

The Polk County Health Department is offering an educational program for people at risk for diabetes and people with Type I and Type II diabetes. The ***Choose to Live Diabetes Education Program*** will be offered four-five times a year. The program consists of five classes. All classes are held at the Polk County Health Department.

Each participant will complete a Risk Assessment Form that will help the PCHD understand other circumstances that might be hindering a client's handling of this disease. Using a care coordination approach, the ***Choose to Live Diabetes Education Program*** will strive to offer other services to our clients to help them self-manage their chronic disease and stay healthy.

Reading materials and class presentations are offered in both Spanish and English. Attendees are welcome to bring a family member to each class. Nurses and educators will be available to answer questions during and after each class.

The first class covers the process of diabetes—making it easier to understand exactly what diabetes is and how it affects the body. Each attendee will receive a glucometer to measure blood glucose and will be instructed in its use.

The second class focuses on meal planning—learning how to *create a plate* of healthy food for each meal using selections from the six food groups. At this class, a Care Coordination letter is given to those who showed need on their Risk Assessment Form.

The third class deals with physical activity—stressing the importance of regular walking, sports activity or just the moving of the body to control weight and blood sugar levels.

The fourth class is a review of medications for diabetics—answering clients' questions about possible side effects, doses and how and when to use their medications.

The fifth and last class discusses complications from diabetes—stressing that if clients follow the information given in the first four classes they can avoid harm to many organ systems.

The sixth week we utilize for follow-up with our clients who received Care Coordination letters. Clients make appointments and we meet privately with them, providing information about community resources to help with food needs, housing needs, transportation, etc. Health coaching is also available for those clients that are ready to make changes in their life, such as losing weight, quitting smoking, getting regular exercise or even planning meals.