



Diabetes Stats in Delaware*

11.3%

% of DE residents
age 18 and older
report being
**diagnosed with
diabetes**

85,400+

of DE adults who
know they have
diabetes

More than 1 in 10 Delaware Adults Reported Having Diabetes in 2017*

The statistics are staggering. The incidence of diabetes in the state of Delaware, and across the country, continues to rise. So what can be done to combat it?

The answer is: **EDUCATION and SELF-MANAGEMENT**

People with diabetes need to be educated about their disease and instructed on what they can do to best manage it, and in some cases, reverse their condition through lifestyle modifications.

Diabetes Self-Management Education (DSME) programs provide knowledge and skills for people who want to manage their type 2 diabetes and related conditions. Diabetes educators conduct each program, which addresses the needs, goals, and life experiences of people with diabetes. This program teaches you how to eat healthy, be active, monitor blood sugar levels, take medication, problem solve, reduce risk for other health conditions, and cope with your disease.

For a list of DSME programs near you, please see the map and location listing on the back of this flyer.

94,628

of Delawareans
reported being told
they have
prediabetes

31.8%

Obesity rate (a
major contributing
factor to diabetes)
among Delaware
adults

50.4%

% of all adults
diagnosed with
diabetes that have
taken a **diabetes
management
course**

Diabetes Self-Management Education Programs in Kent County, Delaware



- A. Smyrna Health & Wellness Center**
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Smyrna, DE 19977
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Sponsoring Organization: Christiana Care Health Services
- B. Bayhealth Hospital, Kent Campus**
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