



# News Release

**FOR IMMEDIATE RELEASE**

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Department of Public Health  
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## **Diabetes Self-Management Classes Offered In Spanish**

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

The Spanish language DSME classes will be held Tuesdays from 5 to 7 p.m. every other month at the Health Department. The next classes start Oct. 22. An interpreter will be available for the assessment and class.

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

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.

*For additional information about the Cumberland County Department of Public Health, please call 910-433-3600 or visit with someone at the information desk. Comments are welcome and can be submitted on our website at [www.co.cumberland.nc.us/health/comment\\_form.aspx](http://www.co.cumberland.nc.us/health/comment_form.aspx). The Health Department is located at 1235 Ramsey St. in Fayetteville.*

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