




## Fresno County Diabetes Resource Guide

Have questions about Diabetes? Call **1-800-DIABETES** (800-342-2383) Monday-Friday 8:00am to 8:00pm E.T.

	<p><b>Community Regional Medical Center:</b> Community Regional Medical Center offers classes for Diabetes self-management and support. These classes are American Diabetes Association recognized education programs.</p> <p><b>Classes:</b></p> <ul style="list-style-type: none"> <li>▪ Diabetes Control Program (for non-pregnant patients)</li> <li>▪ Diabetes in Pregnancy Program and Pre-Pregnancy Counseling</li> </ul> <p>Programs consist of classes and individual visits depending on patient learning skill and need. For locations and times, call 559-459-1763</p> <p>Programs are available in English, Spanish, Hindi, Gujerati, Punjabi, or Marathi. Interpretation is available if necessary.</p> <p>Programs are available to everyone, but patients <b>MUST HAVE</b> a physician referral. Most insurances and/or private pay are accepted.</p> <p>For more information, call 559-459-1763</p>
  	<p><b>California Health Collaborative Diabetes Education Program</b> The Diabetes Education Program (DEP) of the California Health Collaborative implements diabetes prevention and management classes throughout Fresno County.</p> <p><b>Diabetes Self-Management Classes</b> The DEP aims to educate and empower people with diabetes through the implementation of a six-session curriculum which addresses key factors of diabetes management with an emphasis on nutrition and physical activity. The diabetes self-management classes are implemented in both English and Spanish. No doctor referral is required.</p> <p>The diabetes self-management classes are held in a variety of settings including health centers, schools, community centers, apartments, etc. To learn about the upcoming diabetes self-management classes, please contact Rosendo Iñiguez at (559) 244-4538.</p> <p><b>Diabetes Prevention Program</b> The DEP has partnered with Saint Agnes Medical Center to implement the CDC-recognized, Diabetes Prevention Program (DPP) which is designed to prevent and/or delay type 2 diabetes among individuals with pre-diabetes. To participate in this 12 month program, participants must meet the following eligibility requirements:</p> <ul style="list-style-type: none"> <li>▪ Be at least 18 years old and</li> <li>▪ Be overweight (body mass index <math>\geq 24</math>; <math>\geq 22</math> if Asian) and</li> <li>▪ Have no previous diagnosis of type 1 or type 2 diabetes and</li> <li>▪ Have a blood test result in the pre-diabetes range within the past year</li> <li>▪ Hemoglobin A1C: 5.7%–6.4% or</li> <li>▪ Fasting plasma glucose: 100–125 mg/dL or</li> <li>▪ Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL or</li> <li>▪ Be previously diagnosed with gestational diabetes</li> </ul> <p>The DPP will be implemented at four locations in Fresno including the Saint Agnes Care Center – Northwest located at 4770 W Herndon Ave #111, Fresno, CA 93722. For more information regarding the DPP, please contact Rosendo Iñiguez at (559) 244-4538.</p>

	<p><b>A Healthier You – Saint Agnes Medical Center</b> Classes are FREE and open to all! As another way of demonstrating our commitment to building a healthier community, Saint Agnes is pleased to offer an exciting new program focused on helping people with chronic conditions live a healthier lifestyle. It’s called A Healthier You and, just as its name implies, it is proven to help participants improve their health and enjoy a better quality of life. Sessions consists of six weekly 2.5-hour workshops covering a variety of topics. The program is offered free of charge and open to anyone who wishes to improve their health. It’s especially beneficial to patients suffering from chronic health conditions. Classes are held every Tuesday from 9:00 am to 11:30 am (in the LeMans Room) and from 5:00 pm to 7:30 pm (in the Leonard Room) at 1111 E. Spruce Ave. Fresno, CA 93720 If you have question or would like more information, contact Mariana Ramirez at 559-450-3770 or <a href="mailto:mariana.ramirez@samc.com">mariana.ramirez@samc.com</a></p>
	<p><b>Kaiser Permanente Diabetes Classes</b> Kaiser Members ONLY <b>Classes:</b> <u>Prediabetes</u> Learn how to help prevent or delay the onset of diabetes by eating well and exercising. These healthy lifestyle changes will help you take charge of your health to reduce your risk of diabetes and its complications. <u>Diabetes Basics</u> Explore the 5 key areas of type 2 diabetes management: healthy eating, exercise, monitoring blood sugar level, proper use of medication, and managing stress. <u>Diabetes Nutrition</u> Attend this class to get tips on planning meals, counting carbs, and reading food labels. Learn new ways to prepare your favorite foods and enjoy eating out healthfully. With smart planning and balanced choices, eating well can still taste great.</p> <ul style="list-style-type: none"> <li>▪ Classes provided by the Kaiser Health Education Department for Kaiser Permanente MEMBERS ONLY</li> <li>▪ Classes are FREE of charge</li> <li>▪ Classes are held monthly</li> <li>▪ Doctor referral NOT REQUIRED</li> <li>▪ For times and locations call 559-448-4415</li> </ul>
	<p><b>United Health Centers of the San Joaquin Valley</b> United Health Centers offers diabetes prevention program classes, available to everyone (including non-diabetics and pre-diabetics). <b>NO PHYSICIAN REFERRAL REQUIRED!</b> For more information, contact: Norma Macedo, Director of Patient Programs phone: 559-646-6618 ext. 0015 email: <a href="mailto:macedon@unitedhealthcenters.org">macedon@unitedhealthcenters.org</a> <a href="http://www.uhcofsjv.org">www.uhcofsjv.org</a></p>



**Valley Health Team**

6 Week Diabetes Classes are held at all sites and are available in Spanish and English. Contact a Valley Health Team Inc. Health Educator for times and location. One-on-one health education sessions are available to Valley Health Team Inc. patients. Provider referral required.

Topics Include: Nutrition Education, Diabetes Education, Asthma Education, Reproductive Life Planning and much more!

We are located in San Joaquin, Kerman, Firebaugh, Clovis and Kingsburg.

Contact Melina Temores at 559-203-6701 or Irene Gutierrez at 559-203-6702