

Diabetes Control Program

Lenowisco Health District

Wise County Health Department
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Our Mission: Decrease the number of diabetes related hospitalizations and deaths by increasing the awareness and education of diabetes and related issues in the district. Promote healthy management of diabetes by encouraging eye and foot exams, Hemoglobin A1c testing, blood glucose and blood pressure monitoring and vaccinations.

What we're doing:

- ◆ Monthly IN CONTROL programs that provide free education and peer support for people who have diabetes, have family/friends with diabetes or want to learn more about diabetes.
- ◆ Quarterly newsletters highlighting specific health concerns and topics.
- ◆ Individualized patient education by qualified diabetes health educators.
- ◆ Annual Holiday Luncheon for people with diabetes and their families to gather additional information of particular diabetes topics, participate in health screenings for blood pressure and blood sugar, eye and foot exams, vaccinations, etc.
- ◆ Conduct physical activity challenge targeting IN CONTROL participants.
- ◆ Community Wellness Challenge offering worksites, schools and other organizations/agencies the opportunity to improve physical fitness and overall health.
- ◆ Provide diabetes information and resources at local community events.



For more information or to find out how you can partner with the Lenowisco Diabetes Control Program, contact Lorene Allen, RN, Coordinator at (276)328-8000 ext. 81919.