

## For those who had a BP of > 120/80

Programs you may be interested in:

Chronic Disease Self-Management Program, also known as **Living Well Alaska** is a series of 6 classes that help people with chronic illnesses learn ways to self-manage their condition and take charge of their life. In other words it is a Chronic Disease Self-Management Program (CDSMP). The three principles that underlie CDSMP are:

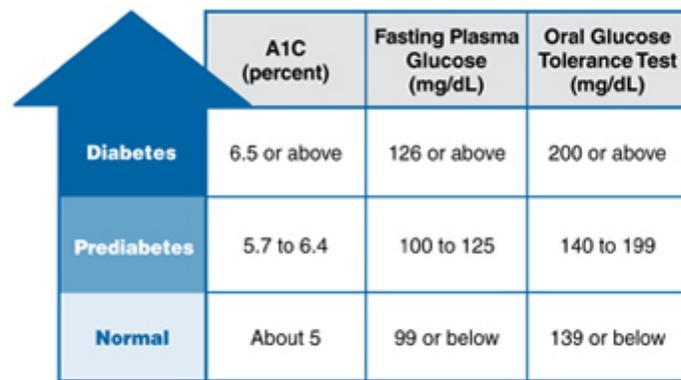
1. People with different chronic diseases have similar self-management problems and disease-related tasks.
2. People can learn to take responsibility for the day-to-day management of their diseases.
3. Confident, knowledgeable patients practicing self-management will experience improved health status and will utilize fewer health care resources.

This class is for people with chronic conditions, such as arthritis, diabetes and heart disease. It is also for people who take care of people with chronic conditions, or just want to learn about how to self-manage chronic conditions. All are welcome. You can learn more about the program at [www.livingwell.alaska.gov](http://www.livingwell.alaska.gov)

We have classes at the following locations:

- Alaska VA Healthcare System - FREE  
Leah Bachmeier  
(907) 257-4726
- Anchorage Senior Center - FREE  
Carmen Montano  
(907) 258-7823
- Homer - FREE  
Peggy Ellen Kleinleder  
(907) 235-0369
- Kenai  
Linda Tannehill  
(907) 262-5824  
&  
Deborah Nyquist  
(907)335-7580
- Mat-Su  
Julie Cascio  
(907) 745-3360
- Providence Senior Care Center - FREE  
Karen Hollar  
(907) 212-3424
- Seward - FREE  
Caitlin Mackenna  
(907) 224-8556
- Southcentral Foundation - FREE  
Lavina Hess  
(907) 729-4195

### Blood Test Levels for Diagnosis of Diabetes and Prediabetes



	A1C (percent)	Fasting Plasma Glucose (mg/dL)	Oral Glucose Tolerance Test (mg/dL)
<b>Diabetes</b>	6.5 or above	126 or above	200 or above
<b>Prediabetes</b>	5.7 to 6.4	100 to 125	140 to 199
<b>Normal</b>	About 5	99 or below	139 or below

Definitions: mg = milligram, dL = deciliter  
For all three tests, within the prediabetes range, the higher the test result, the greater the risk of diabetes.

Source: Adapted from American Diabetes Association. Standards of medical care in diabetes—2012. *Diabetes Care*. 2012;35(Supp 1):S12, table 2.

## For those with HbA1C between 5.7 to 6.4

Program you may be interested in:

### The National Diabetes Prevention Program (NDPP)

NDPP is year-long group program, made up of 16 one-hour sessions where you will learn the skills necessary to change behavior and follow a healthier lifestyle. Followed by monthly sessions led by a trained lifestyle coach. You will discuss healthy eating, physical activity, stress-reduction, problem-solving, and other life skills to help you live a longer and healthier life. The program has been able to help dedicated individuals lose 7% of their body weight. You can learn more about this program at the [www.diabetes.alaska.gov](http://www.diabetes.alaska.gov).

### Recognized Diabetes Prevention Programs (Anchorage, AK)

Name of Program	Length of Program	Program Traits	Location	Cost	Contact Information
<p><b>University of Alaska Fairbanks Cooperative Extension Service</b></p> <p><a href="http://www.uaf.edu/ces/districts/anchorage/">http://www.uaf.edu/ces/districts/anchorage/</a></p>	<p>1 year: 16 sessions, monthly follow-up for 1 year</p>	<ul style="list-style-type: none"> <li>• Led by Trained lifestyle coach</li> <li>• Registered dietician</li> <li>• Help with weight loss and physical activity plan</li> </ul>	<p>1675 "C" Street</p>	<p>\$240</p> <p>Payment plan is available</p>	<p><b>Leslie Shallcross</b></p> <p><b>E-mail:</b> <a href="mailto:lashallcross@alaska.edu">lashallcross@alaska.edu</a></p> <p><b>Telephone:</b> 907-786-6300</p>
<p><b>YMCA of Anchorage</b></p> <p><a href="http://www.ymcaalaska.org">www.ymcaalaska.org</a></p>	<p>1 year: 16 weekly sessions, followed by 3 every other week sessions then 6 monthly sessions</p>	<ul style="list-style-type: none"> <li>• Led by Trained Lifestyle Coach</li> <li>• Peer Support</li> <li>• Gym membership to Anchorage Community YMCA</li> </ul>	<p>Anchorage Community YMCA*</p>	<p>\$429</p> <p>Insurance, financial assistance, and scholarships are available</p>	<p><b>Erin Widener</b></p> <p><b>E-mail:</b> <a href="mailto:erin@ymcaalaska.org">erin@ymcaalaska.org</a></p> <p><b>Telephone:</b> 907-563-3211</p>
<p><b>Alive-PD</b></p> <p><a href="http://www.turnaroundhealth.com">www.turnaroundhealth.com</a></p>	<p>1 year: Weekly emails for the 1<sup>st</sup> 6 months.</p>	<ul style="list-style-type: none"> <li>• At your own pace</li> <li>• Weekly e-mails with small easy goals tailored to your habits to help you eat better, be more active.</li> <li>• Proven effective</li> </ul>	<p><b>Online – Virtual Program</b></p>	<p>Free</p>	<p><b>Join at:</b> <a href="http://alive.turnaroundhealth.com">alive.turnaroundhealth.com</a></p> <p><b>Coupon code:</b> Alaska2015</p>

\*Location –Erin is willing to teach the program at a location of your choice, if ten or more participants are involved.

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Source: Adapted from American Diabetes Association. Standards of medical care in diabetes—2012. *Diabetes Care*. 2012;35(Supp 1):S12, table 2.

## For those with HbA1C 6.5 or above

Programs you may be interested in:

### Diabetes Self-Management Education (DSME) Program

DSME is a program where people with diabetes obtain knowledge and life skills needed to change their behavior in a group setting. This program helps diabetics self-manage their disease and any other related conditions. The purpose of this program is improve the well-being of the person taking the program and provide them with a higher quality of life through informed decision-making about diabetes, improved self-care behavior, and have the skills necessary to problem-solve and actively collaborate with their health care team. For more information go to: [www.diabetes.alaska.gov](http://www.diabetes.alaska.gov).

- DEEP Curriculum DSME Programs - FREE:  
[Mountain Pacific Quality Health - Serving Alaska](#) -  
Ann Lovejoy | Email: [alovejoy@mpqhf.org](mailto:alovejoy@mpqhf.org) | Phone: 877-561-3202
- Providence-Providence Diabetes and Nutrition Center  
3220 Providence Dr. Suite E 3030  
Anchorage, AK, 99508  
Phone: 907-212-7980
- Southcentral Foundation  
4201 Tudor Centre Drive  
Anchorage, AK, 99508  
Phone: 907-729-2689 x4380
- South Peninsula Hospital Diabetes Education Program  
4300 Bartlett Street, Homer AK 99603-7005  
907-235-0369