

# Eastern Shore Diabetes Prevention and Control Project

(757) 442-9652    ESAAA/CAA    (800) 452-5977  
36282 Lankford Highway, Suite 13D  
Belle Haven VA 23306

## **Our Mission is:**

- To increase annual eye and foot exams, vaccinations and A1c tests
- To develop and guide community-based diabetes programs (wellness, physical activity, weight, blood pressure, and smoking cessation)
- To reduce the burden of diabetes and promote healthy lifestyles
- To develop partnerships to maximize funding and resources

## **Planned Activities include:**

- “Healthy Living with Diabetes” class
- The American Cancer Society’s Body & Soul Program coordinated in local African-American churches
- Annual Diabetes Awareness Luncheon
- Eye and Foot Care Screenings and Seminars
- Hispanic Cooking Class, “Living Longer, Living Better”
- Public Service Announcements/Press Releases
- A flu vaccination tracking system established for people with diabetes
- Three support groups
- Diabetes information provided at community events

The Eastern Shore Area Agency on Aging/Community Action Agency receives \$35,000 per year for its Diabetes Project through a partnership with the Virginia Department of Health’s Diabetes Prevention and Control Project and the Center for Disease Control.

**Virginia Diabetes  
Prevention and  
Control Project**



Division of Chronic Disease  
Prevention and Control  
[www.vdh.virginia.gov](http://www.vdh.virginia.gov)

For more information or to partner with the Eastern Shore Diabetes  
Prevention and Control Project, contact Faye Sandsbury.

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## Prevent Diabetes: Take Your First Step Today

### Step 1: Get Moving

- Dance – a fun way to be more active
- Walk - outside and inside
- Pick any activity you enjoy that keeps you moving

### Step 2: Reduce Portion Sizes

- Know portion sizes – a deck of cards is a 3 oz. serving of meat
- Put less on your plate
- Use a smaller plate to make it look like more
- Share your dessert portion or choose fruit instead
- Quit before you are full

### Step 3: Make Healthy Food Choices

- Snack on a veggie
- Use a variety of spices instead of salt
- Select foods with little or no added sugar
- Choose foods with whole grains instead of white flour
- Read food labels and select those lower in fat, calories and sodium

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