

Richland County Prediabetes & Diabetes Resources 2020

Diabetes Self Management Education Classes: Individual assessment and consultation available as well as comprehensive education class series for adults, offered at both OhioHealth Mansfield and Shelby locations. Medicare, Medicaid and private insurance accepted. Financial assistance available. Physician referral required. Call (419) 520-2550 for program information, registration and class schedules.

OhioHealth Adult Diabetes Support Group: Meetings are scheduled for February 25, May 26, August 25, and November 24 at 6:45pm in the Wellness and Prevention Center, OhioHealth Mansfield Medical Office Building (4th floor), 335 Glessner Ave, Mansfield, Ohio 44903 Call (419) 520-2550 for information.

Diabetes Camp Program Scholarships for children and teens with Type 1 Diabetes: Contact OhioHealth Mansfield/Shelby Diabetes Education at (419) 520-2550 for scholarship details. Residential Camp and Day Camps available. Visit: www.diabetesohio.org for more information regarding specific camp programs and registration details.

Area Agency on Aging, Diabetes Empowerment Education Program (DEEP) & Healthy U Program: 6-week workshop about self-management of diabetes or chronic medical conditions. Interactive workshop that provides tools to help manage symptoms and live healthier, happier lives. Call Michelle at (567) 247-6476.

OhioHealth & Mansfield YMCA Diabetes Prevention Programs (DPP): One-year evidence-based program to help participants make and sustain lifestyle changes to prevent type 2 diabetes. This program is for those who are prediabetic through lab results or questionnaire at www.DoiHavePrediabetes.org, not for those with diabetes diagnosis. Financial assistance available to those who qualify. For OhioHealth call (567) 241-7199. For Mansfield YMCA call (419) 522-3511 and ask for James.

Mansfield YMCA's Blood Pressure Self Management Program: FREE 4-month program to provide you the tools to monitor and reduce blood pressure and improve eating habits for a healthy heart. Contact James Twedt, 419-522-3511 x 258 or jtwedt@mansfieldy.org for more information and to enroll.

Richland Public Health Community Health Screenings: FREE blood sugar screening and health assessment at various locations and dates/times throughout Richland County. Call (419) 774-4540 or www.richlandhealth.org/our-community/community-health-screenings/ for screening schedule.

Richland County WIC Program: WIC (Women, Infants & Children) is a nutrition education program for pregnant women, women who have a baby less than six months old, infants and children up to 5 years old. WIC provides individualized nutrition counseling, nutritious foods, help in finding health care and breastfeeding support and education to low and moderate income families. Visit richlandhealth.org or call (419) 774-4560 for more information.

Continued on the next page

Free Supermarket Tours with an OhioHealth Registered Dietitian: Provided monthly at Ashland Rd. Kroger & Ontario Walmart. Tours cover reading nutrition labels, understanding health claims on packaging, & discovering ways to make healthier food choices. Nutrition resources are provided. FREE. Pre-registration required. Call (419) 520-2550 to register.

- January 23 – 1-3 pm, Ashland Rd. Kroger
- February 10 – 6-8 pm Ontario Walmart
- March 12 – 9-11 am Ashland Rd. Kroger
- April 15 – 1-3 pm Ontario Walmart
- May 19 – 6-8 pm Ashland Rd. Kroger
- June 15 – 9 am-11 am Ontario Walmart
- July 16 – 1-3 pm Ashland Rd. Kroger
- August 12 – 1-3 pm Ontario Walmart
- September 17 – 6-8 pm Ashland Rd. Kroger
- October 26 – 6-8 pm Ontario Walmart
- November 19 – 9-11 am Ashland Rd. Kroger

Mansfield Richland County Public Library: Research health topics using accurate and reliable health information at: <https://www.mrcpl.org> or (419) 521-3100. Also, find other diabetes and prediabetes books, cookbooks, exercise videos and digital resources at the library.

First Call 2-1-1: An information and referral service that exists to direct those in need of assistance in the community. Can be reached by phone 24 hours a day, 7 days a week dial 2-1-1 or (419) 522-4636. Available in person Monday – Friday 9am-4pm at 36 W. Third Street Mansfield, OH 44902 (Just across the street from the Main Library Building).

Supplemental Nutrition Assistance Education Program (SNAP-Ed): A free nutrition education and obesity prevention program serving low-income adults and youth. Contact Judy Villard-Overocker at (419) 747-8755 or villard.1@osu.edu

This resource is provided by the
RICHLAND COUNTY DIABETES COALITION

The Richland County Diabetes Coalition was formed in 2017 and meets on a monthly basis with local health and community organizations. If you would like to learn more about the coalition, please call: (419) 520-2550.

~VISION STATEMENT ~

We are community partners with a unified voice raising community awareness of prediabetes and diabetes.

~MISSION STATEMENT~

As community partners, we will identify needs, share resources and as well as best in practice, communication and problem solving standards.