

MANAGING YOUR DIABETES

The Granite YMCA's Diabetes Self-Management Education & Support Program (DSMES) consists of ten one-hour weekly conversation map classes. This program is recommended for anyone with a new diagnosis of diabetes or for those who have not previously attended classes. It covers detailed information on nutrition, exercise, monitoring, medications, community resources, and stress management.

Our staff are **trained and certified** through the Association of Diabetes Care & Education Specialists. They work with a person who has diabetes to create a plan of care that is **personalized** to an individual's lifestyle, culture, beliefs and environment. Together, they work to find solutions that address their most pressing challenges.

Participants will learn how to:

- Eat healthy
- Be physically active
- Monitor blood sugar levels
- Take medication
- Problem solve
- Reduce risk for other health conditions
- Cope with the emotional side of diabetes
- Improve your health and quality of life

To qualify, participants must be 18 years of age or older and diagnosed with type 1 or type 2 diabetes. This program is accredited by Association of Diabetes Care and Education Specialists (ADCES). **Offered both in person and virtually.**

DIABETES IN THE STATE OF NEW HAMPSHIRE

Approximately **97,000 people in New Hampshire**, or 9% of the adult population, have diagnosed diabetes. An additional 29,000 people in New Hampshire have diabetes **but don't know it**, greatly increasing their health risk. Every year an estimated 7,000 people in New Hampshire are diagnosed with diabetes. Learning how to live well with diabetes can help to increase the quality of your life.

SERVING THE FOLLOWING COMMUNITIES

YMCA Allard Center of Goffstown

116 Goffstown Back Rd, Goffstown, NH 03045

YMCA of Downtown Manchester

30 Mechanic Street, Manchester, NH 03101

YMCA of Greater Londonderry

206 Rockingham Rd, Londonderry, NH 03053

YMCA of Concord

15 North State Street, Concord, NH 03301

YMCA of the Seacoast

550 Peverly Hill Road, Portsmouth, NH 03801

YMCA of Strafford County

35 Industrial Way, Rochester, NH 03867

FOR MORE INFORMATION, contact Cindy Lafond, Executive Director of Health Interventions at 603.232.8668 or email health@graniteymca.org.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE GRANITE YMCA'S DIABETES SELF-MANAGEMENT EDUCATION & SUPPORT PROGRAM

A HEALTH INTERVENTION PROGRAM AT THE GRANITE YMCA



www.graniteymca.org



The Granite YMCA's Diabetes Self-Management Education & Support Program provides information and skills for people to manage their diabetes and related conditions. The program's small group discussions provide participants with a **safe environment** to explore and share feelings, information and choices they face while managing their diabetes.

Diabetes education helps you make better self-management decisions such as:

- Healthy eating
- Taking medication
- Being active
- Monitoring
- Healthy coping
- Problem solving
- Reducing risks for acute and chronic complications



If you are one of the millions of people living with diabetes, we have good news to help you live a better quality of life. Participating in the Diabetes Self-Management Education and Support Program **can help you learn skills to manage your diabetes more effectively** by checking blood sugar regularly, eating healthy food, being active, taking medicines as prescribed, and handling stress.

Everyone with diabetes needs DSMES, but especially at these critical times:

- At diagnosis
- Annual assessment of education, nutrition and emotional needs
- When new complicating factors influence self-management
- When transitions in care occur

The bottom line is that people who have the information and support they need to manage their diabetes are healthier than people who do not. DSMES is another step to help you achieve better success with your diabetes management. **As part of our mission, The Granite YMCA makes it a top priority to help educate and support those living with diabetes.** Find out how the program can help you learn more about diabetes and feel better. Cost varies depending on if it is covered by private insurance, Medicare, or Medicaid.