

You can prevent or manage diabetes!

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



Diabetes Prevention Program

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.



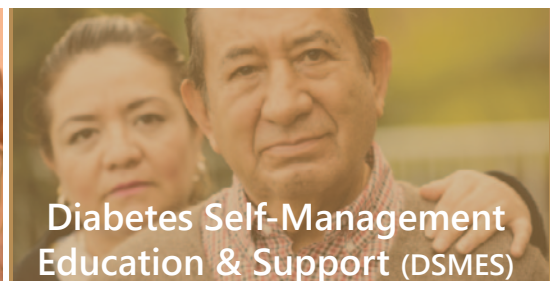
Healthy Living with Diabetes

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.



Diabetes Self-Management Education & Support (DSMES)

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.