven to successfully reduce the burden of diabetes and prediabetes in individuals who participate in the program.

Who is UnityPoints Diabetes Educator?

Tammy Derocher RN UnityPoint Health-St. Luke's

Expert Partners

Your healthcare team will help you learn what to do to live well with Diabetes. Your team members include your doctor, nurse, care coordinator, social worker, dietitian and pharmacist. Your team members may also include nurses and dietitians certified in diabetes education (CDE); these team members have experience educating people with diabetes and have passed an examination to become certified. They work with you as your teacher, coach and counselor.

7 Behavior Changes to Improve Quality of Life

People with diabetes or prediabetes can often improve their quality of life by changing their behavior. The [American Association of Diabetes Educators](#) points to these seven key self-care behaviors:

1. Healthy eating
2. Being active
3. Monitoring
4. Taking medication
5. Problem solving
6. Healthy coping
7. Reducing risks

Care at Home

Home care nurses work with patients to develop a plan for diabetes management that allows for a healthier and more fulfilling life. [UnityPoint at Home](#) serves as an extension of your healthcare team in your home. Home care helps patients like you:

- Coordinate care with your provider and care team
- Reach your health goals with care centered on you
- Review your medications and help you understand how to take them
- Understand how to manage your diet, medications and exercise
- Avoid hospitalizations and emergency room visits
- More easily access wound nurse experts for diabetic foot and wound issues
- Monitor and manage symptoms

Contact UnityPoint Health for more information on the Diabetes Education program or other services offered

Phone: (712) 279-3500

2720 Stone Park Blvd, Sioux City, IA 51104



Mercy One Medical Center, Sioux City IA

Diabetes Education Classes and Pre- Diabetes program



“Living the traditions, visions and values of the Sisters of Mercy, Mercy Medical Center-Sioux City is a regional medical center that meets the needs of residents in a 33-county area of western Iowa, eastern Nebraska and southeastern South Dakota.”

You will find in this section:

- Locations and times of diabetes education classes
- Certified Diabetes Educators

Diabetic Education

Mercy's Diabetes Education program gives people with diabetes the knowledge, skills and tools they need to successfully manage their diabetes and avoid many of the complications associated with the disease. Group classes are available during the afternoon or evening. Individual, gestational, or insulin pump instruction are available by appointment. For more information about this program or to schedule a class, please call to speak with a member of Mercy's Diabetes Education team.

Diabetic Education is available through Mercy at several locations:

Sioux City 712-279-2345

Hawarden 712-551-3100

Primghar 712-957-2326

Oakland, NE 402-685-5601

Comprehensive Diabetes Self-Management Group Class Schedule
Day classes and evening classes are offered each month.

Individual, Gestational, Refresher Class, Pre-Diabetes, or insulin pump instruction (I-Pro, continuous Glucose monitoring) are available by appointment.

Please call your local Mercy facility: Hawarden or Primghar, Iowa and Oakland, Nebraska, to get their Diabetic Education Schedules for 2019.

To learn more about diabetes, sign up to receive the Diabetic Education Newsletter, to be mailed to your home twice per year. This newsletter provides information on how to manage diabetes as well as recipes and exercise information. Please email ernstt@mercyhealth.com and leave your name and address to receive this FREE publication



Connections Area Agency on Aging

Diabetes Self-Management Workshop



“To enhance the quality of life for elders in our service area through education, planning and coordination of services.”

You will find in this section:

- Diabetes Self-Management Workshop information
- Contact information to learn about other programs offered by Connections



The Connection to Resources for Older Iowans

Are you diabetic or care for someone who is diabetic?
The Diabetes Self-Management Workshop may be for you!

Coming again soon to the *Siouxland area...*

Diabetes Self-Management Workshop

- FREE 6-week workshop
- This workshop does not replace any of your existing cares, programs or treatments
- Develop tools to understand and receive support with:
 - Healthy eating
 - Being active
 - Monitoring
 - Medication management
 - Problem solving
 - Healthy coping
 - Reducing risks
- Learn to:
 - Make better nutrition & physical activity choices
 - Deal with pain & fatigue
 - Sleep better
 - Talk with your doctor & family about your health
 - Set goals & make a plan to improve your health & your life

Come, Learn, and Live Better!



Hosted by:



For more information, please contact:

Connections Area Agency on Aging

2301 Pierce Street
Sioux City, IA 51104

1-800-432-9209

Based on Stanford University's Self-Management Resource Center *Diabetes Self-Management Program*.
Peer/workshop leaders have completed Stanford's SMRC approved training.
www.connectionsaaa.org

Diabetes Education

Connections Area Agency on Aging offers a comprehensive Diabetes Self-Management Workshop to help individuals diagnosed with diabetes develop tools to better understand managing diabetes and receive support. The program is currently offered **free of charge** and runs for 6 weeks. Attendees will develop better understanding in:

- Healthy eating
- Meal planning
- Action planning
- Being active
- Monitoring blood pressure and sugar levels
- Medication management
- Healthy coping
- Problem solving
- Reducing risks

Diabetes Self-Management Workshop is based on Stanford University's Self-Management Resource Center *Diabetes Self-Management Program*.

Certified instructors:

Stan Wisnieski

Jessica Meyer

The 2019 Diabetes Management class is offered at several convenient locations around the Siouxland region. Diabetes classes at the Siouxland Center for Active Generations location start January 8th 2019. Contact Connections Area Agency on Aging for more information on joining a workshop

2301 Pierce Street
Sioux City, IA 51104
1-800-432-9209

Other programs offered

Connections Area Agency on Aging offers other evidence based programs including: Tai Chi for arthritis and Matter of Balance. The Tai Chi for arthritis program helps individuals experience relief from arthritic pain. The Matter of Balance program helps individuals overcome their fears of falling and increase their strength and sense of balance.

Contact Connections Area Agency on Aging for more information on the programs they offer!



Additional Resources

Siouxland District Health Department



<http://siouxlanddistricthealth.org>

Family Health Care of Siouxland

Family Health Care
of Siouxland

[Diabetes Wellness](#)

[Fair](#)

Phone: 712-226-2600

American Diabetes Association



<http://www.diabetes.org>

HyVee - [Dietitians](#)

Sioux City Hy-Vee Mainstreet

2611 Pierce Street
Sioux City, Iowa
Main: 712-277-0144
Pharmacy: 712-258-0117

Siouxland Area Children with Diabetes Support Network

Diabetes Support Group (children
with diabetes and parents),
monthly meetings and fun
activities.

Phone: 712-253-1438

<http://defeatdiabetes.org>

Hy-Vee on Hamilton

2827 Hamilton Boulevard
Sioux City, Iowa
Main: 712-277-8120
Pharmacy: 712-277-8734

Siouxland Community Health Care Center

[Walk With a Doc](#)

Phone: 712-252-2477

Gordon Plaza Hy-Vee

3301 Gordon Drive
Sioux City, Iowa
Main: 712-234-1960
Pharmacy: 712-234-1949

Southern Hills Mall Hy-Vee

4500 Sergeant Road
Sioux City, Iowa
Main: 712-274-1036
Pharmacy: 712-274-2949

Toolkit update as of 2/27/19

Toolkit may be located on healthysiouxland.org