







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.

1 IN 3 AMERICAN ADULTS HAS PREDIABETES. DO YOU? [TAKE THE RISK TEST](#)

	<p>Led by Certified Diabetes Educators, RNs and RDs, our education and support program has been recognized by the American Diabetes Association since 1995 in accordance with the National Standards for Diabetes Patient Education Program.</p> <p>The Diabetes Self-Management Education and Support (DSMES) program includes an assessment, meter training and 10 hours of diabetes education in a group or individual setting (depending on the patient's learning needs). The self-management education and support program covers the following topics:</p> <ul style="list-style-type: none"> • Diabetes overview • Nutritional management • Exercise and activity • Medication • Self-monitoring blood glucose • Acute and chronic complications • Psychosocial issues • Setting behavioral goals and resources <p>All topics are available in both English and Spanish. Our program also provides individual medical nutrition therapy for patients with chronic renal insufficiency as well as diabetes mellitus; this is a covered Medicare benefit.</p> <p>For more information, call us at (559) 459-1763, or talk to your doctor about a referral to Community Diabetes Education today. https://www.communitymedical.org/services/Diabetes-Program</p>
 	<p>California Health Collaborative Diabetes Education Program</p> <p>The Diabetes Education Program (DEP) of the California Health Collaborative implements diabetes prevention and management classes throughout Fresno County.</p> <p>The Diabetes Education Program (DEP) of the California Health Collaborative provides diabetes prevention and self-management classes at no cost to the residents of Fresno County. The DEP aims to educate and empower people with diabetes and pre-diabetes to improve overall glucose control and reduce the incidence of diabetes-related health complications.</p> <p>The DEP utilizes the Diabetes Empowerment Education Program (DEEP) curriculum to assist individuals with diabetes to improve their self-management skills. DEEP consist of six, two-hour long sessions that address:</p> <ul style="list-style-type: none"> Understanding the human body Diabetes risk factors and complications Meal portion control Importance of physical activity

	<p>For more information regarding the DPP, including upcoming workshop start dates, please contact (559) 244-4554. http://healthcollaborative.org/diabetes-education-program/</p>
	<p>A Healthier You – Saint Agnes Medical Center 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 mariana.ramirez@samc.com</p> <p>Diabetes Prevention Classes The Diabetes Prevention Program (DPP) is designed to help individuals diagnosed with pre-diabetes to reduce their risk of type 2 diabetes. To see if you are eligible to participate, please call (559) 244-4554 or visit solera4me.com/chc. https://fresnodiabetes.org/?page_id=150</p>
	<p>Health classes From basic education to tips for living well with diabetes, you’ll find health classes in your area. Kaiser Permanente's Diabetes Care Management Program includes a personalized care plan to help you manage your diabetes and heart health. You will work closely with a provider to develop and follow a plan to help you make healthy lifestyle changes. Also, Kaiser Permanente members with diabetes are automatically enrolled in the Complete Care for Diabetes program. The program will provide you with information, support, tools, and preventive services that make diabetes management easier. As part of the Complete Care program, you'll work with your doctor and his or her staff to develop a diabetes action plan. Click here for more information.</p>
	<p>United Health Centers of the San Joaquin Valley United Health Centers offers diabetes prevention program classes, available to everyone (including non-diabetics and pre-diabetics). NO PHYSICIAN REFERRAL REQUIRED! For more information, contact: Norma Macedo, Director of Patient Programs phone: 559-646-6618 ext. 0015 email: macedon@unitedhealthcenters.org www.uhcfsjv.org</p>
	<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.</p>



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

https://fresnodiabetes.org/?page_id=229