

HOW DO WE HELP?

- *Increase awareness of the serious complications of diabetes*
- *Work for better diabetes care for African Americans*
- *Decrease misinformation about diabetes*
- *Network diabetes educators, dietitians, nurses and other caring experts*
- *Share reliable and up-to-date information that is easy to understand*
- *Support diabetes education, nutrition, and exercise programs*
- *Share experiences, resources, and strategies for living better with diabetes*
- *Advocate for positive change in health systems*



Control Diabetes Know Your Numbers

A1C: less than 7

Blood Pressure: less than 130/80

Cholesterol: less than 200

Blood Glucose
before breakfast:
90 to 130

Blood Glucose
2 hours after starting a meal:
less than 180

Blood Glucose
before bedtime:
110 to 140

CHARLESTON COUNTY DIABETES COALITION

SERVING CHARLESTON, BERKELEY, & DORCHESTER



JOIN US

Second Tuesday of Each Month
Charleston County Public Library
68 Calhoun Street
Charleston, SC
5:30pm

Got Diabetes? Do Something About It!

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TEL: 843-792-5872

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MISSION

To create awareness that sugar diabetes is a serious disease, especially in African American communities, and that early diagnosis and ongoing treatment can make a difference.

PURPOSE

Organize a group of people who are interested in working with diabetes related issues.

GOALS

- *To plan and share educational activities and information related to diabetes*
- *Reduce diabetes related complications of people living in the Tri-county area.*

WHAT CONCERNS US?

- *Health and health care issues of people and families*
- *Increased health care disparities of African Americans*
- *Misinformation about diabetes*
- *Serious complications of diabetes are preventable yet still happen*



WHAT PROGRAMS DO WE SUPPORT?

- *Diabetes Alert Month (March)*
- *Diabetes Awareness Month (November)*
- *Other local neighborhood programs to improve diabetes care and health*

WHAT ACTIVITIES & SERVICES DO WE OFFER?

- *Diabetes Education and Updates*
- *Network*
- *Collaboration*
- *Share Resources*
- *Sponsor Community Events*
 - *Diabetes Alert Month*
 - *Diabetes Awareness Month*
- *Speakers Bureau*
- *Free Diabetes Screening*
- *Support Community Based Initiatives*
 - *Health Fairs*
 - *Church Sponsored Materials*
- *Peer Education Training*
 - *Diabetes Education, Nutrition, Exercise Programs*
 - *Educational Materials*
 - *Chair Aerobics and Praisercise Programs*

Got Diabetes? Do Something About It!