



"What is prediabetes?"

Prediabetic means your blood sugar level is higher than normal, but not high enough for type 2 diabetes. It is possible to lower your sugar levels and we can help.

Pre-Diabetes Management

Work with a lifestyle coach and a small group of like-minded individuals to reverse prediabetes.

Meet other people with similar goals and share milestones and challenges.

Connect with Your Community Care Team

Phone

620) 343-6800 X 22102

Website

NEWMANRH.ORG/CCT

Email

COMMUNITYCARETEAM@NEWMANRH.ORG

CDC recognized DPP program.



NEWMAN

REGIONAL HEALTH

COMMUNITY CARE TEAM

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 @NRHEMPORIA

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PREDIABETES SUPPORT PROGRAM

Take Control of Your Future

Take the Test

Live/prevent-type-2

Risk Factors

Overweight

Is your BMI (Body Mass Index) over 25?

Family History

Do you have a family member (parent, sister, or brother) with type 2 diabetes?





Sedentary life style

Are you physically active less than 2 times a week?

Gestational Diabetes

Have you been clinically diagnosed with Gestational Diabetes during pregnancy?

You will learn how to:

-  Eat Healthy
-  Be Active
-  Self-Monitor
-  Problem Solve
-  Manage Stress
-  Change Your Lifestyle
-  Stay Motivated
-  Be Positive



About Community Care Team

Our group of frontline public health workers have an unusually close understanding of the community and the availability of resources for our residents.

The goal of the Community Care Team is to be a link between residents and the various community services that are available to them. Our team of Community Health Workers interacts with people on a one-on-one basis and in small groups to educate individuals about health knowledge, self-sufficiency, social support, and healthcare services.