

Nutrition and Physical Activity

Small amounts of dietary changes and daily exercise can improve your health, confidence and energy! Use these resources to achieve a healthier lifestyle.

3 Nutrition

Cornell Cooperative Extension: Group classes

Albany (518)765-3500, Rensselaer (518)272-4210

Schenectady (518)372-1622, Saratoga (518)885-8995

Dining with Diabetes Cornell Cooperative Extension

Classes for people with diabetes and their family members that include learning, demonstrations & tasting healthy foods.

Albany (518)765-3552, Saratoga (518)885-8995

Eat Smart NY of the Capital Region (518)765-3522

www.capitalregionesny.org, Free Supplemental Nutrition

Assistance Program (SNAP) education program.

Grocery Stores

Many grocery store chains offer programs run by registered dietitians that provide grocery shopping tips and nutrition education for diabetes patients. Examples:

Shop Rite, Health & Wellness Coordinator

(518)708-3445

Hannaford, Healthy Living Center

www.hannaford.com/dietitians

Price Chopper/ Market 32

<https://www.pricechopper.com/health-wellness/nutrition/>

Seniors Only

Local Office for the Aging, by county :

Meals on Wheels & additional nutrition services for seniors.

Albany : (518) 447-7183 Rensselaer: (518) 270-2739

Saratoga : (518) 884-4100 Schenectady (518) 382-8481

Columbia : (518) 828-4258 Greene (518) 719-3555

Montgomery: (518) 843-2300 Fulton: (518)736-5650

Silver Sneakers Fitness Program

www.silversneakers.com or 888-423-4632

4 Physical Activity

150+ minutes of moderate-intensity exercise per week recommended. Contact your health insurance company, many offer physical activity programs for diabetes patients such as free gym memberships.

Other Programs

YMCA: Exercise and healthy living programs in most locations. Scholarships available for those who cannot afford fees. www.CDYMCA.org

Stratton VA Medical Center Nutrition Counseling & MOVE

Weight Management Program for members only.

www.nutrition.va.gov (518) 626-6871

5 Support Groups

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.

St. Peter's Health Partners

Diabetes and Endocrine Care (518) 471-3636

Ellis Medicine (518) 347-5421

Diabetes Education & Outpatient Nutritional Services

Saratoga Hospital Nutrition and Diabetes Education

(518)886-5121

St. Mary's Healthcare: Amsterdam

(518) 841-3717

Free Support for Women

Diabetes Sisters

Monthly meet-ups in Clifton park & Albany/Schenectady

For more information please visit the Diabetes Sisters

website www.diabetessisters.org

Support Group for Children With Type 1 Diabetes

JDRF's Sugar Free Gang (518) 477-2873

NYSUT Building Auditorium, www.Jdrf.org

6 Always make sure to schedule periodic visits with your health practitioner

My next Diabetes Checkup is

on : _____

with: _____

See our comprehensive guide to regional Diabetes Self-Management resources at:

hcdiny.org > Stay Healthy > Self-management guides



Do you need help managing medical costs, getting health insurance or social supports like food assistance?

Contact us at : (518)462-7040

175 Central Avenue, Albany, New York 12206



Is Your Diabetes Being Managed?



 **Healthy Capital District**

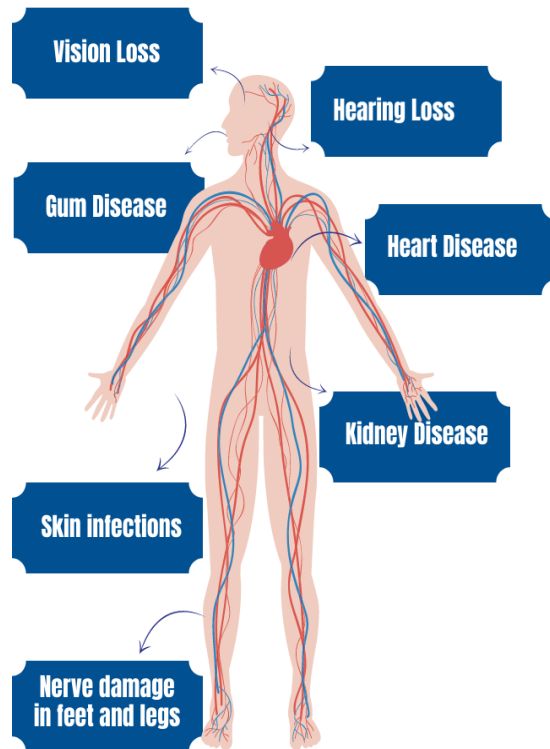
Get Covered • Find Care • Stay Healthy

www.HealthyCapitalDistrict.org

1A

Dangers of Uncontrolled Diabetes

These are some of the complications that your body might go through if your blood glucose is not controlled properly:



Make sure to check your blood glucose levels daily

180-299 mg/dl*



Notify your health care provider and use this handout to help guide you.

>300 mg/dl*



Contact your health care provider right away

* levels refer to testing 2 hours after having a meal

1B

Diabetes Self-management Training & Education

Attending a group program, or seeing a Registered Dietitian or Certified Diabetes Educator one-on-one can help you gain control over your blood sugar levels. Check with your provider first and ask for a referral.

Medical Centers

Albany Medical Center

Division of Community Endocrinology (518) 489-4704

Ellis Diabetes Care, Ellis Health Center

(518) 347-5421

St. Peter's Health Partners, Diabetes and Endocrine Care (518) 471-3636

Saratoga Hospital, Diabetes: One step at a Time (518) 886-5121

Saratoga Hospital Medical Group (518) 580-2185

Community Care Physicians, P.C.

Patient Education & Wellness Program (518)713-5347

St. Mary's Healthcare: Amsterdam (518) 841-3717

Private Practice

There are many private practices in the Capital District that provide diabetes education, search for terms like "Diabetes educator", "certified Diabetes educator" or "Certified Diabetes Care and Education Specialist" (CDCES)

Free for All Program

Living With Type 2 Program

A FREE 12 month digital education program, available in both English and Spanish.

To sign up for this program:

call 1-800-DIABETES (800-342- 2383)

Some Health Insurance Companies have resources for their members with diabetes:

Check with your insurance provider, here are some examples:

BSNENY Diabetes Disease Management (Blue Shield of North Eastern NY)

1-877-878-8785 option 2

MVP Diabetes Care Program

1-866-942-7966

CDPHP Care Team

1-800-365-4180

Other Programs that are Designed for their Members only:

Stratton VA Medical Center (518) 626-6889

Diabetes Self-Management Education Program

Albany Medical Center, Goodman Diabetes Service (518) 262-5185

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

Albany Medical Center Pediatric Endocrinology (518) 262-5723

Must be enrolled for health care at AMC Pediatric Endocrinology.

2

Medication Assistance Programs

You might qualify to receive help in purchasing medication, please contact your local Community Health Advocate Program (CHA) for health insurance questions.

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

St. Peter's Health Partners Prescription Assistance Program:

(518) 268-6442 or (518) 525-6646

Serving: Albany, Columbia, Greene, Rensselaer, Saratoga and Schenectady Counties

New York Statewide CHA Programs

Community Service Society (888) 614-5400

Empire Justice Center (800) 724-0490x5822

Medicare Rights Center (800)333-4114