

Capital Region Diabetes Education and Support Services Guide



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The *Capital District Diabetes Education and Support Services Guide* is produced in partnership by the American Diabetes Association and the Healthy Capital District Diabetes Community Health Improvement Task Force.

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This guide is reviewed annually to ensure the most up-to-date information is included and electronic copies are available at www.healthycapitaldistrict.org. Should you notice an error or omission, please contact us at hcdi@healthycapitaldistrict.org.

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PREDIABETES

What is it and what can I do?



What is prediabetes?

Prediabetes is a condition that comes before diabetes. It means your blood glucose levels are higher than normal but aren't high enough to be called diabetes. There are no clear symptoms of prediabetes. You can have it and not know it.

If I have prediabetes, what does it mean?

It means you might get type 2 diabetes soon or down the road. You are also more likely to get heart disease or have a stroke. The good news is that you can take steps to delay or prevent type 2 diabetes.

How can I delay or prevent type 2 diabetes?

You may be able to delay or prevent type 2 diabetes with:

- physical activity, like walking
- weight loss if needed – losing even a few pounds will help
- taking medication, if your doctor prescribes it

If you have it, these steps may bring your blood glucose to a normal range. But you are still at a higher risk for type 2 diabetes.



Regular physical activity can delay or prevent diabetes

Being active is one of the best ways to delay or prevent type 2 diabetes. It can also lower your weight and blood pressure, and improve cholesterol levels. Ask your health care team about safe ways of being active for you.

One way to be more active is to try to walk for half an hour, five days a week. If you don't have 30 minutes all at once, take shorter walks during the day.

Weight loss can delay or prevent diabetes

Reaching a healthy weight can help you a lot. If you're overweight, any weight loss, even 7% of your weight (for example, losing about 15 pounds if you weigh 200) may prevent or delay your risk for diabetes.



Make healthy choices

Here are some steps you can take to change the way you eat. Small steps add up to big rewards.

- Cut back on regular soft drinks and juice. Have water or try calorie-free drinks.
- Choose lower-calorie snacks, such as popcorn instead of potato chips.
- Eat salad with low-fat dressing and at least one vegetable at dinner every night.
- Choose fruit instead of cake, pie, or cookies.

Cut calories by cutting serving sizes

- Eat smaller servings of your usual foods.
- Share your main course with a friend or family member when you eat out. Or take half home for later.

Cut down on bad fat

- Roast, broil, grill, steam, or bake instead of deep-frying or pan-frying.
- Use a small amount of oil for cooking instead of butter, lard or shortening.
- Try plant based proteins like beans instead of meat and chicken
- Choose fish at least twice a week
- Eat lean meats such as the round or loin cuts, or chicken without the skin.
- Cut back on high fat and processed meats like hot dogs, sausage, and bacon.
- Eat less high fat desserts such as ice cream, cake with frosting, and cookies.
- Avoid margarine and other foods with trans-fat.

Track your progress

Write down what and how much you eat and drink for a week. Writing things down makes you more aware of what you're eating and helps with weight loss.



Summing it up

- Diabetes is a serious disease – if you delay or prevent it, you'll enjoy better health in the long run.
- Diabetes is common – but you can reduce your risk by losing a small amount of weight.
- Changing the way you eat and increasing your activity can delay or prevent type 2 diabetes.

Get checked

If you are at increased risk for diabetes, ask your doctor about getting tested at your next visit. Take our risk test at diabetes.org/risktest to find out if you are at risk.

Get started

- Be physically active.
- Make a plan to lose weight.
- Track your progress.



Who's at Risk for Prediabetes and Type 2 Diabetes

If you have been diagnosed with Prediabetes, you are at risk for developing Type 2 Diabetes.

You are at risk for developing Prediabetes and Type 2 Diabetes if you:

- Are overweight
- Are 45 years or older
- Have a parent, brother, or sister with Type 2 Diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or have given birth to a baby who weighed more than 9 pounds at birth
- Are African American, Hispanic/Latino American, American Indian, or Alaska Native (some Pacific Islanders and Asian Americans are also at higher risk)
- Women who have a hormonal disorder called polycystic ovary syndrome are also at higher risk for developing Prediabetes, Gestational Diabetes and Type 2 Diabetes.

You can prevent or reverse Prediabetes with simple, proven lifestyle changes such as losing weight if you are overweight, eating healthier, and getting regular physical activity. Using these same strategies, you can prevent or delay the onset of Type 2 Diabetes.

Please refer to pages 18-19 in this guide to find resources to help you lose weight, become more physically active and eat healthier. See page 8 for providers of the National Diabetes Prevention Program classes for individuals diagnosed with Pre-diabetes, or those at risk for developing Type 2 Diabetes.

In the future, Medicare recipients will be able to enroll in the Medicare Diabetes Prevention Program. Check the Healthy Capital District website for more information about providers at <http://www.healthycapitaldistrict.org>.

Take the tests on the following pages to find out more about your risk factors.

Source - CDC website: <https://www.cdc.gov/diabetes/basics/risk-factors.html>



Prediabetes Risk Test

1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.




CS300699-A



At Risk for Type 2 Diabetes? What Next?



Talk to your doctor.

If you are at risk for type 2 diabetes, it can be overwhelming and you might feel a little lost. The American Diabetes Association® is here to help you. The first step is to make an appointment with your doctor. Only your doctor can tell you for sure if you have diabetes or not.

Don't delay—early detection and treatment of diabetes decreases the risk of developing the complications of diabetes.

What are the symptoms?

You may have no noticeable symptoms or only mild symptoms for years before diabetes is diagnosed.

Common signs and symptoms of type 2 diabetes include:

- Urinating more than usual
- Feeling very thirsty
- Feeling hungry even after eating
- Feeling tired
- Having blurred vision
- Having frequent infections or slow-healing cuts and sores
- Having tingling, pain, or numbness in the hands or feet

How is diabetes diagnosed?

There are several ways to diagnose diabetes and each way usually needs to be repeated on a second day to be sure you have it. Testing should be carried out in a health care setting (such as your doctor's office or a lab). If your doctor determines that your blood glucose level is very high, or if you have classic symptoms of high blood glucose in addition to one positive test, your doctor may not require a second test.

A1C

The A1C test measures your average blood glucose for the past two to three months. The advantage of this method of testing is that you don't have to do anything to get ready for it.

Diabetes is diagnosed at:
A1C: 6.5% or higher

Fasting Plasma Glucose (FPG)

This test is usually done first thing in the morning, before breakfast, and checks your blood glucose after not eating or drinking anything (except water) for eight hours.

Diabetes is diagnosed at:
Fasting blood glucose: 126 mg/dL or higher

Oral Glucose Tolerance Test (also called the OGTT)

The OGTT is a two-hour test that checks your blood glucose levels before and two hours after you drink a special sweet liquid. It tells the doctor how your body processes glucose.

Diabetes is diagnosed at:
Two-hour blood glucose: 200 mg/dL or higher

Random (also called Casual) Plasma Glucose Test

If you are showing severe diabetes symptoms, your doctor may use a random glucose test.

Diabetes is diagnosed at:
Blood glucose: 200 mg/dL or higher

What is prediabetes?

Prediabetes is a condition that occurs when your blood glucose is higher than normal but not high enough to be diabetes. This condition puts you at risk for developing type 2 diabetes.

Results indicating prediabetes are:
An A1C of 5.7%–6.4%
Fasting blood glucose of 100–125 mg/dL
Two-hour blood glucose of 140 mg/dL–199 mg/dL



Visit diabetes.org or call 1-800-DIABETES (800-342-2383) for more information from the American Diabetes Association.



National Diabetes Prevention Programs

The National Diabetes Prevention Program is a 12-month program that teaches participants strategies for incorporating physical activity into daily life and eating healthy. Lifestyle coaches work with participants to identify emotions and situations that can sabotage their success, and the group process encourages participants to share strategies for dealing with challenging situations. Check with your insurance company, coverage for the National Diabetes Prevention Program differs among insurance companies.

Capital District YMCA Chronic Disease Programs

Serving Albany County

Contact: Miguel A. Serrano

mserrano@cdymca.org

(518) 323-7321

Rensselaer County Department of Health

Serving Rensselaer County

Contact: Olivia Mogan / Kelsey Sargood

omogan@renesco.com / ksargood@renesco.com

(518) 270-2655

Health Literacy for All

Serving Albany, Schenectady, Saratoga, Rensselaer, Columbia, Montgomery, and Warren counties

Contact: Karen Laing

info@healthliteracyforall.org

(518) 881-6405

St. Peter's Diabetes and Endocrine Care

Serving Albany, Rensselaer, Saratoga, and Schoharie counties

Contact: Katie Cameron MPH, BSW

Katie.cameron@sphp.com

518-447-3548

Independent Living Center of the Hudson Valley

Serving Greene County

Contact: Patricia Carson, Lifestyle Coach

pcarson@ilchv.org

(518) 828-4886

Refer to pages 18-19 for more resources on physical activity and diet.

Check www.healthycapitaldistrict.org for updated programming.



Ride. Run. Walk. For the cure!

06/02/2024

REGISTER NOW!

www.diabetes.org/CapitalRegion

TOUR de CURE
American Diabetes Association.
Ride. Run. Walk.



Diabetes Self-Management Training and Education

Type 2 Diabetes can be managed and prevented so you can enjoy the best of health. If your doctor tells you that you have Pre-diabetes, your best strategy to reduce your risk and delay the onset of Type 2 Diabetes is to attend a prevention program. You can go to a group program, or see a Registered Dietitian or Certified Diabetes Educator one-on-one. Your doctor will help you determine the best option. Class details and insurance coverage varies.

Albany Medical Center
Division of Community Endocrinology
1365 Washington Ave, Suite 300
Albany, NY 12206
(518) 489-4704

Community Care Physicians, P.C.
Patient Education and Wellness Program
501 New Karner Rd., Suite 1A Albany, NY 12205
Phone: 518.713.5347. Fax: 518.713.5359
Offers several site locations in Capital District

St. Mary's
(518) 841-3717
St. Mary's Memorial Campus
4988 Rt. 30
Amsterdam

Stratton VA Medical Center
Diabetes Self-Management
Education Program
113 Holland Ave.
Albany, NY 12208
(518) 626-6889
*Must be eligible and enrolled for
Health care at Stratton VMAC, see website for details:*
<http://www.albany.va.gov/patients/eligibility.asp>

Albany Medical Center
Goodman Diabetes Service
220 Washington Avenue Ext.
Albany, NY 12203
(518) 262-5185
*Must be enrolled for health care at the AMC
Department of Endocrinology.*

**Albany Medical Center Pediatric
Endocrinology**
22 New Scotland Ave, 4th Floor
Albany, NY 12208
(518) 262-5723
*Must be enrolled for health care at AMC Pediatric
Endocrinology*

St. Peter's Health Partners
Diabetes and Endocrine Care
63 Shaker Rd. Suite 201
Albany, NY 12204
(518) 471-3224

Saratoga Hospital
Diabetes Education Services
Diabetes: One Step at a Time
211 Church St
Saratoga Springs, NY 12866
(518) 886-5121

Saratoga Hospital Medical Group
Endocrinology and Diabetes
665 Rt. 9
Wilton, NY 12831
(518) 580-2185



Diabetes Self-Management Training and Education

Living With Type 2 Program

A FREE 12 month digital education program that includes

- 6 digital, printable journeys to help you learn to live well with diabetes
- A monthly e-newsletter with tips, stories, and more resources
- 6 free issues of our award winning *Diabetes Forecast*® magazine
- Access to our online community and local events

This program is available in both English and Spanish.

To sign up for this program, call 1-800-DIABETES (800-342- 2383) or go to:

<https://diabetes.org/living-with-diabetes>

Ella Roden, RD, CDE Individualized Weight Loss & Diabetes Counseling

713 Eichybush Road Kinderhook, NY 12106
(518) 758-1572

Bryant Nutrition PLLC

2 Sherman Potts Drive, Ghent, NY 12075
159 Jefferson Heights, Catskill, NY 12414
(518) 821-8603

BSNENY Diabetes Disease Management

1-877-878-8785 option 2

<https://www.bsneny.com/content/neny/health-wellness/health-care-services/disease-management.html>

CDPHP

1-800-365-4180

<https://www.cdphp.com/members/wellness/get-health-support/care-team>

MVP Diabetes Care Program

1-866-942-7966

<https://www.mvphealthcare.com/wp-content/uploads/download-manager-files/Condition-Specific-Information-Brochure-Diabetes-Care-English.pdf>



Medical Nutrition Therapy Providers

Medical Nutrition Therapy consists of one on one counselling with a Registered Dietitian. You must be referred for Medical Nutrition Therapy by your doctor. Visits with the Registered Dietitian may include an initial nutrition and lifestyle assessment, individual and/or group nutrition therapy services, and a follow-up visit to check on your progress in managing your diet. Insurance coverage may vary.

Ellis Medical Nutrition Therapy

600 McClellan St.
Schenectady, NY 12304
(518) 347-5421

Community Care Physicians, P.C. Patient Education and Wellness Program

501 New Karner Rd., Suite 1A Albany, NY 12205
Phone: 518.713.5347. Fax: 518.713.5359

Albany Medical Center Division of Community Endocrinology

1365 Washington Ave, Suite 300
Albany, NY 12206
(518) 489-4704

Albany Medical Center Goodman Diabetes Service

25 Hackett Blvd, 3rd Floor
Albany, NY 12208
(518) 262-5185

*Must be enrolled for health care at the AMC
Department of Endocrinology.*

Albany Med Pediatric Endocrinology Albany Med

22 New Scotland Avenue, 4th Floor
Albany, NY 12208
(518) 262-5723

St. Peter's Health Partners Diabetes & Endocrine Care

63 Shaker Rd. Suite 201
Albany, NY 12204
(518) 471-3636

Saratoga Hospital Outpatient Nutrition Services

211 Church Street
Saratoga Springs, NY 12866
(518) 886-5121

Saratoga Hospital Nutrition Services

3050 Route 50
Saratoga Springs, NY 12866
Contact number: (518) 886-5121

Saratoga Hospital Medical Group Endocrinology and Diabetes

665 Rt. 9
Wilton, NY 12831
(518) 580-2185



Diabetes Support Groups

Support groups for diabetes offer a diverse range of benefits for both you and your loved ones. Whether it is exchanging information about diabetes, attending events, or just being available to talk and listen, support groups are a great way to meet people and understand a condition that affects so many.

St. Peter's Health Partners

Diabetes and Endocrine Care

63 Shaker Rd. Albany, NY 12204

(518) 471-3636

Diabetes support group for adults

Diabetes Sisters of Albany/Schenectady

Diabetes Sisters has two ongoing PODS (Part Of Diabetes Sisters) peer support groups for women in the Capital District.

The PODS Meet-ups are free to attend and are open to women of all ages (18 and older) with all types of diabetes.

Diabetes Sisters of Albany/Schenectady, NY

Every 3rd Tuesday

6:15 pm to 8:15 pm

Berkshire Hathaway Home Services
8 Airline Drive, Suite 104, Albany,
NY 12205

Diabetes Sisters of Clifton Park, NY

Every 2nd Saturday

10:00am to 12:00pm

Prince of Peace Church
4 Northcrest Drive & Rte 146,
Clifton Park, NY 12065

For more information please visit
the Diabetes Sisters website at
www.diabetessisters.org

JDRF's Sugar Free Gang

NYSUT Building Auditorium

800 Troy-Schenectady Rd.

Latham, NY 12110

(518) 477-2873

Jdrf.org

Meets the 1st Monday of every month

*Diabetes support group for children with Type 1
diabetes*

Saratoga Hospital Nutrition and Diabetes Education Services

3050 Route 50

Saratoga Springs, NY 12866

Contact number: (518) 886-5121

Saratoga Hospital Diabetes Education Services

211 Church Street

Saratoga Springs, NY 12866

(518) 886-5121

Meets 2nd Monday of each month

St. Mary's

(518) 841-3717

St. Mary's Memorial Campus

4988 Rt. 30

Amsterdam



Medication Assistance Programs

To determine if you are eligible for help with purchasing your medications, please contact your local Community Health Advocate Program. Community Health Advocate (CHA) agencies are trained and qualified to answer your health insurance questions and help you access health services. Discounted prescription assistance is one service offered. Medication manufacturers may also offer medication assistance programs.

Local CHA Programs

Healthy Capital District

Serving Albany, Columbia, Greene, Rensselaer, Saratoga, and Schenectady Counties
(518) 462-7040

Independent Living Center of the Hudson Valley

Serving Albany, Columbia, Greene, Rensselaer, and Schenectady Counties
(518) 274-0701

Southern Adirondack Independent Living Center

Serving Saratoga, Fulton, Montgomery, and additional Counties
(518) 792-3537

St. Peter's Health Partners Prescription Assistance Program

Serving: Albany, Columbia, Greene, Rensselaer, Saratoga and Schenectady Counties
518-268-6442 or 518-525-6646

New York Statewide CHA Programs:

Community Service Society

(888) 614-5400

Empire Justice Center

(800) 724-0490 x5822

Medicare Rights Center

(800) 333-4114

Smoking Cessation Assistance

The Butt Stops Here© Program

Serving Albany, Columbia, Greene, Rensselaer, Saratoga, and Schenectady Counties
Seven, one-hour sessions and includes a workbook and two weeks of nicotine patches or gum. Group support, facilitator-led. Low or no cost.

Samaritan Hospital, Krause Center

(518) 268-6442 or
sphp.com/classes-events

St. Peter's Hospital, Cancer Care Center

(518) 525-1827 or
sphp.com/classes-events

Quit - FREE of charge!
No registration required.

Capital City Rescue Mission

(518) 725-4465

City Mission of Schenectady

(518) 346-2275, ext. 329

Ellis Hospital

(518) 831-6957
www.ellismedicine.org/smoking



Medications and Supplies



Questions to Ask at the Pharmacy

- Are these medications and supplies available?
- Are they covered by my insurance?
- When and how should I take this medicine?
- Will you call me when they are ready?
- Is there a Dietitian-Nutritionist or nutrition information available?
- Is medication delivery available?

Tips to Help you Take Medication as Prescribed

- Use a pill box to organize your medications
- Set an alarm to remind you when it is time to take your medications
- Set up a routine to take your medications at the same time every day
- See your doctor at least 2 times a year to get refills
- If you experience any side effects – talk to your doctor or pharmacist before stopping your medication, they may be able to help!
- At the Pharmacy:
 - Fill 90-day supplies and sign up for automatic refills (if available)
- Sign up for medication syncing (if available). This means the pharmacy will fill all of your prescriptions on the same day and save you trips to the pharmacy
- Request your refill 3 days before you will run out. If you are out of refills or going on vacation, ask 7 days early.
*Not available for controlled substances



Sharps Collection Sites

NYS Safe Sharps Collection Program

All hospitals and nursing homes in New York State are mandated by law to accept home-generated sharps as a free community service through their sharps collection programs. In addition, pharmacies, health clinics, community-based organizations, mobile van programs, police stations, waste transfer stations and other venues (alternative sites) have become settings for safe sharps and offer syringe collection drop boxes to help facilitate the safe collection of used sharps.

https://www.health.ny.gov/diseases/aids/consumers/prevention/needles_syringes/sharps/

**Please be sure to call ahead to determine times and specific locations for drop-off.

Safe Needle Disposal:

National database of needle disposal sites

<https://safeneedledisposal.org/>

1-800-643-1643

VA sharps Disposal Station for Eligible/Enrolled Veterans:

Stratton VA Medical Center

113 Holland Avenue

Albany, NY 12208

First floor of the main lobby, room A137 (medication disposal bin is also available for our enrolled Veterans at the Pharmacy on the first floor)

Must be eligible and enrolled for health care at the Stratton VAMC, see web site for details at

www.albany.va.gov/patients/eligibility.asp



Healthcare Team for People with Diabetes

Below is a list of people that can help you live healthy with diabetes.

Primary Care Provider MD, DO*, NP, PA

- Who you see for general check-ups and when you get sick
- Refers to specialists of other team members listed below

Certified Diabetes Care and Education Specialist, CDCES

- Medical doctors, physician assistants, nurses, registered dietitian-nutritionists or other trained and specialized health professionals who provide on-going guidance for those living with pre-diabetes or diabetes

Registered Dietitian-Nutritionist, RDN

- Trained to provide expert nutrition guidance and support
- Works collaboratively with clients to determine individualized food and nutrition needs
- Provides ongoing support and guidance over the long term to promote health and wellness among individuals with whom they work

Endocrinologist, MD or DO*

- A doctor who specializes in treating diabetes and other diseases of the endocrine system, which includes the pancreas and the thyroid
- Most people with Type 1 diabetes see an endocrinologist, especially when they are first diagnosed
- People with Type 2 diabetes may see an endocrinologist if they are newly diagnosed, having trouble getting their diabetes under control or are developing complications

Eye Doctor, MD or OD**

- Can be either an ophthalmologist or optometrist and checks for any changes in your eyes
- The American Diabetes Association guidelines say you should see your eye doctor at least once a year for a dilated eye exam

*DO = Doctor of Osteopathy

**OD = Doctor of Optometry



Healthcare Team for People with Diabetes

Below is a list of people that can help you live healthy with diabetes.



Podiatrist, DPM

- A doctor trained to treat problems of the feet and lower legs
- Any foot sore or callus needs to be checked by your primary care doctor or podiatrist, who can also trim your toe nails
- It is important to check your feet daily for signs of trouble



Pharmacist, RPh, or PharmD

- Provides advice on how the medications you are taking can affect your blood sugar levels, lets you know about potential side effects of any drugs you are going to take, reviews what you are taking to see if any new medications will interact with the ones you are already taking, and recommends over the counter medications.
- Keeps an accurate record of your medications, your medical history and allergies
- Find a pharmacy you like and stick with it



Dentist, DDS, DMD

- People with diabetes are at somewhat greater risk of gum disease
- Excess blood sugar in your mouth makes it a good home for bacteria, which leads to infections
- See your dentist every six months and be sure to let your dentist know you have diabetes



Exercise Physiologist, MS

- Trained in the scientific basis of exercise
- Your doctor can help you look for and refer you to a certified professional
- Always get your doctor's approval for any exercise program

Mental Health Professional, LCSW, MSW, PhD, PsyD, MD

- Helps with personal and emotional side of living with diabetes
- May be able to help you find resources to help with your medical or financial needs, and help you cope with any concerns related to diabetes, including problems with the family and coping with workplace situations



Section 2: Active Daily Living

Nutrition and Physical Activity Resources

Studies show a healthy diet and exercise for people with diabetes can greatly contribute to your overall health, especially those with Type 2 diabetes. You might be surprised at how just a small amount of daily exercise can boost your health, confidence, energy level, and so much more! These great resources can assist you in making choices to promote a healthier lifestyle:

Local Office for the Aging

Congregate meals, Meals on Wheels, and additional nutrition services for seniors.

Albany County: (518) 447-7183

Saratoga County: (518) 884-4100

Schenectady County: (518) 382-8481

Rensselaer County: (518) 270-2739

Columbia County: (518) 828-4258

Greene County: (518) 719-3555

Capital Roots Veggie Mobile

Buy fresh produce at low cost. Cash, check, EBT, WIC and FMNP checks accepted. Basic nutrition information and recipes provided. Gardening classes are offered periodically. Call (518) 274-8685, www.capitalroots.org

Cornell Cooperative Extension

Contact to arrange group nutrition classes.

Albany County – (518) 765-3500

Schenectady County – (518) 372-1622

Rensselaer County – (518) 272-4210

Saratoga County – (518) 885-8995

Shop Rite Health & Wellness Coordinator

Offers store tours, educational resources, and information about nutrition, food products and shopping for diabetes.

Contact Janae Halsted, MS, RD: (518) 708-3445

The Healthy Living Center

Located inside Hannaford Supermarket. Offers physical activity and nutrition classes.

900 Central Ave, Albany, NY 12206

(518) 729-4732

Email: info@healthyalbany.org

For nutrition information at the Healthy Living Center
Email: frances.weiss@hannaford.com

Hannaford dietitians available for store tours at the following Hannaford locations:

Albany: (518) 438-7296

Colonie: (518) 482-1085

Delmar: (518) 439-7657

Glenville: (518) 384-0156

Latham: (518) 782-1750

Niskayuna: (518) 395-9497

Check Hannaford's website for information about free programs and contacts at these and additional locations: Hannaford.com/dietitians

Silver Sneakers Fitness Program

Senior Fitness Programs and Activities

www.silversneakers.com or 888-423-4632 to find the closest participating location or for more information. * *Free depending on your health insurance plan*



Nutrition and Physical Activity Resources

Dining with Diabetes

Cornell Cooperative Extension

A series of three classes for people with diabetes and their family members that includes learning, demonstrations, and tasting of healthy foods. Visit ccesaratoga.org/nutrition-food/nutrition/dining-with-diabetes

Albany: 24 Martin Road, Voorheesville, NY 12186 | Karen Roberts Mort: (518) 765-3552 | kem18@cornell.edu

Saratoga: 50 West High Street, Ballston Spa, NY 12020 | Diane Whitten: (518) 885-8995 | dwhitten@cornell.edu

Stratton VA Medical Center Nutrition Counseling & MOVE Weight Management Program

Must be eligible and enrolled for health care at the Stratton VAMC, see website for details.

<https://www.albany.va.gov/patients/eligibility.asp>
www.move.va.gov | www.nutrition.va.gov
113 Holland Ave. Albany, NY 12208 |(518) 626-6871

Things to do in Albany County

Albanycounty.com/departments/recreation
<http://www.albanycounty.com/Government/Departments/CountyExecutive/RailTrail.aspx>

Things to do in Columbia County

Columbiacountytourism.org

Things to do in Greene County

Greatnortherncatskills.com/map

Things to do in Rensselaer County

http://www.rensco.com/wp-content/uploads/2017/06/Public_Health_Outdoor-Activity-Areas-2.pdf

Things to do in Saratoga County

Saratoga.com/things-to-do

Things to do in Schenectady County

Schenectadycounty.com/content/sports-and-recreation

Check with your local Parks and Recreation Department for further information.

YMCA Locations

Group exercise programs, personal training, and healthy living programs **for members only**. Scholarships available for those who cannot afford fees. www.CDYMCA.org

Albany: 17 New Scotland Ave. Albany, NY 12208 (518) 729-4732

Bethlehem: 900 Delaware Ave. Delmar, NY 12054, (518) 439-4394

Duanesburg: 221 Victoria Dr. Delanson, NY 12053, (518) 895-9500

Glenville: 127 Droms Rd. Glenville, NY 12302 (518) 399-8118

Greenbush: 20 Community Way, E. Greenbush, NY 12061, (518) 477-2570

Greene County: 35 Rt. 81 West Coxsackie, NY 12192, (518) 731-7529

Guilderland: 250 Winding Brook Dr. Guilderland, NY 12084, (518) 456-3634

Schenectady: 433 State St. Schenectady, NY 12305, (518) 881-0117

Saratoga Regional YMCA: Wilton Branch, 20 Old Gick Rd, Saratoga Springs, NY 12866, (518) 587-3000

Southern Saratoga: 1 Wall St. Clifton Park, NY 12065, (518) 371-2139

Troy: 2500 21st St. Troy, NY 12180, (518) 272-5900

CDPHP No-Cost Gyms

CDPHP members can take advantage of free access to gyms throughout the Capital Region. Visit <https://www.cdphp.com/weight-management/programs-rewards/no-cost-gyms> for information and locations.

Eat Smart NY of the Capital Region

Free Supplemental Nutrition Assistance Program (SNAP) education program.

<http://capitalregionesny.org/about-us/about/>
Kathleen McAllister: (518) 765-3522 [kcm17@cornell.edu](mailto:kem17@cornell.edu)

WW Freestyle (formerly Weight Watchers)

Based on our science backed SmartPoints® system, WW Freestyle encourages you to eat more fruits, veggies, lean protein, and less sugar and unhealthy fats. Subscription fees apply.

<https://www.weightwatchers.com/us/>



Food Assistance Programs

The following agencies can help you find the nearest food assistance programs that serve your neighborhood. Call ahead to verify the facility's address and hours.

Food Pantries for the Capital Region

County-specific lists on website.
32 Essex Street, Albany, NY 12206
(518) 458-1167
Monday - Friday 8 a.m. to 4 p.m.
<http://www.thefoodpantries.org/>

National Hunger Hotline

A United States Department of Agriculture (USDA) Food and Nutrition Service free National Hunger Hotline to help individuals find food near your location.
1-866-3-HUNGRY or 1-866-348-6479
Monday - Friday 7 a.m. to 10 p.m.

Nutrition Outreach and Education Program (NOEP)

Free nutrition assistance programs such as the Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program. Contact an NOEP Coordinator based on your county or visit <https://mybenefits.ny.gov/mybenefits/begin> to get more information.
Albany: (518) 689-6327
Columbia: 518-828-8660 ext. 128
Greene: 518-943-1462 ext. 104
Rensselaer: 518-274-2607 ext. 4108
Saratoga: 518-587-5188 ext. 412

Regional Food Bank of Northeastern NY

965 Albany-Shaker Road
Latham, NY 12110
(518) 786-3691
Monday – Friday 8 am – 5 pm
regionalfoodbank.net

Women, Infants and Children (WIC)

Nutrition assistance program for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five. To find a local agency, call the Growing up Healthy Hotline at 1-800-522-5006 or visit the NYSDOH website.
Health.ny.gov/prevention/nutrition/wic/how_to_apply.htm



Physical Activity – How to fit it in Your Life

Regular physical activity is important for everyone, but it is especially important for people with diabetes and those at risk for diabetes. Exercise, or physical activity, can include anything that gets you moving throughout the day.

AT WORK

- Take the stairs instead of the elevator at the office and in the parking garage
- Get up once an hour while you are at work and take a quick walk around your office
- Stand up and stretch at your desk
- If you go out for lunch, walk to the restaurant
- If you take public transportation to work, get off a stop earlier and walk the rest of the way to your office
- Use a speaker or mobile phone so you can pace around your office during calls

*

AT HOME

- Take the dog for a walk around the block
- Yard work such as mowing the lawn or raking leaves
- Housework such as vacuuming, dusting, or washing dishes
- Play with the kids – play catch or throw the Frisbee around
- Walk in place during the commercials of your favorite television show
- Carry things upstairs or from the car in two trips instead of one
- Walk around the house or up and down stairs while you talk on the phone
- While you are watching TV, move your arms and legs to improve circulation, build muscle, and keep yourself loose.

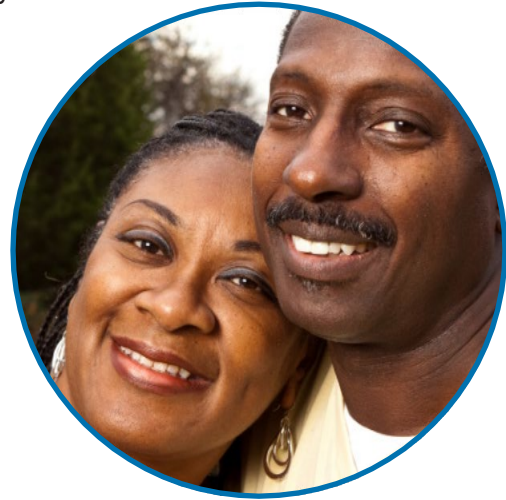




Diabetes: Another reason to quit

Tobacco has many bad health effects, especially for people with diabetes.

No matter how long you have smoked, your health will get better when you quit.



Diabetes and Smoking Problems can get worse

- Smoking doubles the damage from diabetes because it damages the arteries
- Smokers with diabetes are more likely to get nerve damage and kidney disease
- Smokers with diabetes are 3 times more likely to die of heart disease
- Smoking raises the blood sugar level making it harder to control diabetes
- Smoking weakens the action of insulin
- Smoking increases the risk of getting diabetes

Diabetes and Quitting The benefits of quitting are big

- Better blood sugar control
- Better circulation
- Improves the action of insulin
- Less risk of having nerve damage due to diabetes and kidney problems
- Lowers blood pressure
- Lowers cholesterol

After you quit

Talk with your doctor about:

- Weight gain or diet changes
- Changing your insulin dose
- Changing your diabetes pill schedule
- Changing other medicines like high blood pressure or high cholesterol medicines



1-866-NY-QUITS (1-866-697-8487) • Taped message library and tip of the day - 24 hours / 7 days www.nysmokefree.com
• Join QUNITY, your online smoke-free community and quit coach



Smart Phone Apps

If you have a smart phone and a chronic disease, chances are there's an app for what ails you. There are hundreds of apps available. Not sure what to download? Consider some of these popular apps:

BLOOD GLUCOSE TRACKING

Diabetes Pal*

Glucose Buddy

Blood Glucose Tracker

mySugr

FITNESS

Charity Miles

Map My Walk

WELL-BEING

Sleep Time

MEDICAL CONDITION

My Health Apps
www.myhealthapps.net
A database of health apps for smart phones

KIDS

Carb Counting With Lenny

Blue Loop

NUTRITION

GoMeals

Calorie King*

MyNetDiary

MEDICATIONS

MedSimple

WEIGHT LOSS

Loselt

MyFitnessPal

SparkPeople

* Not available for Android



Internet Resources

FOOD AND NUTRITION

Diabetes Food Hub

A collection of recipes reviewed and approved by an ADA dietician for diabetes. Click on any recipe and get an automated a grocery list based on the recipe.
www.diabetesfoodhub.org



Calorie King

Recipes, food database for looking up nutritional content of foods, including information on foods from restaurants. Most services are free.
www.calorieking.com

Self-Nutrition Data

A reference site that provides free and unbiased nutritional information.
<https://nutritiondata.self.com/help/quickstart>

Choose My Plate

Meal planning and guidelines.
www.choosemyplate.gov

dLife

Recipes, nutrition tips, and expert advice for diabetes.
www.dlife.com

PHYSICAL ACTIVITY & WEIGHT LOSS

Weight Loss Buddy

Get the support of a buddy, stories about people like you, or start your own journal.
www.weightlossbuddy.com

Lose It

Free web site for documenting intake, exercise and for finding new recipes. There is also an app for smartphones.
www.loseit.com

Fitness Blender

Free full-length workout videos, workout routines, healthy recipes and more.
www.fitnessblender.com

YouTube

Web site containing thousands of videos. HASfit includes 30 minutes standing and seated exercises for seniors, obese, plus size, and limited mobility.
www.youtube/HASfit



Internet Resources

DIABETES INFORMATION

The Center for Science in the Public Interest

Providing advice and advocacy toward a healthier food system since 1971.

<http://scpinet.org>

American Diabetes Association

Information about diabetes and nutrition.

www.diabetes.org

American Association of Diabetes Educators

Information about diabetes educators and patient resources.

www.diabeteseducator.org

Academy of Nutrition and Dietetics

Information regarding diabetes and other nutrition related diseases, as well as a database of Registered Dietitians.

www.eatright.org

Association for Diabetes Care and Education Specialist (ADCES)

www.adces.org

Diabetes Health Magazine

www.diabeteshealth.com

Diatrube

Educational articles regarding the management of Diabetes.

www.diatrube.org

Center for Disease Control and Prevention

<https://www.cdc.gov/diabetes/basics/diabetes.html>

Diabetes Self-Management Education and Support for Adults with Type 2 Diabetes

<https://www.diabeteseducator.org/docs/default-source/practice/practice-resources/algorithm-of-care.pdf>

Diabetes MINE

Education and encouragement for people touched by Diabetes.

www.healthline.com/diabetesmine

National Diabetes Prevention Program

Information regarding the National Diabetes Prevention Program

www.preventdiabetes.com/whatis2.htm

www.cdc.gov/diabetes/prevention

Joslin Diabetes Center

www.joslin.org

Juvenile Diabetes Research Foundation (Type 1 Diabetes)

www.jdrf.org

National Diabetes Education Program

www.ndep.nih.gov

National Diabetes Information Clearinghouse

www.diabetes.niddk.nih.gov/intro/index.htm

COMMUNITY FORUMS

Daily Strength

This is a community forum for people who are determined to improve their eating habits for health, personal wellness, or other reasons. A place to find others with similar goals.

www.dailystrength.org



COUNT
ME
IN

JOIN THE FIGHT



THAT'S THE
ENTIRE SIZE
OF CANADA

30M

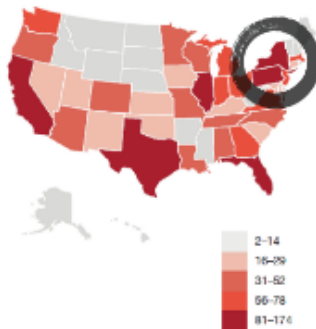
Diabetes affects over 30 million children and adults



That's 1 in 11 Americans.

NYS HAD ONE OF THE
HIGHEST NUMBER OF
ADVOCACY CASES
HANDLED BY THE ADA

Cases per state
in 2018



COSTS
\$400-\$500
PER MONTH



Diagnosed diabetes costs an estimated \$21 billion in New York each year.

The serious complications include heart disease, stroke, amputation, end-stage kidney disease, blindness—and death.



EVERY 21
SECONDS
SOMEONE IS
DIAGNOSED
WITH
DIABETES

PEOPLE WITH DIABETES
HAVE MEDICAL EXPENSES
APPROXIMATELY 2.3
TIMES HIGHER THAN
THOSE WHO
DO NOT HAVE DIABETES.

1 IN 11 PEOPLE



IF 114 MILLION PEOPLE WERE ON AN ISLAND AND A TSUNAMI WAS COMING, THE WORLD WOULD DO SOMETHING ABOUT IT.

114 MILLION AMERICANS ARE LIVING WITH PRE-DIABETES OR DIABETES, INCLUDING 2,047,000 PEOPLE IN NEW YORK AND WE ARE STANDING STILL.

WE NEED YOUR HELP.

ONE-THIRD OF AMERICAN YOUTH ARE OVERWEIGHT, A PROBLEM CLOSELY RELATED TO THE INCREASE IN KIDS WITH TYPE 2 DIABETES, SOME AS YOUNG AS 10 YEARS OLD. EXCESS BELLY FAT CAN RESULT IN INSULIN RESISTANCE, A MAJOR RISK FACTOR FOR TYPE 2.

Can we count you in?

Register for Tour: [diabetes.org/capitalregion](https://www.diabetes.org/capitalregion)

Take the Risk Test: <https://www.diabetes.org/diabetes-risk>

