

Alaska Health Fair and State of Alaska Department of Health and Social Services are Teaming up for Your Health!

Alaska Health Fair is proud to work with SOA DHSS to offer free A1C screenings and resources to those at risk of diabetes and prediabetes. This document will help you understand your A1C blood test result and provide a listing of local resources.



For those who had an A1C between 5.7% and 6.4%

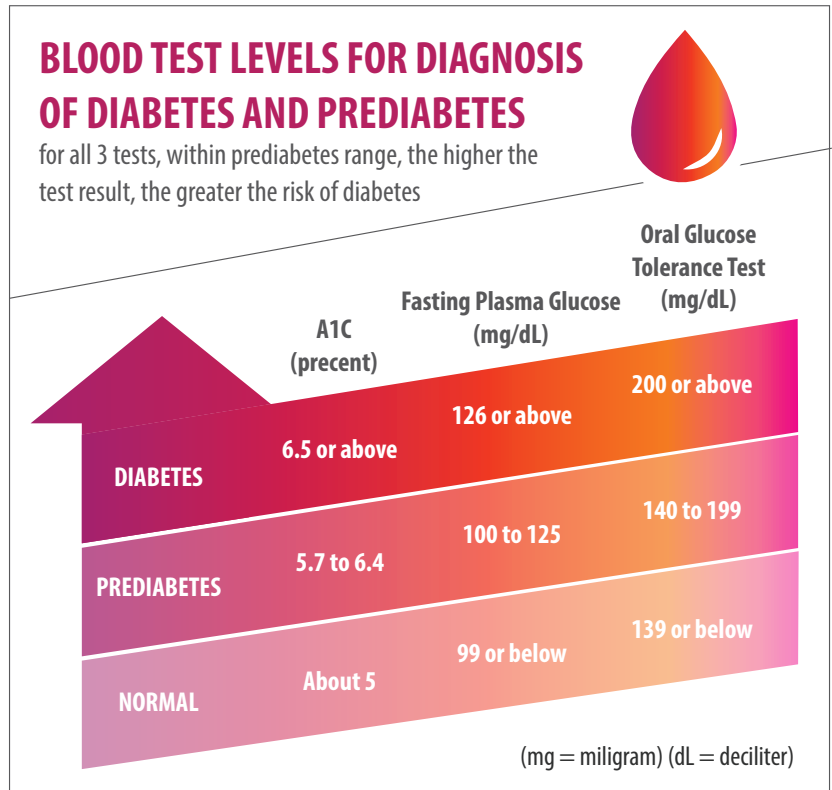
These results may indicate that you have something called Prediabetes.

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough to be diagnosed with type 2 diabetes. About one out of every three U.S. adults has prediabetes, but many don't know it, according to the Centers for Disease Control and Prevention (CDC). If not managed, prediabetes can progress to diabetes. Fortunately, prediabetes is reversible. That's why the task force lowered the screening age for prediabetes and type 2 diabetes from 40 to 35. This means more people will have access to resources, education, and treatment to increase their chances of preventing diabetes by making lifestyle changes earlier.

You can prevent and reverse prediabetes by adding more physical activity to your days, choosing healthy foods and drinks, and working with a trained coach to make lifestyle changes.

The Diabetes Prevention Program (DPP)

DPP 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 State of Alaska's Diabetes Prevention Program is making this easier by providing in-person programs in some communities and two free online and telephonic programs available to eligible Alaska adults across the state.



The Diabetes Prevention Program (DPP)

Resource Information



For those who had an A1C between 5.7% and 6.4%



The free online programs include:

Omada Health *which is delivered online* To see if this program is right for you visit omadahealth.com/alaska



The free phone programs include:

Inquisit Health *which is provided over the phone* To see if Inquisit is right for you Text "Health" to 600400, - or - Contact Leslie Shallcross at (907) 474-2426 or lashallcross@Alaska.edu

In person DPP programs includes:

ORGANIZATION	CITY	DELIVERY METHOD
Anchorage Neighborhood Health Center	Anchorage	In Person*
YMCA of Alaska	Anchorage	In Person*
Tanana Chiefs Conference	Fairbanks	In Person* combination & distance learning
UAF Cooperative Extension Services	Fairbanks & Palmer	In Person*
Bartlett Regional Hospital	Juneau	In Person*
Kenaitze Indian Tribe	Kenai	In Person*
Ketchikan Indian Community	Ketchikan	Combination

* coming late spring 2022

Diabetes Self Management Program (DSME)

Resource Information



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. The State of Alaska's Diabetes Program is making this easier by providing in-person programs in some communities and a free online and telephonic programs available to *eligible Alaska adults across the state.*



The free online programs include:

Omada Health *which is delivered online* To see if this program is right for you visit omadahealth.com/alaska

In person DSME sites in Alaska includes:

ORGANIZATION	CITY	PHONE NUMBER
Alaska Regional Hospital	Anchorage	(907) 264-1383
Providence Alaska Medical Center	Anchorage	(907) 212-7980
Southcentral Foundation	Anchorage	(907) 729-4380
Yukon Kuskokwim Health Corporation	Bethel	(907) 543-6049
Tanana Chiefs Conference	Fairbanks	(907) 451-6682, ext. 3777
Tanana Valley Clinic	Fairbanks	(907) 458-2676
South Peninsula Hospital	Homer	(907) 235-0311
Bartlett Regional Hospital	Juneau	(907) 796-8649
Janai Meyer Nutrition & Lactation, LLC	Ketchikan	(907) 220-9920
Ketchikan Indian Community	Ketchikan	(907) 228-7685
PeaceHealth Ketchikan Medical Center	Ketchikan	(907) 228-7685
Central Peninsula Hospital	Soldotna	(907) 714-4726

Self Measured Blood Pressure Program (SMBP)

Resource Information



For those who had a BP of > 120/80

High blood pressure often has no symptoms. Over time, if untreated, it can cause health conditions, such as heart disease and stroke. Eating a healthier diet with less salt, exercising regularly, and taking medications can help lower blood pressure. Strong scientific evidence shows that self-measured blood pressure (SMBP) monitoring, also known as home blood pressure monitoring, plus clinical support helps people with hypertension lower their blood pressure.

SMBP monitoring is the regular measurement of blood pressure by the patient outside the clinical setting, either at home or elsewhere. SMBP requires the use of a home blood pressure measurement device by the patient to measure blood pressure at different points in time. The State of Alaska's Heart disease and stroke is making this easier by providing in-person programs in some communities and a



The free online programs include:

Omada Health which is delivered online To see if this program is right for you visit omadahealth.com/alaska

In person SMPB sites in Alaska includes:

CDC-RECOGNIZED SELF MEASURED BLOOD PRESSURE (SMBP) PROGRAMS

ORGANIZATION	CITY	PHONE NUMBER	DELIVERY METHOD
YMCA of Anchorage	Anchorage	(907) 563-3211 ext. 104	In Person
Anchorage Neighborhood Health Center*	Anchorage	(907) 743-7200	In Person
AlfaDoc Clinic	Valdez	(907) 835-2532	In Person
City of Juneau**	Juneau	(907) 586-5250 ext. 4087	In Person
Oawalangin Tribe of Unalaska	Unalaska	(907) 581-2920	In Person
Southeast Alaska Regional Health Consortium	Sitka	(866) 794-0051	In Person
Yukon-Kuskokwim Health Corporation	Aniak	(907) 675-4556	In Person
Cordova Community Health Center	Cordova	(907) 424-8000	In Person
River Health and Wellness	Soldotna	(907) 260-1655	In Person
Homer Medical Center	Homer	(907) 235-8586	In Person
Petersburg Medical Center	Petersburg	(907) 772-4291	In Person
Omada Health***	Statewide	sign up at go.omadahealth.com/alaska	Online/App

* coming late spring 2022

** for municipal employees

***Omada Health is a FREE online program available to all eligible Alaska adults. Made possible through funding from the CDC.