

# Diabetes Center Programs

*(Recognized by American Diabetes Association, ADA)*

It provides type 2 diabetic patients with extensive one-on-one diabetes self-management coaching, to help them manage the disease.

Patients with diabetes will first consult with an endocrinologist, then start nutrition counselling and diabetes self-management education with our registered dietitian or certified diabetes educator once a month for 6 months. Education session topics include physical activity, healthy eating, medication usage, monitoring blood sugar levels, and proper foot and eye care. Through the program, patients' knowledge of diabetes and skills of self-management will be reinforced and improve. In addition to control diabetic outcomes, good self-management also improves patients' quality of life significantly *(Recognized by Centers for Disease Control and Prevention, CDC)*

This program is for people who have been diagnosed with prediabetes or you are overweight and have a family history of diabetes. Without any changes, prediabetes is likely to become type 2 diabetes in 10 years or less. However, with healthy lifestyle changes, you can cut your risk of developing type 2 diabetes in half.

In this program, participants work in a group with a trained lifestyle coach to learn the skills needed to lose weight, become more physically active, and manage stress. The program groups meet once a week for 16 weeks, then once a month for 6 months.

See more information about the program.

*(California Diabetes and Pregnancy Program, CDAPP, Sweet Success Affiliate)*

It is for pregnant women with pre-existing diabetes or those who develop diabetes while pregnant. Gestational diabetes is when pregnant women show high blood sugar levels during their pregnancy, especially during their third trimester or between 24 and 28 weeks of pregnancy.

The program helps to prevent the complications of diabetes through pregnancy and promote healthy lifestyle changes in order to prevent recurrent gestational diabetes, or development of diabetes after pregnancy.

## **Resources:**

American Diabetes Association Diabetes Self-Management Education Program  
Centers for Disease Control and Prevention National Diabetes Prevention Program  
California Diabetes and Pregnancy Program (CDAPP) Sweet Success Program  
Chinese Community Health Resource Center (CCHRC)