

Virginia Center for Diabetes Prevention and Education

DID YOU KNOW....

- If you have prediabetes, the Diabetes Prevention Program can help you prevent or delay developing diabetes by as much as 58%. People over 60, can reduce their risk by 71%!
- If you have diabetes, learning about your care through Diabetes Self-Management Education, can help you lower your A1C level by as much as 2.3%.

Diabetes Programs in Your Area

Diabetes Self-Management Education

Would you like to learn how to lower blood sugar levels, decrease diabetes complications, and reduce healthcare costs?

Diabetes education self-management education provides evidence-based tools to help people with diabetes to guide decisions and activities about their diabetes. Diabetes education has been proven to help people with diabetes stay healthy. It requires a referral from a provider.

Sentara RMH Medical Center DSMES 2010 Health Campus Dr., Harrisonburg, VA 22801 (540)689-1001
UVA DEMP Fontaine - 415 Ray C. Hunt Drive, Suite 2100, Charlottesville, VA 22903 (434) 243-4620

Community Diabetes Education Program

The **Diabetes Self-Management Program (DSMP)** is a 6-week workshop that helps older adults self-manage their diabetes. The program's evidence-based structure relies on the assumption that people with diabetes have similar concerns and problems. They must deal not only with their diabetes but also with the impact that diabetes has on their lives.

Jefferson Area Board for Aging - 674 Hillsdale Drive, Charlottesville, VA 22901
(434)817-5222 info@jabacares.org

Diabetes Prevention Program

Do you have prediabetes? Take this simple **RISK TEST**. Individuals who joined in a lifestyle change program have decreased their risk of developing diabetes. Don't wait!
<https://www.cdc.gov/diabetes/prevention/index.html>

[Virginia Cooperative Extension](#) (540) 665-5699, vsantiago@vt.edu

Diabetes Tele-education Program

Would you like to learn more about diabetes on-line?

The Diabetes Tele-Education Program has live (or recorded) diabetes classes offered to people with diabetes and their families on-line. Classes may be viewed at a healthcare facility, or they can be watched at home. To learn more, click on the link below.

<https://med.virginia.edu/vcdpe/diabetes-tele-education-programs/>

Register for one class or all of them!

Diabetes Resources



Virginia Department of Health
<https://www.vdh.virginia.gov/diabetes/>

Virginia Cooperative Extension
<https://www.ext.vsu.edu/what-is-diabetes>

Center for Disease Control
<https://www.cdc.gov/diabetes/basics/index.html>