



is here to

“Stomp Out Diabetes”

Our Mission:

Reduce the prevalence and impact of Diabetes on the community of the Upper Ohio Valley through programs that promote awareness, prevention, and management of Diabetes.



Hancock County Health Department

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Phone: 304-564-3343 FAX: 304-564-3410

www.hancockcountyhealthdepartment.com

The Upper Ohio Valley Diabetes Coalition provides a free workshop entitled “The Diabetes Self-Management Program” for persons with diabetes and their caregivers.

During the six week program participants will:

- Learn and discuss their role in the care and management of diabetes
- Use self-help tools to balance and manage their diabetes
- Define healthy eating and exercise
- Identify common problems among people with diabetes
- Take charge of life and feel better

Contact the Hancock County Health Department at 304-564-3343 or visit www.hancockcountyhealthdepartment.com for dates and times of the workshops.

Symptoms of Diabetes:

- Excessive Thirst (Dry Mouth)
- Excessive Urination
- Blurred Vision
- Tired
- Hunger
- Unexplained Weight Loss

Risk factors:

- Overweight
- Family History
- Over 40 years of age
- Lack of exercise
- Gestational Diabetes (developing diabetes during pregnancy)

Many times there are no symptoms of Diabetes until the blood sugar is very high or low. People can have diabetes 5 to 10 years prior to being diagnosed.

The Coalition encourages everyone to have their blood sugars checked periodically. Know your numbers!

Other workshops offered by the Coalition:

- Chronic Disease Self-Management Program
- Group Lifestyle Balance Program - 26 week program
- Public awareness through educational presentations