Find a Diabetes Prevention Program  |  Find a Diabetes Management Program

This site provides resources and information for the community, employers and health care providers to reduce the impact of diabetes in North Carolina. Learn to manage diabetes or target risk factors that lead to diabetes.
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Diabetes Management for You

What is diabetes?

Diabetes is a condition in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Genetics, lifestyle and environmental factors appear to play roles in people developing diabetes.

Types of diabetes

1. **Prediabetes** – A condition in which blood glucose levels are higher than normal but not high enough to be classified as diabetes
2. **Type 1 Diabetes** – a condition in which the body produces little or no insulin
3. **Type 2 Diabetes** – a condition in which the body does not use insulin properly. Click here for information about risk factors for type 2 diabetes.
4. **Gestational Diabetes** – occurs in some pregnant women with high glucose levels during pregnancy

Managing diabetes

Managing diabetes requires lifestyle changes. The following resources are for you to help manage the disease.

If you have diabetes, you should know your ABCs:

**A**

A1c test

Every 3 months (Ideal: less than 7)

**B**

Blood pressure

Healthy blood pressure (Ideal: less than 120/80)

**C**

Cholesterol

Ideal: LDL less than 100, HDL greater than 40

**S**

Stop tobacco use

Stop smoking, if you are a smoker
Diabetes Management for Health Professionals

Managing diabetes requires lifestyle changes that may be difficult for patients. The following resources are for you, the health professional, to help your patients develop a plan to manage their disease.

Clinical Guidelines
- 2019 Standards of Medical Care in Diabetes
- Gestational Diabetes Guidelines
- National Adult Clinical Guideline Updates, June 2014

DSMES Programs
- You Can Manage Diabetes Handout
- Diabetes Self-Management Education and Support (DSMES) Locator
- Diabetes Self-Management Education and Support Video
- DiabetesSmart, a Diabetes Self-Management and Education and Support Program
- Physician brochure for Eastern North Carolina (front, back)
- Physician brochure for Western North Carolina (front, back)

Legislation
- Diabetes at School

National Organizations
- American Association of Diabetes Educators

Research and Reports
- Coordination of Diabetes Programs Biennial Report

Toolkits
- AHANCQ Bridging the Gap Diabetes
Diabetes Facts

1 out of 10 adults in North Carolina is diagnosed with diabetes.

For every 10 people diagnosed with diabetes, only 5 have taken a class to manage their diabetes.

Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes in adults.

Diabetes is the 7th leading cause of death in both the United States and North Carolina.

Healthy eating, physical activity and prescribed medication can help you manage your diabetes.

Complications from diabetes can include:
- amputations
- foot problems
- hyperglycemia
- oral health
- and possibly Alzheimer's disease
- cardiovascular disease
- hearing loss
- kidney disease
- sleep apnea
- erectile dysfunction
- heart attack/stroke
- low birth weight
- vision loss
Diabetes Self-Management Education and Support Programs

Click the map to search for ADA-recognized and AADE-accredited DSMES Program Sites available in your area.

Diabetes Self-Management and Education Support (DSMES) programs offer individual and group education. During a one-on-one session with your diabetes educator, you will create a plan to fit your needs and lifestyle. Read more about how you can manage diabetes.

DSMES programs help you control your diabetes by teaching how to manage your blood sugar levels, control complications from diabetes and keep costs down.
ADA-recognized and AADE-accredited DSMES Program Sites through 6/30/2018

This map reflects the ADA-recognized and AADE-accredited DSMES Program Sites through 6/30/2018.
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The Diabetes Advisory Council (DAC) of North Carolina was created in 1984 as an advisory group to the Diabetes Prevention and Control program. The DAC works to reduce the burden of diabetes through coordination among the many stakeholders in diabetes control in North Carolina.

Core Responsibilities:
- Educate and publicly validate early detection, treatment and self-management training for diabetes control, as a health priority for all North Carolinians.
- Provide scientific credibility and public validity for new service priority areas and interventions based on evolving clinical and epidemiological studies and technology.
- Foster interagency collaboration and networking for identification, utilization and expansion of resources for diabetes control services.
- Evaluate, present and propose strategies for the control of diabetes in North Carolina in terms of assessed need, estimated costs, potential benefits and probability of success of each strategy.

Congratulations to our 2018 DAC Award Winners: Healthy Communities Department at Cone Health, Melissa Herman of First-Health Diabetes & Nutrition Center, Rachel Marquez of Healthy Communities Department at Cone Health, Susan Houston of Vidant Health, and Ahuna Freeman of Southside Discount Pharmacy. Thank you for your work in diabetes prevention and management.

Diabetes Advisory Council Bylaws
Member List
Diabetes Advisory Council Overview

Upcoming Diabetes Advisory Council Meetings
Date: Friday, February 8, 2019
Agenda | Directions
Date: Friday, May 3, 2019
Date: Friday, November 8, 2019

Past Diabetes Advisory Council Meetings
October 26, 2018: Agenda | Minutes/Highlights
NC Resource Platform
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