

Diabetes Education Services

Eisenhower Health's Diabetes Education Services offer current, quality education to individuals with diabetes and their support persons, and to the community. The program provides individual and group instruction and activities designed to promote an awareness of diabetes in the community, to assist those individuals with diabetes in making sound decisions as it relates to their self management and to maintain or improve their health in cooperation with their physicians. Persons being treated with oral medications, insulin therapy or diet alone will benefit.



Diabetes Dialogue Group Education Series

Group education classes for individuals with diabetes and their support persons are offered frequently throughout the year. This series is taught by nurse education specialists and nutrition education specialists. For information or to register, call 760-773-1403 or visit eisenhowerhealth.org/calendar.

Topics include:

- Diabetes overview
- Nutrition
- Goal setting
- Exercise
- Stress and coping with diabetes
- Medications, oral and injectable

- Blood glucose:
 - 1) monitoring and use of results, including use of meters;
 - 2) improving glucose control; and
 - 3) in relationship with nutrition, exercise and medications
- Continuous glucose monitoring (CGM)
- Insulin pump therapy
- Foot, skin and dental care
- Acute and chronic complications
- Family involvement and social support
- Use of health care systems and community resources

Individual Instruction

For those who meet insurance requirements, counseling in nutrition, self-monitoring of blood glucose, insulin injection techniques, insulin pumps and all diabetes-related topics are available for individuals and family members on a one-on-one basis.

Medical Nutrition Therapy Services

In-depth individualized nutrition assessment therapy and counseling for those with diabetes is provided by a Registered Dietitian, Diabetes Educator. A physician referral is required. Call for details.

Continued

Individual and Group Instruction, Community Education and Support

Since its inception in 1974, Diabetes Education Services at Eisenhower Health has provided educational classes, lectures and individual instruction for residents of the Coachella Valley. In 1988, the program was the first in the valley to achieve recognition by the American Diabetes Association®. Diabetes educators have completed the requirements for board certification in Diabetes Education and have each earned the designation of Certified Diabetes Educator (CDE).

If you have any questions about our services, please call the number below or visit our website.

Free Community Outreach

Pre-diabetes and Diabetes Education

Free education classes are offered year round by Diabetes Services educators. Most classes are held at the offices of Diabetes Education Services. For information or to register for our classes and support groups, call 760-773-1403 or visit eisenhowerhealth.org/calendar.

Program staff frequently participate in community health fairs to offer free information and education.

Desert Diabetes Club

Diabetes Education Services sponsor the Desert Diabetes Club. Call 760-773-1578 for membership information and event schedule.



This diabetes patient education program has been awarded Recognition by the American Diabetes Association in accordance with the National Standards for Diabetes Patient Education Programs.

Diabetes Prevention Program

This program is recognized by the Center for Disease Control and Prevention. The program is designed for people with *prediabetes*.

Required eligibility:

- 12-month commitment
- Be at least 18 years old
- BMI ≥ 25 or greater (≥ 23 for Asian)
- Have no previous diagnosis of type 1 or type 2 diabetes
- Have a blood test result in the prediabetes range within the past year:
 - Hemoglobin A1c of 5.7-6.4%
 - Fasting plasma glucose of 100-125 mg/dl
 - Two-hour plasma glucose of 140-199 mg/dl
- Or a history of gestational diabetes
- Need to lose at least 5 to 7% of starting weight

Access and Payment

Physician referrals are required for all services, except support groups and community outreach events. If you have any questions regarding coverage, contact your insurance provider.