



FDRHPO

**Fort Drum Regional
Health Planning
Organization**



CHRONIC DISEASE PREVENTION PROGRAMS

Six in ten American's will live with at least one chronic disease, like heart disease and stroke, cancer or diabetes. Resources are available throughout the North Country.



RESOURCE GUIDE

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)

This six-week program is intended for adults with at least one chronic health condition, including arthritis. Participants meet for approximately two hours once a week to engage in symptom management activities such as exercise, relaxation, communication, healthy eating, medication management, and managing fatigue.

FIND YOUR CLOSEST PROVIDER

JEFFERSON:
Watertown YMCA
315-782-3100

NRCIL
315-785-8703

ST. LAWRENCE:
St. Lawrence Health Initiative
315-261-4760

Claxton-Hepburn Medical Center
315-713-5116

LEWIS:
Lewis County OFA
315-376-5313

NRCIL
315-785-8703



IMPORTANT INFORMATION

NATIONAL DIABETES PREVENTION PROGRAM (NDPP)

For individuals seeking to potentially lower their risk of type 2 diabetes by more than half, a NDPP program may be for you! This year-long program is split into two sections: the first six months consist of weekly one-hour meetings to educate on dealing with stress, adding physical activity to your schedule, working foods you love into a healthier diet, and how to stay on track to meet your goal. The second half of the program includes monthly one-hour meetings to continue to build upon skills learned to maintain positive habits learned in the first half of the program.

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JEFFERSON:
Watertown YMCA
315-782-3100

LEWIS:
Lewis County Public Health
315-376-5453

ST. LAWRENCE:
St. Lawrence Health Initiative
315-261-4760

Claxton-Hepburn Medical Center
315-713-5116

DIABETES SELF-MANAGEMENT EDUCATION (DSME)

This program allows for Type 1 or Type 2 Diabetics to learn about managing their diabetes by focusing on nutritional diets, exercising, monitoring blood glucose, taking prescription medication and reducing risks associated with diabetes. The initial DSME program consists of ten hours of education and can be offered individually or in a group setting; this typically includes one-hour of individual assessment and nine hours of group trainings.

FIND YOUR CLOSEST PROVIDER

JEFFERSON:
Carthage Area Hospital
315-519-5468
Samaritan Medical Center
315-785-4667

Bolton's Pharmacy
315-782-5961
ST. LAWRENCE:
Claxton-Hepburn Medical Center
315-713-5116

DIABETES SELF-MANAGEMENT PROGRAM (DSMP)

This program is typically six weeks in length and be taught by non-health professionals, including individuals who are living with diabetes. Program content includes similar information to the DSME curriculum.

FIND YOUR CLOSEST PROVIDER

ST. LAWRENCE:
St. Lawrence Health Initiative
315-261-4760

LEWIS:
Lewis County Public Health
315-376-5453