

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:

- 37,566 people were diagnosed with diabetes in 2023
- 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

Emergency Medical Training of York & Adams, LLC

2255 Manor Road

York PA 17408

610-960-5896

Email: scott@emtofy.com

Program: CPR and First Aid Training

Description: Learn CPR and First Aid Skills for all ages

Length of Program: 2-3 hours

Cost: HSI CPR \$45, First Aid \$50, Combo Class \$85

Services Available: CPR, First Aid, Diabetic Emergency Response, Fire Safety, Wilderness Emergency Response

Medical Devices Available: CPR Masks, CPR Face Shields, Tourniquets

Diabetes-related Specialized Providers: Scott Fredericks, AEMT

Shoe Fly Shoes/ Appalachian Running Co

1500 North George Street

York PA 17404

717-845-4200

www.shoeflystores.com

Description: Footwear/ Orthotics/ Fittings/ Pedorthics

Contact: Sam Butera, General Manager/ Certified Pedorthist

Services Available: We offer foot scanning and shoe/sneaker fitting for walkers, hikers, runners and diabetes scenarios. We have trained Fit Specialists and two Certified Pedorthists on staff to offer professional analysis and footwear/ orthotic solutions.

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Community Resources

WellSpan Endocrinology

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

Program: we offer our diabetes education program for individuals diagnosed with Type 2 and Type 1 diabetes.

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

Services:

- Group Diabetes Self-Management classes (in person and virtual)
- Individual Diabetes Education
- Medical Nutrition Therapy
- Individualized appointments for specific training such as CGM, glucometer, insulin injection instruction
- Insulin Pump Management
- Community Presentations
- Medical Technician Diabetes Education Class & Skills training

Cost: Cost for these services can vary based on insurance coverage.

York County Area Agency On Aging

2401 Pleasant Valley Road
York, PA 17401
717-771-9610

www.ycaaa.org

Program: Living Well with Diabetes, A Self-Management Program

Description: Older adults (60+) living with prediabetes, type 1 or type 2 diabetes and those 60+ who are caregivers of someone living with prediabetes or diabetes, learn how to manage diabetes using a self-management toolbox. Tools that participants learn about include Using Your Mind, Action Planning, Healthy Eating, Making Decisions, Dealing with Difficult Emotions, Exercise and more. The program includes 2 sessions of menu planning. 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

Community Resources

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:

- 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

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

The Kidney Foundation of Central PA

900 S Arlington Avenue
Suite 134A
Harrisburg PA 17109
717-671-8123
www.kfcp.org

Program: Patient and Family Partner

Description: Peer Mentoring for those in Central PA facing chronic kidney disease. Training Classes are offered throughout the region for those wishing to be peer mentors.

Length: 2 hours, in the evening, once weekly for 6 weeks

Cost: Free

Contact: Lynne@kfcp.org

Variety of Services available, including access to medical devices such as blood pressure cuffs, and subject matter provided by dietitians to teach our peer mentors.

The Pennsylvania Diabetic Eye Health Alliance (Committee of The Pennsylvania Optometric Association)

218 North Street
Harrisburg PA 17101
717-233-6455

www.pennsylvania.aoa.org/programs/pennsylvania-diabetic-eye-health-alliance

Program: Pennsylvania Diabetes Eye Health Alliance (PDEHA)

Description: PDEHA is a large group of Pennsylvania optometrists who are dedicated to serving this program designed to target known public health concerns surrounding the care of diabetics. It specifically addresses the optometric evaluation of the diabetic patient and disease management issues such as timeliness, accessibility of care, professional communication, quality management, delivery system cost efficiencies and clinical outcomes. This program and its participating health care professionals will devote serious and sustained effort to deliver comprehensive and expedient diabetic eye care and intercommunicate the information to all those involved in the patient's care.

Contact: Molly Ann Clymer, OD, FAAO mollyann.r.davis@gmail.com

Community Resources

Practice Health | Nutrition Counseling

Sarah Hammaker, Registered Dietician

Phone: 301-524-4085

Website: www.practicehealthdaily.com

Email: practicehealthdaily@gmail.com

Services Offered: Personalized nutrition counseling for individuals seeking a realistic and sustainable approach to health. Areas of focus include diabetes management, prediabetes, heart health, weight management, and overall wellness. Sessions emphasize practical strategies across nutrition, movement, sleep, hydration, and stress management.

Specialties:

- Diabetes & Prediabetes
- Midlife Health & Hormone Support
- Weight Management (non-diet, sustainable approach)
- Cardiovascular Health
- General Wellness & Preventive Nutrition

Appointment Type: Virtual (Telehealth): Serving clients across multiple states

Insurance: Most major insurance plans accepted; many clients have little to no out-of-pocket cost for nutrition counseling

Additional Information:

Sarah is a registered dietitian with nearly 20 years of experience and a passion for helping individuals build sustainable, lifelong health habits. As a mom of four and a midlife woman herself, she brings a relatable, compassionate, and realistic approach to nutrition and wellness.

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**
- **Intensive Insulin Management** and **Injection Techniques**
- **Gestational Diabetes Program**
- **Medical Nutrition Therapy**

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

Penn State Extension

2401 Pleasant Valley Road, #101

York

717-472-8118

Website: <https://extension.psu.edu/dining-with-diabetes>

Program: Dining with Diabetes

Description: A program for adults with type 2 diabetes or prediabetes and their families. These classes will help you understand some of the most important things you need to know about managing your diabetes.

Topics will include:

Important numbers you need to know and physical activity recommendations

Meal planning and carbohydrate counting

Healthy cooking with less fat and sodium

Medications, monitoring, and goal setting

How to eat wisely while dining out

Four consecutive classes are held with a three-month follow-up. Each class offers discussions regarding vital information to help you manage your diabetes, food demonstrations, and physical activity suggestions. In addition to program booklets, participants will receive the Dining with Diabetes cookbook and course handouts.

Length: 4 weeks and one follow up session 3 months later. All sessions are 2 hours

Contact: Karen Carrier at klh6452@psu.edu

Cost: \$39.00

Notes



Members of the Diabetes Coalition of York County



PennState Extension



This resource guide was made possible through a grant funded by the York County Community Foundation's Embracing Aging and through Coalition Partner Bronze-level or higher Sponsorship in 2024.



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



Encompass Health
 Rehabilitation Hospital
 of York