

You can prevent or manage diabetes!

Whether you have diabetes or prediabetes, there's help for you!



Diabetes Prevention Program



Healthy Living with Diabetes



Diabetes Self-Management Education & Support (DSMES)

FOR adults who have prediabetes and want to learn what steps to take to avoid a diabetes diagnosis.

Reduces the risk for developing type 2 diabetes by 58% (by 71% if age 60+).

HOW IT WORKS:

Learn with others over a 12-month period. Group meetings are facilitated by a lifestyle coach.

FOR adults who have prediabetes or type 2 diabetes and want to learn how to avoid or manage diabetes.

Reduces Emergency Department visits by 53%.

HOW IT WORKS:

This six-week (once a week) program brings people together in a small group facilitated by 2 trained program leaders.

FOR adults who have type 1 or type 2 diabetes who want more personalized support from a health care provider.

Reduces emergency department visits, hospital admissions, and hospital readmissions

HOW IT WORKS:

Meet one-on-one or in a group setting with a health care professional who provides information and support.

Programs give you strategies to help you:

- Share, solve problems and develop action plans
- Have a healthier diet, plan meals, and track eating
- Get back on track if you stray from your plan

- Increase physical activity
- Manage stress and depression
- Work with health care professionals

How can you find a program?

 **Start by visiting the Wisconsin Institute for Healthy Aging (WIHA)**
wihealthyaging.org

Once on the website, click on the **REFER** button in the upper right corner of the home page to find options for referring yourself, someone else, or a client or patient to a program.

Select the program, fill out the required information, and submit. WIHA staff will follow-up with you to facilitate enrollment.