

York County Diabetes Resource Guide

(Guía de recursos para la diabetes del Condado de York)

Brought to you by the Diabetes Coalition of York County
(Traído a usted por la Coalición de Diabetes del Condado de York)



Getting to know the Diabetes Coalition of York County

- Our mission is to empower those at-risk for and living with diabetes, through education and raising awareness to decrease the rate of diabetes in York County and improve the lifestyles of those we serve.
- The Diabetes Coalition of York County was formed in February 2017, after several agencies and organizations in York County expressed interest in writing a grant for diabetes-related programming. It was after their first meeting to discuss what they could all partner together on that they realized the need for a Diabetes Coalition in the county. The newly formed coalition applied for a grant from York County Community Foundation's Hahn Home Fund for Embracing Aging and the Edgar I. Garrett Diabetes Fund. Our coalition was fortunate enough to receive this grant to put together a Diabetes Expo and create a Diabetes Resource Guide.
- We hope these diabetes-related resources help you and your loved ones find the appropriate care for your specific needs.

Fast Facts about Diabetes

Types of diabetes defined:

- Pre-diabetes – A condition which blood glucose levels are higher than normal but are not high enough for diagnosis of diabetes. People with pre-diabetes have both impaired glucose tolerance and fasting glucose.
- Type 1 – Usually diagnosed in children and young adults. The body does not produce insulin with this form of the disease.
- Type 2 – The most common form of diabetes. The body does not use insulin properly, which is called insulin resistance.

Risk Factors:

- Smoking
- Overweight/obesity
- Physical inactivity
- High blood pressure
- High cholesterol
- High blood glucose levels
- Family history of diabetes

Statistics:

• National Data (according to 2021 data):

- 1.2 million new cases of diabetes—or 5.9 per 1,000 people— were diagnosed in 2021
- 38.4 million people of all ages – or 11.6% of the U.S. population – had diabetes
- In 2021, there were about almost 8.4 million individuals worldwide with type 1 diabetes
- Diabetes is the 8th leading cause of death
- An estimated 97.6 million adults aged 18 years or older had prediabetes in 2021

• Pennsylvania Data (according to 2023 data):

- Approximately 1,162,598 people in Pennsylvania, or 11.3% of the adult population, have diagnosed diabetes.
- An additional 303,000 people in Pennsylvania have diabetes but don't know it, greatly increasing their health risk.
- Diagnosed diabetes costs an estimated \$12.9 billion in Pennsylvania each year.
- The serious complications of diabetes include heart disease, stroke, amputation, end-stage kidney disease, blindness—and death.
- There are 3,484,000 people in Pennsylvania, 34.1% of the adult population, who have prediabetes.
- Every year an estimated 76,535 people in Pennsylvania are diagnosed with diabetes

• York County Data:

- 35,229 people were diagnosed with diabetes in 2021
- 2,652 new cases of diabetes were diagnosed in 2019
- 154 people died from Diabetes Mellitus in 2022

Data gathered from the American Diabetes Association (ADA), PA Department of Health and the Centers for Disease Control & Prevention (CDC)

Community Resources

Encompass Health Rehabilitation Hospital of York

1850 Normandie Drive
York, PA 17408
717-767-6941

Program: Disease Specific Certification: Inpatient Advanced Diabetes Program

Description: The diabetic classes are held Mon-Fri at 10:00 - 10:30 am. The topics reviewed are: Hypo and Hyperglycemia, Signs and Symptoms of Diabetes, Complications and Coping with Diabetes, Diet and Exercise, Diet Management, Sick Time Management, Diabetic Medications and Foot Care. Individual instruction is also provided by our nursing staff, dietitians, pharmacists, and therapists.

Contact: You must be an inpatient to attend this program

Length: 5 sessions, 30-60 minute sessions

Cost: Covered as part of inpatient stay

- This program is covered by at least one insurance company
- Serves individuals at risk for and diagnosed with Type 1 or Type 2 Diabetes
- Disease management program
- Diabetes education and nutrition programs

Medical Devices Available: We connect you with the services needed to ensure you have the supplies required to manage your diabetes at home.

Family First Health

116 South George Street
York, PA 17401
717-845-8617

Description: Family First Health is a nonprofit, Federally Qualified Health Center with 6 convenient locations in Adams, Lancaster and York counties.

Medical Devices Available: Blood Glucose testing monitors (Glucometers), Blood glucose testing supplies (Alcohol pads, test strips, lancets, sharps containers)

Diabetes-related Specialized Providers: They have specific providers with a focus in diabetic management, along with a nutritionist to help evaluate and assess your health, Behavioral Health Consultants, and guided care coordinators. Their uniquely qualified team of health care professionals creates an environment that is patient-centered, helping patients to live happier, healthier lives.

Community Resources

Katallasso Family Health Center

38 South Belvidere Avenue

York, PA 17401

717-885-5637

Program: Wellness classes

Description: Educators come to the clinic and provide this service to Katallasso patients

Cost: Free

- Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- Disease management program
- Diabetes education, nutrition, and exercise programs

Medical Devices Available: Blood Glucose testing monitors (Glucometers), Blood glucose testing supplies (Alcohol pads, test strips, lancets, sharps containers), Medications and insulin, Insulin needles/Pen needles

Diabetes-related Specialized Providers: Primary Care Providers, Optometrist (Vision), Social Workers, Diabetes Educator, Podiatry, Infectious Diseases

Martin Foot & Ankle

2300 Pleasant Valley Road

York, PA 17402

717-757-3537

Diabetes Specialized Providers: Foot care (Podiatrists), Physical therapists, Wound Care Specialists

Tailored Diabetes Care: Limb Salvage, Neuropathic Support, Disease Management, Preventative & Maintenance Treatment

Education: Patient resources for disease knowledge and assistance

Medical Devices Available: Therapeutic footwear and shoe inserts

Community Resources

Minnich's Pharmacy

976 South George Street
York, PA 17403
717-848-2312

Program: Diabetes Education

Services Available:

We can help you understand and manage your diabetes with specialized monitoring, medications, and recommendations that can help you independently maintain a healthy lifestyle with diabetes, including Medication Therapy Management and Medication Synchronization. Medication therapy management, or MTM, is a term used for a program to help you manage your medications and health conditions. Med Synchronization, also called med sync, is a program to help synchronize your medication refills so that you can pick up ALL your medications at the same time each month.

We offer a multi-dose packaging that bundles your medications together by date and time. For example, all your medications that are to be taken in the morning will be packaged together in one pack. Say Goodbye to pill boxes and all your pill bottles and say hello to multi-dose packaging. Complementary delivery of your prescriptions and any other items from We offer the following services:

We can help you understand and manage your diabetes with specialized monitoring, medications, and recommendations that can help you independently maintain a healthy lifestyle with diabetes.

Medical Devices Available:

Blood Glucose testing monitors (Glucometers), Blood glucose testing supplies (Alcohol pads, test strips, lancets, sharps containers), Medications and insulin, Insulin needles/Pen needles

Community Resources

Quality Insights

2536 Eastern Boulevard
York, PA 17402
877-346-6180

Program: DSMP (Diabetes Self-Management Program)

Description: DSMP, an evidence-based self-management program originally developed at Stanford University, program focuses on behavior modification through the use of action plans and self-management. Topics include understanding diabetes and its risks as well as the importance of diet, exercise, physician care, and life style modifications.

Length: Once weekly for 6 classes, 2.0 hours per session

Cost: Free

- Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- Disease management program
- Diabetes education, nutrition, and exercise programs

Program: CDSMP (Chronic Disease Self-Management Program)

Description: CDSMP is a peer-led evidence based self-management program that helps people with chronic conditions learn how to manage their health. The program is based on the idea that people who are knowledgeable and confident in their ability to manage their condition can live more fulfilling lives.

Length: Once weekly for 6 classes, 2.0 hours per class

Cost: Free

- The program focuses on challenges that are common to people with chronic conditions, such as nutrition, exercise, medication use, pain management, emotions, and communicating with doctors.
- Disease management program
- The program includes activities such as setting realistic health goals, learning to manage pain, diet, physical activity, mood, and relationships.

Community Resources

UPMC of Central Pennsylvania

UPMC Hanover Hospital

67 George Street
Hanover, PA 17331
717-316-7208 or 717-316-2118

UPMC Pinnacle Memorial

1703 Innovation Drive
York, PA 17404
717-815-2755

Services

Individual Outpatient Consultations: An individual appointment includes a needs assessment, the development of individual goals, discussion of the disease process, self-management training, and follow-up to assist individuals and their families in dealing with lifestyle changes related to diabetes management.

Injection Techniques Individual instruction is provided for individuals new to insulin and other injectable medications.

Gestational Diabetes Program: This program provides nutrition counseling, discussion of gestational diabetes, and blood glucose monitoring instruction for the management of gestational diabetes.

Glucose Monitoring Individual instruction is provided for individuals in monitoring their glucose levels using finger-stick or continuous glucose monitoring systems. Glucose level goals are discussed with the participant and individual goals are developed.

Medical Nutrition Therapy Nutrition therapy is provided by a registered dietitian with a special interest in diabetes to assist individuals in their meal planning needs and nutritional requirements. For additional information about medical nutrition therapy, call **717-255-6173**.

Intensive Insulin Management An educator will work with individuals to assist them in managing their diabetes with intensive insulin adjustments to achieve optimal control with insulin pump therapy or multiple daily insulin injections.

Other Services Individualized services are available for children and adolescents, visually impaired, persons with a learning disability, people with hearing loss, and non-English speaking participants.

Cost For cost information for a specific service, please call 717-221-6270. Insurance reimbursement may be available from Medicare, Blue Cross, Keystone, and other insurance carriers.

Diabetes-related Specialized Providers: Primary care providers, Endocrinologists (Diabetes), Nephrologists (Kidneys), Podiatrists (Foot care), Cardiologists (Heart), Pharmacists, Nutritionists, Dietitians, Exercise physiologist, Wound care specialists, Diabetes educator

Community Resources

WellSpan Endocrinology

292 St. Charles Way
York, PA 17402
717-851-6231

Program: The Diabetes Education Program

Description: We offer our diabetes education program for individuals with pre-diabetes and diagnosed with diabetes.

Services

Education at your appointments will include:

- Making good food choices
- Learning about being active in losing weight
- Taking needed medication, such as diabetes pills and shots
- Learning how to check your blood sugar with a meter
- Understanding the importance of going to doctor visits

Cost: Cost for these services can vary based on insurance coverage. Please contact our office to discuss these options.

YMCA of the Roses

90 North Newberry Street
York, PA 17401
717-843-7884 (ext. 248)

Program: YMCA Diabetes Prevention Program

Description: Community-based lifestyle improvement program for adults with prediabetes. Its purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes. Held at various locations throughout York County.

Length: 1 year (weekly for 4 months, every 2 weeks for 2 months and once per month for 6 months)

Cost: \$429

- This program is covered by at least one insurance company, so might be offered at no cost
- Serves individuals at risk for type 2 Diabetes
- Disease management program

Community Resources

YMCA of the Roses (continued)

Program: L.E.A.N. (Lifelong Essentials for Activity and Nutrition)

Description: Lifelong Essentials for Activity & Nutrition (LEAN) supports you in your journey to becoming more active and eating smarter for healthy weight loss. We'll focus on ways to tip the calorie balance, mindfulness, and positive self-talk. This class promotes healthy living and chronic disease prevention through weight loss. LEAN curriculum is evidence-informed and aims to create positive changes by promoting participants to become physically active, well-informed shoppers, and knowledgeable decision makers.

Length: 12 weekly, 90 minute sessions with group discussion and an in-class activity component

Cost: Prices vary between member and non-member. Contact Kyle Almoney at 717-843-7884 x248 for more info

Program: SilverSneakers Yoga and SilverSneakers Classic

Description: SilverSneakers classes are designed with the older adult in mind, with a focus on staying active and healthy. SilverSneakers Yoga uses both seated and standing yoga poses to increase flexibility, balance and range of motion. SilverSneakers Classic uses both seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

Length: Session days and times vary, as these are offered at various locations.

Cost: Prices vary between member and non-member. Contact Kyle Almoney at 717-843-7884 x248 for more info

Community Resources

York County Area Agency On Aging

100 West Market Street

York, PA 17401

717-771-9610

Program: Diabetes Self-Management Program

Description: Older adults (60+) living with type 2 diabetes and those 60+ who are caregivers of someone living with type 2 diabetes learn how to manage diabetes using a self-management toolbox. Tools that participants learn about include Using Your Mind, Action Planning, Making Decisions, Dealing with Difficult Emotions, Healthy Eating, and more. Participants receive a textbook, relaxation CD, and resource information. Classes are provided at various locations throughout York County.

Length: 2.5 hours, once weekly for 6 weeks

Cost: Free

- Serves individuals at risk for, diagnosed with, and family members of those with type 2 Diabetes
- Disease management program
- Diabetes education, nutrition, and exercise programs

Notes



Members of the Diabetes Coalition of York County



PennState Extension



American Heart Association



PennState York

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Making York County a great place to age!
York County Community Foundation



Encompass Health

Rehabilitation Hospital of York

