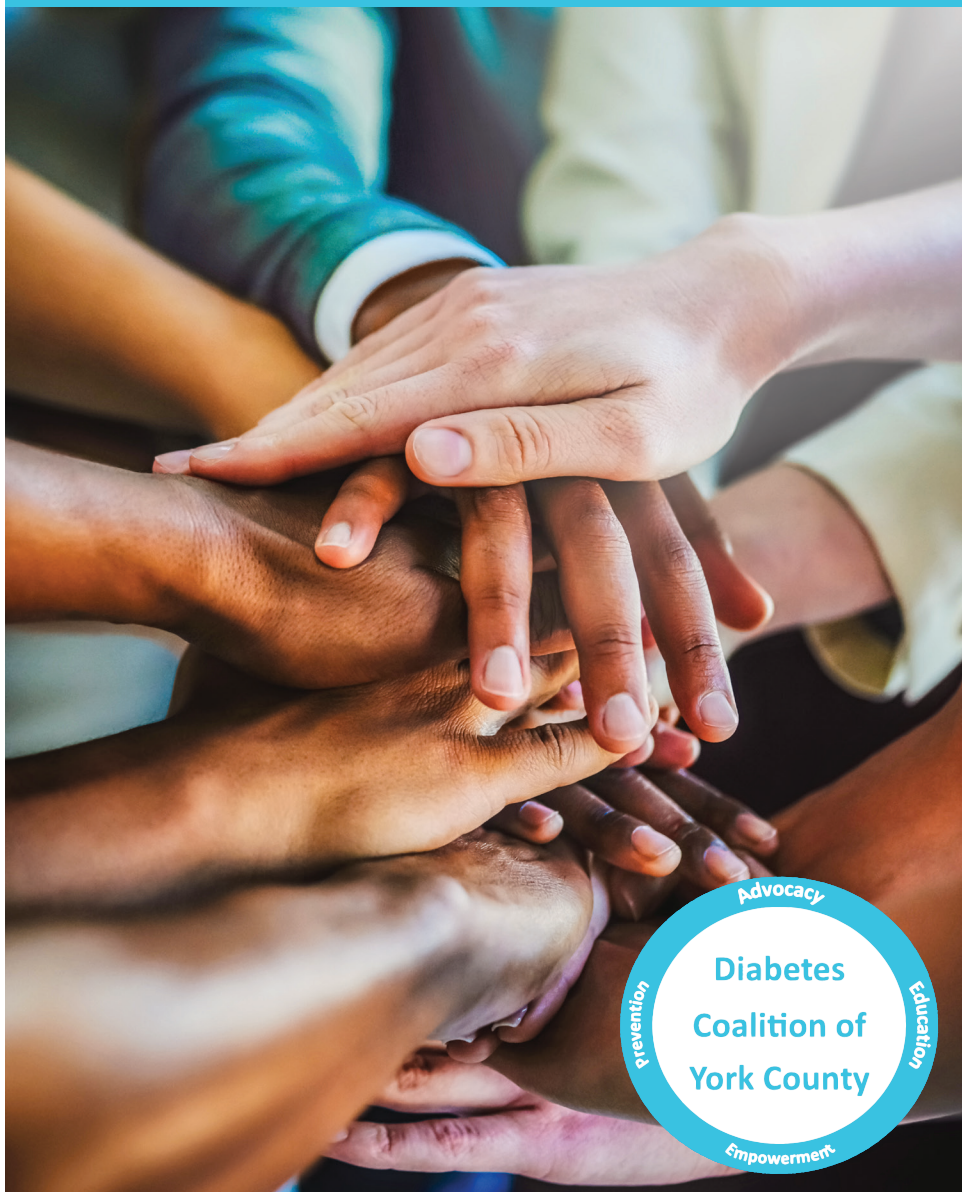


# York County Diabetes Resource Guide

Brought to you by the Diabetes Coalition of York County



# Getting to know the Diabetes Coalition of York County

- Our mission is to empower those at-risk for and living with diabetes, through education and raising awareness to decrease the rate of diabetes in York County and improve the lifestyles of those we serve.
- The Diabetes Coalition of York County was formed in February 2017, after several agencies and organizations in York County expressed interest in writing a grant for diabetes-related programming. It was after their first meeting to discuss what they could all partner together on that they realized the need for a Diabetes Coalition in the county. The newly formed coalition applied for a grant from York County Community Foundation's Hahn Home Fund for Embracing Aging and the Edgar I. Garrett Diabetes Fund. Our coalition was fortunate enough to receive this grant to put together a Diabetes Expo and create a Diabetes Resource Guide.
- We hope these diabetes-related resources help you and your loved ones find the appropriate care for your specific needs.

# Fast Facts about Diabetes

## Types of diabetes defined:

- Pre-diabetes – A condition which blood glucose levels are higher than normal but are not high enough for diagnosis of diabetes. People with pre-diabetes have both impaired glucose tolerance and fasting glucose.
- Type 1 – Usually diagnosed in children and young adults. The body does not produce insulin with this form of the disease.
- Type 2 – The most common form of diabetes. The body does not use insulin properly, which is called insulin resistance.

## Risk Factors:

- Smoking
- Physical inactivity
- High cholesterol
- Family history of diabetes
- Overweight/obesity
- High blood pressure
- High blood glucose levels

## Statistics:

### • National Data (according to 2015 data):

- 1.5 million people are diagnosed with diabetes every year
- 30.3 million (9.4% of the population) people had diabetes
- 1.25 million (5%) children and adults have type 1 diabetes
- 7th leading cause of death
- 84.1 million people had pre-diabetes
- 5% of people with diabetes have type 1

### • Pennsylvania Data (according to 2014 data):

- 1,130,813 people were diagnosed with diabetes
- 71,279 new cases of diabetes were diagnosed
- 11,250 people died from diabetes-related complications in 2014

### • York County Data:

- 37,117 people were diagnosed with diabetes in 2014
- 2,690 new cases of diabetes were diagnosed in 2014
- 381 people died from diabetes-related complications in 2014

*Data gathered from the American Diabetes Association (ADA), PA Department of Health and the Centers for Disease Control & Prevention (CDC)*

# Community Resources

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## Family First Health

116 South George Street  
York, PA 17401  
717-845-8617

**Medical Devices Available:** Blood Glucose testing monitors (Glucometers), Blood glucose testing supplies (Alcohol pads, test strips, lancets, sharps containers)

**Diabetes-related Specialized Providers:** Endocrinologists, Providers specializing in eye/vision care (Optometrists, Ophthalmologists), Pharmacists, Social workers, Physical therapists, Diabetes educator

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## HealthSouth Rehabilitation Hospital of York

1850 Normandie Drive  
York, PA 17408  
717-767-6941

**Program:** Disease Specific Certification: Inpatient Advanced Diabetes Program

**Description:** The diabetic classes are held Mon-Fri at 10:00 - 10:30 am or 11-11:30 am. The topics reviewed are: Hypo and Hyperglycemia, Signs and Symptoms of Diabetes, Complications and Coping with Diabetes, Diet and Exercise, Diet Management, Sick Time Management, Diabetic Medications and Foot Care.

**Contact:** You must be an inpatient to attend this program

**Length:** 5 sessions, 30-60 minute sessions

**Cost:** Covered as part of inpatient stay

- ✓ This program is covered by at least one insurance company
- ✓ Serves individuals at risk for and diagnosed with type 2 Diabetes
- ✓ Disease management program
- ✓ Diabetes education and nutrition programs

**Medical Devices Available:** Pre-diabetes and Diabetes related devices

# Community Resources

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## Katallaso Family Health Center

38 South Belvidere Avenue  
York, PA 17401  
717-885-5637

**Program:** Wellness classes

**Description:** WellSpan Educators come to the clinic and provide this service to Katallasso

**Cost:** Free

- ✓ Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- ✓ Disease management program
- ✓ Diabetes education, nutrition, and exercise programs

**Medical Devices Available:** Blood Glucose testing monitors (Glucometers), Blood glucose testing supplies (Alcohol pads, test strips, lancets, sharps containers), Medications and insulin, Insulin needles/Pen needles

**Diabetes-related Specialized Providers:** Primary care providers, Endocrinologists (Diabetes), Optometrists & Ophthalmologists (eye/vision), Pharmacists, Social workers, Physical therapists, Diabetes educator

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## Martin Foot & Ankle

2300 Pleasant Valley Road  
York, PA 17402  
717-757-3537 (ext. 7328)

**Program:** Your Feet and Diabetes

**Description:** Participants are educated on how diabetes affects foot health and what to look for in their feet. Tips and tricks are provided on how to keep your diabetes under control. Held at various locations throughout York County.

**Length:** 30-45 minutes

**Cost:** Free

- ✓ Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- ✓ Disease management program
- ✓ Diabetes education and exercise programs

**Medical Devices Available:** Therapeutic footwear/Orthotics

**Diabetes-related Specialized Providers:** Foot care (Podiatrists), Physical therapists, Wound care specialists

# Community Resources

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## **Minnich's Pharmacy**

976 South George Street  
York, PA 17403  
717-848-2312

**Program:** Diabetes Education

**Description:** The diabetes education program provided by Quality Insights, provides a six session, workshop style program geared toward basic and intermediate knowledge of diabetes for Medicare patients.

**Length:** 6 sessions, 90 minutes per session

**Cost:** No cost for Medicare patients

- ✓ Serves individuals diagnosed with type 2 Diabetes
- ✓ Diabetes education and nutrition programs

**Medical Devices Available:** Blood Glucose testing monitors (Glucometers), Blood glucose testing supplies (Alcohol pads, test strips, lancets, sharps containers), Medications and insulin, Insulin needles/Pen needles

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## **Omni Home Care**

873 Clare Lane  
York, PA 17402  
717-650-2778

**Program:** Home Health Services

**Description:** Omni Home Care offers medical home health services to provide diabetes education and care. This includes skilled nursing, physical therapy, occupational therapy, home health aides and medical social workers in the comfort of your home.

**Cost:** Covered by Medicare

- ✓ This program is covered by at least one insurance company
- ✓ Serves individuals at risk for and diagnosed with type 2 Diabetes
- ✓ Disease management program
- ✓ Diabetes education, nutrition, and exercise programs

**Medical Devices Available:** Wound care products

**Diabetes-related Specialized Providers:** Social workers, Physical therapists, Occupational therapists, Wound care specialists

# Community Resources

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## Quality Insights

2536 Eastern Boulevard  
York, PA 17402  
877-346-6180

**Program:** DEEP (Diabetes Empowerment Education Program)

**Description:** A hands-on, interactive, program where participants learn to understand diabetes and its risks, as well as the importance of diet, exercise, regular physician exams, annual foot and eye exams, managing medications and more. Classes focus on understanding the disease and its impact on the body and how self-management can lessen complications.

**Length:** 6 sessions, 1.5 hrs per session

**Cost:** Free

- ✓ Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- ✓ Disease management program
- ✓ Diabetes education, nutrition, and exercise programs

**Program:** DSMP (Diabetes Self-Management Program)

**Description:** DSMP, an evidence-based self-management program originally developed at Stanford University, program focuses on behavior modification through the use of action plans and self-management. Topics include understanding diabetes and its risks as well as the importance of diet, exercise, physician care, and life style modifications.

**Length:** Once weekly for 6 classes, 2.5 hrs per class

**Cost:** Free

- ✓ Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- ✓ Disease management program
- ✓ Diabetes education, nutrition, and exercise programs

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## UPMC Pinnacle Hanover

67 George Street  
Hanover, PA 17331  
717-316-7208 or 717-316-2118

**Program:** The Diabetes Puzzle-Putting it all Together

**Description:** The Diabetes Puzzle is a 10 hours program designed to help individuals manage and monitor their diabetes. A different aspect of self-care will be featured at each session. Topics include: meal planning, exercise, medications, blood glucose monitoring, record keeping, sick days, food shopping, dining out, stress, travel, family involvement, and complications.

# Community Resources

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## UPMC Pinnacle Hanover (continued)

**Length:** 10 hours

**Cost:** Billed to medical insurance

- ✓ Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- ✓ Disease management program
- ✓ Diabetes education, nutrition, and exercise programs

**Diabetes-related Specialized Providers:** Primary care providers, Endocrinologists (Diabetes), Nephrologists (Kidneys), Podiatrists (Foot care), Cardiologists (Heart), Pharmacists, Nutritionists, Dietitians, Exercise physiologist, Wound care specialists, Diabetes educator

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## UPMC Pinnacle Memorial

325 South Belmont Street

York, PA 17403

717-815-2755

**Program:** Diabetes Self-Management Education Program

**Description:** Program 1. Our program consists of a one hour pre-class individual appointment followed by nine hours of group class education, where patients are equipped with the tools and resources to help them create a diabetes management plan that they can stick with. Our program is recognized by The American Diabetes Association as meeting the National Standards for Diabetes Self-Management.

**Length:** 10 hours

**Cost:** Depends on insurance coverage

- ✓ This program is covered by at least one insurance company
- ✓ Serves individuals diagnosed with type 2 Diabetes
- ✓ Disease management program

**Program:** Diabetes Support Group

**Description:** Support and education for persons with Diabetes and their family members. Our mission is to empower our patients with the means, the will and the knowledge to combat diabetes. To provide a safe and confidential atmosphere, without bias or judgment, where those persons can express their feelings and concerns, while feeling care for and supported. Group meets from 5:30-6:30pm at the Community Health and Wellness Office (1420 Sixth Avenue, Suite 3, York, PA 17405).

**Length:** 1 hour per month on the 2nd Tuesday

**Cost:** Free



# Community Resources

- ✓ Serves individuals diagnosed with type 2 Diabetes
- ✓ Diabetes education program

**Program:** Individual and Outpatient Consultations

**Description:** Education is provided on an individual basis. Patients meet with a Certified Diabetes Educator or a Registered Dietitian and receive diabetes education and an individualized meal plan designed to meet their needs.

**Length:** 1 to 2 hours

**Cost:** Depends on insurance coverage

- ✓ This program is covered by at least one insurance company
- ✓ Serves individuals diagnosed with type 2 Diabetes
- ✓ Diabetes education program

**Diabetes-related Specialized Providers:** Primary care providers, Endocrinologists (Diabetes), Nephrologists (Kidneys), Podiatrists (Foot care), Cardiologists (Heart), Pharmacists, Nutritionists, Dietitians, Exercise physiologist, Wound care specialists, Diabetes educator

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## WellSpan Endocrinology

292 St. Charles Way  
York, PA 17402  
717-851-6231

**Program:** The Diabetes Education Program

**Description:** We offer our diabetes education program for individuals with pre-diabetes and diagnosed with diabetes.

**Length:** 10 hours

**Cost:** \$800

- ✓ This program is covered by at least one insurance company
- ✓ Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- ✓ Disease management program
- ✓ Diabetes education, nutrition, and exercise programs

**Program:** Annual Review Program

**Description:** The initial appointment is individualized to the patient and what their needs are. After this appointment, another appointment can be scheduled with either a nurse or dietician dependent on the patients' needs.

**Length:** 1 to 2 hours

**Cost:** \$150 to \$300

# Community Resources

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## WellSpan Endocrinology (continued)

- ✓ This program is covered by at least one insurance company
- ✓ Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- ✓ Disease management program
- ✓ Diabetes education, nutrition, and exercise programs

**Program:** Diabetes Support Group

**Description:** Guest Speakers give talks on a variety of subjects that impact diabetes management. Meetings are held 7-8pm, 2nd Thursdays of March, April, May, September, October, and November.

**Length:** 1 hour

**Cost:** Free

- ✓ Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- ✓ Diabetes education program

**Diabetes-related Specialized Providers:** Endocrinologists (Pre-diabetes, Diabetes), Skin Care, Foot Care

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## Wholesome Nutrition 365

228 Broadway  
Hanover, PA 17331  
717-850-3308

- ✓ Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- ✓ Diabetes nutrition program

**Diabetes-related Specialized Providers:** Dietician

# Community Resources

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## YMCA of York and York County

90 North Newberry Street

York, PA 17401

717-843-7884 (ext. 248)

**Program:** YMCA Diabetes Prevention Program

**Description:** Community-based lifestyle improvement program for adults with prediabetes. Its purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes. Held at various locations throughout York County.

**Length:** 1 year (weekly for 4 months, every 2 weeks for 2 months and once per month for 6 months)

**Cost:** \$429

- ✓ This program is covered by at least one insurance company
- ✓ Serves individuals at risk for type 2 Diabetes
- ✓ Disease management program

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## York County Area Agency On Aging

100 West Market Street

York, PA 17401

717-771-9610

**Program:** Diabetes Self-Management Program

**Description:** York County older adults (60+) living with type 2 diabetes and those 60+ who are caregivers of someone living with type 2 diabetes learn how to manage diabetes using a self-management toolbox. Tools that participants learn about include Using Your Mind, Action Planning, Making Decisions, Dealing with Difficult Emotions, Healthy Eating, and more. Participants receive a textbook, relaxation CD, and resource information. Classes are provided at various locations throughout York County.

**Length:** 2.5 hours, once weekly for 6 weeks

**Cost:** Free

- ✓ Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- ✓ Disease management program
- ✓ Diabetes education, nutrition, and exercise programs



## Members of the Diabetes Coalition of York County

**Healthy**  
York County  
**Coalition**



**PennState**  
York

**UPMC**  
**Pinnacle**



This resource guide was made possible through a grant funded by the York County Community Foundation's Embracing Aging.



**EMBRACING AGING**  
Making York County a great place to age!  
York County Community Foundation