

MOUNTAINconnections



CONNECTING OUR COMMUNITIES THROUGH HEALTH

LET'S REDUCE THE INCIDENCE OF DIABETES... TOGETHER

Western North Carolina Has a Diabetes Epidemic

Many adults may not know they have pre-diabetes

40% of North Carolina residents were **not** checked for high blood sugar in the past year.¹

MountainWise is pleased to offer MountainConnections, a program made possible by the Obesity, Diabetes, Heart Disease, and Stroke Prevention (ODHDSP) funding from the State of North Carolina.

READY TO GET STARTED?

MountainWise can help you find a participating program near you. Scan this QR code to get started.



MOUNTAINwise

mountainwise.org/dpp

¹ *The Diabetes Epidemic in North Carolina: Policies for Moving Forward*. Rep. Center for Health Law & Policy Innovation, Harvard Law School, 2014. Web. 4 July 2015.

² *Behavioral Risk Factor Surveillance System (BRFSS) 2011*. Rep. North Carolina Center for Health Statistics, 4 Oct. 2012. Web. 9 Nov. 2015.

³ "Type 2 Diabetes." *Mayoclinic.org*. N.p., n.d. Web. 04 July 2015.

Nearly **11%** of Western North Carolina residents have been diagnosed with diabetes.²

Recent data indicate people who develop type 2 diabetes can lose as many as **15** years of life.

Complications from diabetes include cardiovascular disease, kidney disease, glaucoma and loss of vision, amputation, and more.³

THE MOUNTAINconnections DIABETES PREVENTION PROGRAM

Write Your Patients the Prescription for Health

Have you seen your at-risk patients struggle to make the lifestyle changes that could prevent diabetes? The MountainConnections Diabetes Prevention Program (DPP) could help.

We are recruiting clinical providers to refer their at-risk patients to the MountainConnections DPP. The program consists of 16 group classes and multiple one-on-one support sessions with a trained Lifestyle Coach. By the end of the program, participants will know how to:

- Maintain a healthy weight
- Prepare simple, healthy meals
- Find time to be physically active

MountainWise can help you find a participating program near you. Contact us via our website mountainwise.org/contact.