Capital Region
Diabetes Education and
Support Services Guide

- Revised May, 2019 -
The *Capital District Diabetes Education and Support Services Guide* is produced in partnership by the American Diabetes Association and the Healthy Capital District Initiative Diabetes Community Health Improvement Task Force.

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This guide is reviewed annually to ensure the most up-to-date information is included and electronic copies are available at [www.hcdiny.org](http://www.hcdiny.org). Should you notice an error or omission, please contact us at [php@hcdiny.org](mailto:php@hcdiny.org).
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What is prediabetes?
Prediabetes is a condition that comes before diabetes. It means your blood glucose levels are higher than normal but aren't high enough to be called diabetes. There are no clear symptoms of prediabetes. You can have it and not know it.

If I have prediabetes, what does it mean?
It means you might get type 2 diabetes soon or down the road. You are also more likely to get heart disease or have a stroke. The good news is that you can take steps to delay or prevent type 2 diabetes.

How can I delay or prevent type 2 diabetes?
You may be able to delay or prevent type 2 diabetes with:
- physical activity, like walking
- weight loss if needed – losing even a few pounds will help
- taking medication, if your doctor prescribes it

If you have it, these steps may bring your blood glucose to a normal range. But you are still at a higher risk for type 2 diabetes.

Regular physical activity can delay or prevent diabetes
Being active is one of the best ways to delay or prevent type 2 diabetes. It can also lower your weight and blood pressure, and improve cholesterol levels. Ask your health care team about safe ways of being active for you.

One way to be more active is to try to walk for half an hour, five days a week. If you don't have 30 minutes all at once, take shorter walks during the day.

Weight loss can delay or prevent diabetes
Reaching a healthy weight can help you a lot. If you’re overweight, any weight loss, even 7% of your weight (for example, losing about 15 pounds if you weigh 200) may prevent or delay your risk for diabetes.
Make healthy choices

Here are some steps you can take to change the way you eat. Small steps add up to big rewards.

- Cut back on regular soft drinks and juice. Have water or try calorie-free drinks.
- Choose lower-calorie snacks, such as popcorn instead of potato chips.
- Eat salad with low-fat dressing and at least one vegetable at dinner every night.
- Choose fruit instead of cake, pie, or cookies.

Cut calories by cutting serving sizes

- Eat smaller servings of your usual foods.
- Share your main course with a friend or family member when you eat out. Or take half home for later.

Cut down on bad fat

- Roast, broil, grill, steam, or bake instead of deep-frying or pan-frying.
- Use a small amount of oil for cooking instead of butter, lard or shortening.
- Try plant based proteins like beans instead of meat and chicken.
- Choose fish at least twice a week.
- Eat lean meats such as the round or loin cuts, or chicken without the skin.
- Cut back on high fat and processed meats like hot dogs, sausage, and bacon.
- Eat less high fat desserts such as ice cream, cake with frosting, and cookies.
- Avoid margarine and other foods with trans-fat.

Track your progress

Write down what and how much you eat and drink for a week. Writing things down makes you more aware of what you’re eating and helps with weight loss.

Summing it up

- Diabetes is a serious disease – if you delay or prevent it, you’ll enjoy better health in the long run.
- Diabetes is common – but you can reduce your risk by losing a small amount of weight.
- Changing the way you eat and increasing your activity can delay or prevent type 2 diabetes.

Get checked

If you are at increased risk for diabetes, ask your doctor about getting tested at your next visit. Take our risk test at diabetes.org/risktest to find out if you are at risk.

Get started

- Be physically active.
- Make a plan to lose weight.
- Track your progress.
Who’s at Risk for Prediabetes and Type 2 Diabetes

If you have been diagnosed with Prediabetes, you are at risk for developing Type 2 Diabetes. You are at risk for developing Prediabetes and Type 2 Diabetes if you:

- Are overweight
- Are 45 years or older
- Have a parent, brother, or sister with Type 2 Diabetes
- Are physically active less than 3 times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or have given birth to a baby who weighed more than 9 pounds at birth
- Are African American, Hispanic/Latino American, American Indian, or Alaska Native (some Pacific Islanders and Asian Americans are also at higher risk)
- Women who have a hormonal disorder called polycystic ovary syndrome are also at higher risk for developing Prediabetes, Gestational Diabetes and Type 2 Diabetes.

You can prevent or reverse Prediabetes with simple, proven lifestyle changes such as losing weight if you are overweight, eating healthier, and getting regular physical activity. Using these same strategies, you can prevent or delay the onset of Type 2 Diabetes.

Please refer to pages 18-19 in this guide to find resources to help you lose weight, become more physically active and eat healthier. See page 8 for providers of the National Diabetes Prevention Program classes for individuals diagnosed with Pre-diabetes, or those at risk for developing Type 2 Diabetes.

In the future, Medicare recipients will be able to enroll in the Medicare Diabetes Prevention Program. Check the Healthy Capital District Initiative web site for more information about providers at http://www.hcdiny.org.

Take the tests on the following pages to find out more about your risk factors.

Source - CDC website: https://www.cdc.gov/diabetes/basics/risk-factors.html

Section 1: Pre-Diabetes/Diabetes Management and Education
COULD YOU HAVE PREDIABETES?
Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

TAKE THE TEST—KNOW YOUR SCORE!
Answer these seven simple questions. For each “Yes” answer, add the number of points listed. All “No” answers are 0 points.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0</td>
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<td>1</td>
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<tr>
<td>1</td>
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<td>5</td>
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<tr>
<td>5</td>
<td>0</td>
</tr>
<tr>
<td>9</td>
<td>0</td>
</tr>
</tbody>
</table>

- Are you a woman who has had a baby weighing more than 9 pounds at birth?
- Do you have a sister or brother with diabetes?
- Do you have a parent with diabetes?
- Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?
- Are you younger than 65 years of age and get little or no exercise in a typical day?
- Are you between 45 and 64 years of age?
- Are you 65 years of age or older?

Add your score and check the back of this page to see what it means.

AT-RISK WEIGHT CHART

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight Pounds</th>
<th>Height</th>
<th>Weight Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>4'10&quot;</td>
<td>129</td>
<td>5'7&quot;</td>
<td>172</td>
</tr>
<tr>
<td>4'11&quot;</td>
<td>133</td>
<td>5'8&quot;</td>
<td>177</td>
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<tr>
<td>5'0&quot;</td>
<td>138</td>
<td>5'9&quot;</td>
<td>182</td>
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<tr>
<td>5'1&quot;</td>
<td>143</td>
<td>5'10&quot;</td>
<td>188</td>
</tr>
<tr>
<td>5'2&quot;</td>
<td>147</td>
<td>5'11&quot;</td>
<td>193</td>
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<td>6'2&quot;</td>
<td>210</td>
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<tr>
<td>5'6&quot;</td>
<td>167</td>
<td>6'3&quot;</td>
<td>216</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6'4&quot;</td>
<td>221</td>
</tr>
</tbody>
</table>
IF YOUR SCORE IS 3 TO 8 POINTS
This means your risk is probably low for having prediabetes now. Keep your risk low. If you’re overweight, lose weight. Be active most days, and don’t use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

IF YOUR SCORE IS 9 OR MORE POINTS
This means your risk is high for having prediabetes now. Please make an appointment with your health care provider soon.

HOW CAN I GET TESTED FOR PREDIABETES?
Individual or group health insurance: See your health care provider. If you don’t have a provider, ask your insurance company about providers who take your insurance. Deductibles and copays may apply.
Medicaid: See your health care provider. If you don’t have a provider, contact a state Medicaid office or contact your local health department.
Medicare: See your health care provider. Medicare will pay the cost of testing if the provider has a reason for testing. If you don’t have a provider, contact your local health department.
No insurance: Contact your local health department for more information about where you could be tested or call your local health clinic.

www.cdc.gov/diabetes
Are you at risk for type 2 diabetes?

**Section 1: Pre-Diabetes/Diabetes Management and Education**

**WRITE YOUR SCORE IN THE BOX.**

1. How old are you? .................................................. [ ]
   - Less than 40 years (0 points)
   - 40–49 years (1 point)
   - 50–59 years (2 points)
   - 60 years or older (3 points)

2. Are you a man or a woman? ................................. [ ]
   - Man (1 point)
   - Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes? ................................. [ ]
   - Yes (1 point)
   - No (0 points)

4. Do you have a mother, father, sister or brother with diabetes? ...................................................... [ ]
   - Yes (1 point)
   - No (0 points)

5. Have you ever been diagnosed with high blood pressure? ................................................................. [ ]
   - Yes (1 point)
   - No (0 points)

6. Are you physically active? ........................................... [ ]
   - Yes (0 points)
   - No (1 point)

7. What is your weight category? .............................. See chart at right.

**ADD UP YOUR SCORE.**

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight (lbs.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4’ 10”</td>
<td>119–142</td>
</tr>
<tr>
<td>4’ 11”</td>
<td>124–147</td>
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<td>5’ 0”</td>
<td>126–152</td>
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<tr>
<td>5’ 1”</td>
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<td>136–163</td>
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<tr>
<td>5’ 3”</td>
<td>141–168</td>
</tr>
<tr>
<td>5’ 4”</td>
<td>145–173</td>
</tr>
<tr>
<td>5’ 5”</td>
<td>150–179</td>
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<tr>
<td>5’ 6”</td>
<td>155–185</td>
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<tr>
<td>5’ 7”</td>
<td>159–190</td>
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<td>5’ 8”</td>
<td>164–196</td>
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<tr>
<td>5’ 9”</td>
<td>169–202</td>
</tr>
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<td>5’ 10”</td>
<td>174–208</td>
</tr>
<tr>
<td>5’ 11”</td>
<td>179–214</td>
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<tr>
<td>6’ 0”</td>
<td>184–220</td>
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<td>194–232</td>
</tr>
<tr>
<td>6’ 3”</td>
<td>200–239</td>
</tr>
<tr>
<td>6’ 4”</td>
<td>205–245</td>
</tr>
</tbody>
</table>

If you scored 5 or higher:
You are at increased risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes, a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes. Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanics/Latinos, Native Americans, Asian Americans, and Native Hawaiians and Pacific Islanders.

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weight than the rest of the general public (about 15 pounds lower).

The good news is you can manage your risk for type 2 diabetes. Small steps make a big difference in helping you live a longer, healthier life.

For more information, visit us at diabetes.org/alertday or call 1-800-DIABETES (800-342-2383).

American Diabetes Association Alert Day® is part of Wellness Lives Here™, an initiative designed to inspire and fuel our nation’s healthful habits at work and beyond.
At Risk for Type 2 Diabetes? What Next?

Talk to your doctor.
If you are at risk for type 2 diabetes, it can be overwhelming and you might feel a little lost. The American Diabetes Association® is here to help you. The first step is to make an appointment with your doctor. Only your doctor can tell you for sure if you have diabetes or not.

Don’t delay—early detection and treatment of diabetes decreases the risk of developing the complications of diabetes.

What are the symptoms?
You may have no noticeable symptoms or only mild symptoms for years before diabetes is diagnosed.

Common signs and symptoms of type 2 diabetes include:
- Urinating more than usual
- Feeling very thirsty
- Feeling hungry even after eating
- Feeling tired
- Having blurred vision
- Having frequent infections or slow-healing cuts and sores
- Having tingling, pain, or numbness in the hands or feet

How is diabetes diagnosed?
There are several ways to diagnose diabetes and each way usually needs to be repeated on a second day to be sure you have it. Testing should be carried out in a health care setting (such as your doctor’s office or a lab). If your doctor determines that your blood glucose level is very high, or if you have classic symptoms of high blood glucose in addition to one positive test, your doctor may not require a second test.

A1C
The A1C test measures your average blood glucose for the past two to three months. The advantage of this method of testing is that you don’t have to do anything to get ready for it.

Diabetes is diagnosed at:
A1C: 6.5% or higher

Fasting Plasma Glucose (FPG)
This test is usually done first thing in the morning, before breakfast, and checks your blood glucose after not eating or drinking anything (except water) for eight hours.

Diabetes is diagnosed at:
Fasting blood glucose: 126 mg/dL or higher

Oral Glucose Tolerance Test (also called the OGTT)
The OGTT is a two-hour test that checks your blood glucose levels before and two hours after you drink a special sweet liquid. It tells the doctor how your body processes glucose.

Diabetes is diagnosed at:
Two-hour blood glucose: 200 mg/dL or higher

Random (also called Casual) Plasma Glucose Test
If you are showing severe diabetes symptoms, your doctor may use a random glucose test.

Diabetes is diagnosed at:
Blood glucose: 200 mg/dL or higher

What is prediabetes?
Prediabetes is a condition that occurs when your blood glucose is higher than normal but not high enough to be diabetes. This condition puts you at risk for developing type 2 diabetes.

Results indicating prediabetes are:
An A1C of 5.7%–6.4%
Fasting blood glucose of 100–125 mg/dL
Two-hour blood glucose of 140 mg/dL–199 mg/dL

American Diabetes Association.
Visit diabetes.org or call 1-800-DIABETES (800-342-2383) for more information from the American Diabetes Association.
The National Diabetes Prevention Program is a 12-month program that teaches participants strategies for incorporating physical activity into daily life and eating healthy. Lifestyle coaches work with participants to identify emotions and situations that can sabotage their success, and the group process encourages participants to share strategies for dealing with challenging situations. Check with your insurance company, coverage for the National Diabetes Prevention Program differs among insurance companies.

Capital District YMCA Chronic Disease Programs
Serving Albany County
Contact: Miguel Serrano
mserrano@cdymca.org
(518) 463-9622

Rensselaer County Department of Health
Serving Rensselaer County
Contact: Olivia Mogan / Kelsey Sargood
omogan@rensco.com / ksargood@rensco.com
(518) 270-2655

Health Literacy for All
Serving Albany, Schenectady, Saratoga, Rensselaer, Columbia, Montgomery, and Warren counties
Contact: Karen Laing
info@healthliteracyforall.org
(518) 881-6405

St. Peter’s Diabetes and Endocrine Care
Serving Albany, Rensselaer, Saratoga, and Schoharie counties
Contact: Lynn Sutton RD, CDE
lynn.sutton@sphp.com
(518) 471-3224

Ellis Medicine
Serving Schenectady County
Contact: Ashley Willson RD, CDN, CDE
wojcickia@ellismedicine.org
(518) 347-5421

Independent Living Center of the Hudson Valley
Serving Greene County
Contact: Patricia Carson, Lifestyle Coach
pcarson@ilchv.org
(518) 828-4886

Refer to pages 18-19 for more resources on physical activity and diet.

Check http://www.hcdiny.org for updated programming.
Type 2 Diabetes can be managed and prevented so you can enjoy the best of health. If your doctor tells you that you have Pre-diabetes, your best strategy to reduce your risk and delay the onset of Type 2 Diabetes is to attend a prevention program. You can go to a group program, or see a Registered Dietitian or Certified Diabetes Educator one-on-one. Your doctor will help you determine the best option. Class details and insurance coverage varies.

Albany Medical Center
Division of Community Endocrinology
1365 Washington Ave, Suite 300
Albany, NY 12206
(518) 489-4704

Community Care Physicians
Nutrition and Diabetes Center
501 New Karner Rd., Suite 1A
Albany, NY 12205
(518) 452-1337, Option 1

Ellis Diabetes Care
Ellis Health Center
600 McClellan St.
Schenectady, NY 12304
(518) 347-5421

Whitney M. Young, Jr. Health Services
Albany Health Center
920 Lark Dr.
Albany, NY 12207
(518) 465-4771

Stratton VA Medical Center
Diabetes Self-Management Education Program
113 Holland Ave.
Albany, NY 12208
(518) 626-6889

Albany Medical Center
Goodman Diabetes Service
25 Hackett Blvd, 3rd Floor
Albany, NY 12208
(518) 262-5185
Must be enrolled for health care at the AMC Department of Endocrinology.

Albany Medical Center Pediatric Endocrinology
22 New Scotland Ave, 4th Floor
Albany, NY 12208
(518) 262-5723
Must be enrolled for health care at AMC Pediatric Endocrinology

St. Peter’s Health Partners
Diabetes and Endocrine Care
63 Shaker Rd. Suite 201
Albany, NY 12204
(518) 471-3636

Saratoga Hospital
Diabetes: One Step at a Time
211 Church St
Saratoga Springs, NY 12866
(518) 886-5121

Must be eligible and enrolled for
Health care at Stratton VMAC, see website for details:
http://www.albany.va.gov/patients/eligibility.asp
Saratoga County Office for the Aging
Stanford Self-Management Program
Designed for individuals with Type 2 Diabetes, this group is run by peer educators.
Six-week program where participants are supported as they develop skills needed in the day to day management of chronic health conditions.
Billie Jo McKonkey
bmckonkey@saratogacounty.gov

Living With Type 2 Program
A FREE 12 month digital education program that includes
-6 digital, printable journeys to help you learn to live well with diabetes
-A monthly e-newsletter with tips, stories, and more resources
-6 free issues of our award winning Diabetes Forecast® magazine
-Access to our online community and local events
This program is available in both English and Spanish.
To sign up for this program, call 1-800-DIABETES (800-342-2383) or go to:
https://diabetes.org/living-with-diabetes
Medical Nutrition Therapy Providers

Medical Nutrition Therapy consists of one on one counselling with a Registered Dietitian. You must be referred for Medical Nutrition Therapy by your doctor. Visits with the Registered Dietitian may include an initial nutrition and lifestyle assessment, individual and/or group nutrition therapy services, and a follow-up visit to check on your progress in managing your diet. Insurance coverage may vary.

Ellis Diabetes Care
Ellis Health Center
600 McClellan St.
Schenectady, NY 12304
(518) 347-5421

Community Care Physicians
Nutrition and Diabetes Center
501 New Karner Rd., Suite 1A
Albany, NY 12205
(518) 452-1337, Option 1

Albany Medical Center
Division of Community Endocrinology
1365 Washington Ave, Suite 300
Albany, NY 12206
(518) 489-4704

Albany Medical Center
Goodman Diabetes Service
25 Hackett Blvd, 3rd Floor
Albany, NY 12208
(518) 262-5185

Whitney M. Young, Jr. Health Services
Albany Health Center
920 Lark Dr.
Albany, NY 12207
(518) 465-4771

St. Peter’s Health Partners
Diabetes & Endocrine Care
63 Shaker Rd. Suite 201
Albany, NY 12204
(518) 471-3636

Ella Roden, RD, CDE
Individualized Weight Loss & Diabetes Counseling
713 Eichybush Road
Kinderhook, NY 12106
(518) 758-1572

Must be enrolled for health care at the AMC Department of Endocrinology.

Bryant Nutrition PLLC
2 Sherman Potts Drive, Ghent, NY 12075
159 Jefferson Heights, Catskill, NY 12414
(518) 821-8603
Support groups for diabetes offer a diverse range of benefits for both you and your loved ones. Whether it is exchanging information about diabetes, attending events, or just being available to talk and listen, support groups are a great way to meet people and understand a condition that affects so many.

**Diabetes Support Groups**

St. Peter’s Health Partners
Diabetes and Endocrine Care
63 Shaker Rd. Albany, NY 12204
(518) 471-3636
*Diabetes support group for adults*

Diabetes Sisters of Albany/Schenectady
Berkshire Hathaway Home Services
8 Airline Drive, Suite 104
Albany, NY 12205
(518) 452-1337 option 1
www.DiabetesSisters.org
Meets the 4th Tuesday of every month
*Diabetes support group for adults*

Diabetes Sisters of Clifton Park
Prince of Peace Church
4 Northcrest Drive & Rte 146
Clifton Park, NY 12065
(518) 669-0316
Meets the 2nd Saturday of every month
*Diabetes support group for women*

Community Care Physicians Diabetes Support Group
600 McClellan Street, Schenectady, NY 12304
(518) 452-1337
Meets the 1st Tuesday of every month from 6:00 pm – 7:30 pm
*Diabetes support group for adults*

JDRF’s Sugar Free Gang
NYSUT Building Auditorium
800 Troy-Schenectady Rd.
Latham, NY 12110
(518) 477-2873
Jdrf.org
Meets the 1st Monday of every month
*Diabetes support group for children with Type 1 diabetes*

Ellis Medicine Diabetes Education & Outpatient Nutritional Services
600 McClellan St.
Schenectady, NY 12304
(518) 347-5421
Meets on the 3rd Wednesday of every month

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**Section 1: Pre-Diabetes/Diabetes Management and Education**
To determine if you are eligible for help with purchasing your medications, please contact your local Community Health Advocate Program. Community Health Advocate (CHA) agencies are trained and qualified to answer your health insurance questions and help you access health services. Discounted prescription assistance is one service offered. Medication manufacturers may also offer medication assistance programs.

Local CHA Programs:

Healthy Capital District Initiative
*Serving Albany, Columbia, Greene, Rensselaer, Saratoga, and Schenectady Counties*
(518) 462-7040

Independent Living Center of the Hudson Valley
*Serving Albany, Columbia, Greene, Rensselaer, and Schenectady Counties*
(518) 274-0701

Southern Adirondack Independent Living Center
*Serving Saratoga, Fulton, Montgomery, and additional Counties*
(518) 792-3537

New York Statewide CHA Programs:

Community Service Society
(888) 614-5400

Empire Justice Center
(800) 724-0490 x5822

Medicare Rights Center
(800) 333-4114
Medications and Supplies

Questions to Ask at the Pharmacy

- Are these medications and supplies available?
- Are they covered by my insurance?
- When and how should I take this medicine?
- Will you call me when they are ready?
- Is there a Dietitian or nutrition information available?
- Is medication delivery available?

Tips to Help you Take Medication as Prescribed

- Use a pill box to organize your medications
- Set an alarm to remind you when it is time to take your medications
- Set up a routine to take your medications at the same time every day
- See your doctor at least 2 times a year to get refills
- If you experience any side effects – talk to your doctor or pharmacist before stopping your medication, they may be able to help!
- At the Pharmacy:
  o Fill 90 day supplies and sign up for automatic refills (if available)
- Sign up for medication syncing (if available). This means the pharmacy will fill all of your prescriptions on the same day and save you trips to the pharmacy
- Request your refill 3 days before you will run out. If you are out of refills or going on vacation, ask 7 days early.

*Not available for controlled substances

American Diabetes Association

Section 1: Pre-Diabetes/Diabetes Management and Education
**Sharps Collection Sites**

**NYS Safe Sharps Collection Program**
All hospitals and nursing homes in New York State are mandated by law to accept home-generated sharps as a free community service through their sharps collection programs. In addition, pharmacies, health clinics, community-based organizations, mobile van programs, police stations, waste transfer stations and other venues (alternative sites) have become settings for safe sharps and offer syringe collection drop boxes to help facilitate the safe collection of used sharps.


**Please be sure to call ahead to determine times and specific locations for drop-off.**

**Safe Needle Disposal:**
National database of needle disposal sites
https://safeneedledisposal.org/
1-800-643-1643

**VA sharps Disposal Station for Eligible/Enrolled Veterans:**
**Stratton VA Medical Center**
113 Holland Avenue
Albany, NY 12208
First floor of the main lobby, room A137 (medication disposal bin is also available for our enrolled Veterans at the Pharmacy on the first floor)
Must be eligible and enrolled for health care at the Stratton VAMC, see web site for details at www.albany.va.gov/patients/eligibility.asp
Healthcare Team for People with Diabetes

Below is a list of people that can help you live healthy with diabetes.

**Primary Care Provider MD, DO*, NP, PA**
- Who you see for general check-ups and when you get sick
- Refers to specialists of other team members listed below

**Certified Diabetes Educator, CDE**
- Registered Nurse, Pharmacist or Registered Dietitian with special training in caring for people with diabetes
- Can help you learn the day-to-day aspects of diabetes self-care

**Registered Dietitian, RDN**
- The nutrition expert
- Can help you figure out your food needs based on your desired weight, lifestyle, medication and health goals; such as lowering your blood sugar, blood pressure and cholesterol
- Can help you learn how the foods you eat affects your blood sugar and blood fat levels

**Endocrinologist, MD or DO***
- A doctor who specializes in treating diabetes and other diseases of the endocrine system, which includes the pancreas and the thyroid
- Most people with Type 1 diabetes see an endocrinologist, especially when they are first diagnosed
- People with Type 2 diabetes may see an endocrinologist if they are newly diagnosed, having trouble getting their diabetes under control or are developing complications

**Eye Doctor, MD or OD**
- Can be either an ophthalmologist or optometrist and checks for any changes in your eyes
- The American Diabetes Association guidelines say you should see your eye doctor at least once a year for a dilated eye exam

*DO = Doctor of Osteopathy
**OD = Doctor of Optometry
Healthcare Team for People with Diabetes

Below is a list of people that can help you live healthy with diabetes.

**Podiatrist, DPM**
- A doctor trained to treat problems of the feet and lower legs
- Any foot sore or callus needs to be checked by your primary care doctor or podiatrist, who can also trim your toe nails
- It is important to check your feet daily for signs of trouble

**Pharmacist, RPh, or PharmD**
- Provides advice on how the medications you are taking can affect your blood sugar levels, lets you know about potential side effects of any drugs you are going to take, reviews what you are taking to see if any new medications will interact with the ones you are already taking, and recommends over the counter medications.
- Keeps an accurate record of your medications, your medical history and allergies
- Find a pharmacy you like and stick with it

**Dentist, DDS, DMD**
- People with diabetes are at somewhat greater risk of gum disease
- Excess blood sugar in your mouth makes it a good home for bacteria, which leads to infections
- See your dentist every six months and be sure to let your dentist know you have diabetes

**Exercise Physiologist, MS**
- Trained in the scientific basis of exercise
- Your doctor can help you look for and refer you to a certified professional
- Always get your doctor’s approval for any exercise program

**Mental Health Professional, LCSW, MSW, PhD, PsyD, MD**
- Helps with personal and emotional side of living with diabetes
- May be able to help you find resources to help with your medical or financial needs, and help you cope with any concerns related to diabetes, including problems with the family and coping with workplace situations
Studies show a healthy diet and exercise for people with diabetes can greatly contribute to your overall health, especially those with Type 2 diabetes. You might be surprised at how just a small amount of daily exercise can boost your health, confidence, energy level, and so much more! These great resources can assist you in making choices to promote a healthier lifestyle:

**Albany County Department of Health**
Educational programs on nutrition and exercise.
175 Green St, Albany, NY 12202
(518) 447-4648

**Local Office for the Aging**
Congregate meals, Meals on Wheels, and additional nutrition services for seniors.
Albany County: (518) 447-7198
Saratoga County: (518) 884-4100
Schenectady County: (518) 382-8481
Columbia County: (518) 828-4258
Greene County: (518) 719-3555

**Capital Roots Veggie Mobile**
Buy fresh produce at low cost. Cash, check, EBT, WIC and FMNP checks accepted. Basic nutrition information and recipes provided. Gardening classes are offered periodically. Call (518) 274-8685, www.capitalroots.org

**Cornell Cooperative Extension**
Contact to arrange group nutrition classes.
Albany County – (518) 765-3500
Schenectady County – (518) 372-1622
Rensselaer County – (518) 272-4210
Saratoga County – (518) 885-8995

**Hannaford Dietitians**
Available for store tours, shopping assistance, cooking demos, and general nutrition questions.
Albany: (518) 438-7296
Colonie: (518) 482-1085
Delmar: (518) 439-7657
Glenville: (518) 384-0156

Latham: (518) 782-1750
Niskayuna: (518) 395-9497
Check the website for more locations:
Hannaford.com/dietitians

**Shop Rite Health & Wellness Coordinator**
Offers store tours, educational resources, and information about nutrition, food products and shopping for diabetes.
Contact Janae Halsted, MS, RD: (518) 708-3445

**The Healthy Living Center**
Located inside Hannaford Supermarket. Offers physical activity and nutrition classes.
900 Central Ave, Albany, NY 12206
(518) 729-4732
Email: info@healthyalbany.org

**Rensselaer County Department of Health**
Educational programs on nutrition and exercise.
Ned Pattison Government Center
1600 7th Ave, Troy, New York 12180
(518) 270-2651, www.rensco.com

**Silver Sneakers Fitness Program**
Senior Fitness Programs and Activities
www.silversneakers.com or 888-423-4632 to find the closest participating location or for more information.* Free depending on your health insurance plan

**LiFE Program**
Twelve-week lifestyle and weight loss group class taught by medical professionals.
Community Care Physicians, P.C.
501 New Karner Road, Albany, NY 12205
(518) 452-1337, option 1
Nutrition and Physical Activity Resources

Dining with Diabetes
Cornell Cooperative Extension
A series of three classes for people with diabetes and their family members that includes learning, demonstrations, and tasting of healthy foods. Visit ccesaratoga.org/nutrition-food/nutrition/dining-with-diabetes
Albany: 24 Martin Road, Voorheesville, NY 12186 | Karen Roberts Mort: (518) 765-3552 | kem18@cornell.edu
Saratoga: 50 West High Street, Ballston Spa, NY 12020 | Diane Whitten: (518) 885-8995 | dwhitten@cornell.edu

Stratton VA Medical Center Nutrition Counseling & MOVE Weight Management Program
Must be eligible and enrolled for health care at the Stratton VAMC, see website for details:
https://www.albany.va.gov/patients/eligibility.asp
www.move.va.gov | www.nutrition.va.gov
113 Holland Ave. Albany, NY 12208 | (518) 626-6871

Things to do in Albany County
Albanycounty.com/recreation.aspx
http://www.albanycounty.com/Government/Departments/CountyExecutive/RailTrail.aspx

Things to do in Columbia County
Columbiacountytourism.org

Things to do in Greene County
Greatnortherncatskills.com/map

Things to do in Rensselaer County

Things to do in Saratoga County
Saratoga.com/things-to-do

Things to do in Schenectady County
Schenectadycounty.com/content/sports-and-recreation

Check with your local Parks and Recreation Department for further information.

YMCA Locations
Group exercise programs, personal training, and healthy living programs for members only. Scholarships available for those who cannot afford fees. www.CDYMCA.org
Albany: 616 North Pearl St. Albany, NY 12204 (518) 463-9622
Bethlehem: 900 Delaware Ave. Delmar, NY 12054, (518) 439-4394
Duanesburg: 221 Victoria Dr. Delanson, NY 12053, (518) 895-9500
Glenville: 127 Droms Rd. Glenville, NY 12302 (518) 399-8118
Greenbush: 20 Community Way, E. Greenbush, NY 12061, (518) 477-2570
Greene County: 35 Rt. 81 West Coxsackie, NY 12192, (518) 731-7529
Guilderland: 250 Winding Brook Dr. Guilderland, NY 12084, (518) 456-3634
Schenectady: 433 State St. Schenectady, NY 12305, (518) 881-0117
Southern Saratoga: 1 Wall St. Clifton Park, NY 12065, (518) 371-2139
Troy: 2500 21st St. Troy, NY 12180, (518) 272-5900

CDPHP No-Cost Gyms
CDPHP members can take advantage of free access to gyms throughout the Capital Region. Visit https://www.cdphp.com/weight-management/programs-rewards/no-cost-gyms for information and locations.

Eat Smart NY of the Capital Region
Kathleen McAllister: (518) 765-3522 ksm17@cornell.edu

WW Freestyle (formerly Weight Watchers)
Based on our science backed SmartPoints® system, WW Freestyle encourages you to eat more fruits, veggies, lean protein, and less sugar and unhealthy fats. Subscription fees apply. https://www.weightwatchers.com/us/

Section 2: Active Daily Living
The following agencies can help you find the nearest food assistance programs that serve your neighborhood. Call ahead to verify the facility’s address and hours.

**Food Pantries for the Capital Region**
County-specific lists on website.
32 Essex Street, Albany, NY 12206
(518) 458-1167
Monday - Friday 8 a.m. to 4 p.m.
http://www.thefoodpantries.org/

**National Hunger Hotline**
A United States Department of Agriculture (USDA) Food and Nutrition Service free National Hunger Hotline to help individuals find food near your location.
1-866-3-HUNGRY or 1-866-348-6479
Monday - Friday 7 a.m. to 10 p.m.

**Nutrition Outreach and Education Program (NOEP)**
Free nutrition assistance programs such as the Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program. Contact an NOEP Coordinator based on your county or visit https://mybenefits.ny.gov/mybenefits/begin to get more information.
Albany: (518) 689-6327
Columbia: 518-828-8660 ext. 128
Greene: 518-943-1462 ext. 104
Rensselaer: 518-274-2607 ext. 4108
Saratoga: 518-587-5188 ext. 412

**Regional Food Bank of Northeastern NY**
965 Albany-Shaker Road
Latham, NY 12110
(518) 786-3691
Monday – Friday 8 am – 5 pm
regionalfoodbank.net

**Women, Infants and Children (WIC)**
Nutrition assistance program for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five. To find a local agency, call the Growing up Healthy Hotline at 1-800-522-5006 or visit the NYSDOH website.
Health.ny.gov/prevention/nutrition/wic/how_to_apply.htm
Regular physical activity is important for everyone, but it is especially important for people with diabetes and those at risk for diabetes. Exercise, or physical activity, can include anything that gets you moving throughout the day.

**AT WORK**
- Take the stairs instead of the elevator at the office and in the parking garage
- Get up once an hour while you are at work and take a quick walk around your office
- Stand up and stretch at your desk
- If you go out for lunch, walk to the restaurant
- If you take public transportation to work, get off a stop earlier and walk the rest of the way to your office
- Use a speaker or mobile phone so you can pace around your office during calls

**AT HOME**
- Take the dog for a walk around the block
- Yard work such as mowing the lawn or raking leaves
- Housework such as vacuuming, dusting, or washing dishes
- Play with the kids – play catch or throw the Frisbee around
- Walk in place during the commercials of your favorite television show
- Carry things upstairs or from the car in two trips instead of one
- Walk around the house or up and down stairs while you talk on the phone
- While you are watching TV, move your arms and legs to improve circulation, build muscle, and keep yourself loose.
Diabetes: Another reason to quit

Tobacco has many bad health effects, especially for people with diabetes.
No matter how long you have smoked, your health will get better when you quit.

Diabetes and Smoking
Problems can get worse

- Smoking doubles the damage from diabetes because it damages the arteries
- Smokers with diabetes are more likely to get nerve damage and kidney disease
- Smokers with diabetes are 3 times more likely to die of heart disease
- Smoking raises the blood sugar level making it harder to control diabetes
- Smoking weakens the action of insulin
- Smoking increases the risk of getting diabetes

The benefits of quitting are big
Diabetes and Quitting

- Better blood sugar control
- Better circulation
- Improves the action of insulin
- Less risk of having nerve damage due to diabetes and kidney problems
- Lowers blood pressure
- Lowers cholesterol

After you quit

Talk with your doctor about:

- Weight gain or diet changes
- Changing your insulin dose
- Changing your diabetes pill schedule
- Changing other medicines like high blood pressure or high cholesterol medicines

1-866-NY-QUITS (1-866-697-8487) • Taped message library and tip of the day - 24 hours / 7 days www.nysmokefree.com
• Join QUNITY, your online smoke-free community and quit coach
If you have a smart phone and a chronic disease, chances are there’s an app for what ails you. There are hundreds of apps available. Not sure what to download? Consider some of these popular apps:

**BLOOD GLUCOSE TRACKING**
- Diabetes Pal*
- Glucose Buddy
- Blood Glucose Tracker
- mySugr

**FITNESS**
- Charity Miles
- Map My Walk

**WELL-BEING**
- Sleep Time

**KIDS**
- Carb Counting With Lenny
- Blue Loop

**NUTRITION**
- GoMeals
- Calorie King*
- MyNetDiary

**MEDICATIONS**
- MedSimple

**WEIGHT LOSS**
- LoseIt
- MyFitnessPal
- SparkPeople

*Not available for Android
FOOD AND NUTRITION

Teaming up for Diabetes
Food tracking tool, database of thousands of foods and dishes from popular restaurants and grocery stores including nutritional content of meals and snacks
www.gomeals.com

Calorie King
Recipes, food database for looking up nutritional content of foods, including information on foods from restaurants. Most services are free.
www.calorieking.com

Self-Nutrition Data
A reference site that provides free and unbiased nutritional information.
https://nutritiondata.self.com/help/quickstart

The World’s Healthiest Foods
Over 100 quick and easy recipes with preparation and cook time in 30 minutes or less.
www.whfoods.org

All Recipes
Find trusted recipes for eating healthy.
www.allrecipes.com

My Health Apps
A database of health apps for smart phones, sorted by medical condition.
www.myhealthapps.net

Eat this Much
Create a free account for access to recipes, a nutrition database and meal plans.
www.eatthismuch.com

dLife
Recipes, nutrition tips, and expert advice for diabetes.
www.dlife.com

Choose My Plate
Meal planning and guidelines.
www.choosemyplate.gov

American Diabetes Association (ADA)
Information about diabetes and nutrition
www.diabetes.org

Diabetes Food Hub by the ADA
Recipes, information about food preparation.
www.diabetesfoodhub.org

PHYSICAL ACTIVITY & WEIGHT LOSS

Weight Loss Buddy
Get the support of a buddy, stories about people like you, or start your own journal.
www.weightlossbuddy.com

Lose It
Free web site for documenting intake, exercise and for finding new recipes. There is also an app for smartphones.
www.loseit.com

Fitness Blender
Free full-length workout videos, workout routines, healthy recipes and more.
www.fitnessblender.com

YouTube
Web site containing thousands of videos. HASfit includes 30 minutes standing and seated exercises for seniors, obese, plus size, and limited mobility.
www.youtube/HASfit
### Internet Resources

#### DIABETES INFORMATION

**The Center for Science in the Public Interest**  
Providing advice and advocacy toward a healthier food system since 1971.  
http://scpinet.org

**American Diabetes Association**  
Information about diabetes and nutrition.  
www.diabetes.org

**American Association of Diabetes Educators**  
Information about diabetes educators and patient resources.  
www.diabeteseducator.org

**Academy of Nutrition and Dietetics**  
Information regarding diabetes and other nutrition related diseases, as well as a database of Registered Dietitians.  
www.eatright.org

**Diabetes Health Magazine**  
www.diabeteshealth.com

**Diatribe**  
Educational articles regarding the management of Diabetes.  
www.diatribe.org

**Center for Disease Control and Prevention**  

**Diabetes Self-Management Education and Support for Adults with Type 2 Diabetes**  

**Diabetes MINE**  
Education and encouragement for people touched by Diabetes.  
www.healthline.com/diabetesmine

**National Diabetes Prevention Program**  
Information regarding the National Diabetes Prevention Program  
www.preventdiabetes.com/whatis2.htm  
www.cdc.gov/diabetes/prevention

**Joslin Diabetes Center**  
www.joslin.org

**Juvenile Diabetes Research Foundation (Type 1 Diabetes)**  
www.jdrf.org

**National Diabetes Education Program**  
www.ndep.nih.gov

**National Diabetes Information Clearinghouse**  

#### COMMUNITY FORUMS

**Daily Strength**  
This is a community forum for people who are determined to improve their eating habits for health, personal wellness, or other reasons. A place to finds who have similar goals.  
www.dailystrength.org

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Section 2: Active Daily Living
1 OUT OF 10 AMERICANS HAVE DIABETES

1 OUT OF EVERY 4 DO NOT KNOW THEY HAVE DIABETES

DIABETES IS THE 7TH LEADING CAUSE OF DEATH

AFRICAN AMERICANS ARE ALMOST 2X MORE LIKELY TO HAVE DIABETES THAN NON-HISPANIC WHITES

COMMON MYTHS

Diabetes doesn’t run in my family, so I’m safe.

Diabetes is caused by eating too much sugar.

People with diabetes need to follow a special diet.

THE FACTS

Family history is only one of several risk factors for type 2 diabetes.

Type 2 is caused by genetics and lifestyle factors. Being overweight increases your risk for developing type 2, and a diet high in calories from any source contributes to weight gain. Research has shown that sugary drinks are linked to type 2 diabetes.

People with diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar.

LEARN MORE ABOUT LIVING WITH TYPE 2 DIABETES AT DIABETES.ORG/TYP2PROGRAM 1-800-DIABETES (342-2383)