

“ The class created more confidence in my selection of food at the appropriate times. I am feeling more confident that I am in control of my life. ”

– DIABETES SELF-MANAGEMENT PROGRAM PARTICIPANT



**SO, YOU'RE READY FOR BETTER HEALTH?**

**Congratulations!**

Deciding to improve your health is an important — and smart — decision. After all, there really is no downside... you'll:

- feel better and have more energy
- dramatically reduce your risk of developing serious conditions like heart disease, stroke, kidney and liver disease, Alzheimer's disease and dementia, blindness, and loss of limbs
- avoid costly medical visits and treatments



Two of Rhode Island's diabetes program leaders (left to right):  
 David Hernandez - BS, DSMP Leader  
 Kathy Shilko - RD, CDE, CDOE, CVDOE



**DON'T KNOW WHERE TO START?**

**We do.**

We can help you find a program that works for your health insurance status and unique needs. Your program leader – a healthcare provider or qualified peer – will support you to:

- set goals
- eat healthier
- increase your physical activity
- manage your diabetes
- manage your medications

All programs follow national evidence-based curriculums. Programs are free or low cost even if you don't have insurance coverage.



**SMALL STEPS LEAD TO**

**big changes.**

More than one in 10 Rhode Islanders has diabetes. There is no cure for diabetes, but it can be managed. There's a lot you can do to keep yourself healthy. Many people with diabetes live long, healthy lives. In fact:



- there's not a one-size-fits-all diabetes meal plan. With a little planning, you can still include your favorite foods



- by drinking more water and fewer sweetened beverages, you can cut a lot of calories and have fewer blood sugar swings



- some benefits start right away, like lower blood sugar. And the longer you stick with the program, the more improvements you will see (and feel) in your health



### YOUR HEALTH AFFECTS MORE THAN YOU.

Improving your health can also improve life for those around you. So don't just do it for you – do it for the ones you love.



### YOU'RE NOT ALONE.

Can you change by yourself? Maybe – but you don't have to. We're here to help you succeed in managing your diabetes. Think a "program" isn't right for you? Give it a chance – many of our participants are surprised by what they learn and can continue to do at home.



### HOW WOULD HEALTHIER LIVING CHANGE YOUR LIFE?

The answer is different for everyone – and that's what makes our programs successful. Your program leader helps you set goals and take steps that work best for you.

### You learn about:

- how to prepare affordable and healthy versions of your favorite foods
- tips for eating healthy during holidays
- fun local events that can keep you physically active
- ways to address your specific concerns
- how to reduce stress



### LET'S GET STARTED.

Many Rhode Islanders are already participating in these programs to manage their diabetes and achieve their healthy lifestyle goals. Why not join them? Space is limited, so contact us now to enroll in an upcoming program near you.

**CALL** (401) 432-7217

**EMAIL** [CommunityHealthNetwork@RIPIN.org](mailto:CommunityHealthNetwork@RIPIN.org)

**VISIT** [health.ri.gov/diabetes](http://health.ri.gov/diabetes)

*Assistance with transportation, child care, or other supportive services may be available. Contact us to learn more.*



## Not sure how to manage your diabetes?

We can help.



Community Health Network



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