



# News Release

FOR IMMEDIATE RELEASE

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Cumberland County Department of Public Health

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## Department Of Public Health Offers Diabetes Self-Management Program

FAYETTEVILLE – The Cumberland County Department of Public Health is offering a Diabetes Self-Management Education Program (DSME) to help diabetic patients take control of their health by improving lifestyle habits and reducing the risk of complications caused by the disease.

The DSME program begins with an initial assessment appointment with a registered nurse, followed by two group sessions covering diabetes education and nutrition. Follow-up visits will be scheduled at three months and one year after the sessions. The program offers helpful incentives; educational material on how to live well with diabetes; and examples of nutritious foods and ways to build your own healthy eating plan.

Patients must be referred by a primary care physician. The program is not administered on a walk-in basis. If you have been diagnosed with diabetes, pre-diabetes or gestational diabetes, have your doctor fill out the referral form and fax it to the Health Department at (910) 433-3695. You can call (910) 433-3615 to have referral forms faxed to your doctor's office. Forms are also available online by clicking under the "Health Services" tab on the Health Department website at [www.co.cumberland.nc.us/health.aspx](http://www.co.cumberland.nc.us/health.aspx).

Medicare and Blue Cross Blue Shield health insurance will cover the DSME. If you have another type of insurance or no insurance, call the Health Department at (910) 433-3615 or 433-3789.

"The DSME program is intended to empower and educate diabetes patients in Cumberland County on how to self-manage their disease, reduce the risk of long-term complications, and live well," said Sandra Shipley, program coordinator.

The program is funded with a grant from the Kate B. Reynolds Charitable Trust.

For more information, call (910) 433-3615 or visit the Health Department online at <http://www.co.cumberland.nc.us/health.aspx>. The Health Department is located at 1235 Ramsey St. in Fayetteville.

A video about DSME can also be viewed on the Cumberland County website at <http://www.co.cumberland.nc.us> under the "Cumberland Matters TV" tab.

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