

**WANT TO
LIVE
HEALTHIER?**



**CARROLL COUNTY
HEALTHY EATING
AND DIABETES RESOURCES
2022**



**Carroll County
Health Department**



Public Health
Prevent. Promote. Protect.

CARROLL COUNTY HEALTHY EATING AND DIABETES RESOURCES

2022

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Everyone can make positive lifestyle changes to help prevent chronic illnesses like diabetes or manage health conditions.

Getting healthy means understanding your own health needs and conditions and knowing about resources that support a healthy lifestyle. This page will help you learn more about your health and local resources to help you on your wellness journey!

COULD YOU HAVE PREDIABETES?

More than 1 in 3 Americans have prediabetes - a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. And about 84% of those with prediabetes don't even know they have it.

Prediabetes puts you at increased risk of developing:

- [Type 2 diabetes](#)
- [Heart disease](#)
- [Stroke](#)

Take this [quick quiz to see if you may have prediabetes](#).

Talk to your doctor to learn more.

Keeping your weight in check, being active, and eating a healthy diet can help prevent prediabetes from becoming diabetes.



DO YOU HAVE DIABETES?

About 9% of Carroll County residents have diabetes. Many of the resources below can help you manage your diabetes and prevent complications. They can also help you manage other health conditions like high blood pressure, high cholesterol, and obesity.

PHYSICAL ACTIVITY RESOURCES

Walk Carroll - Walk Carroll is a long-term walking and exercise program that provides regular, accessible physical activity opportunities for anyone living, working, or playing in Carroll County. Open to all ages and abilities. Please confirm the exact times and locations of walks with the club coordinator or with Partnership Staff, as these may vary. There is no fee to join a walking club. If there is no walking club in your area, call or email to find out about starting your own!

Contact Jessica at JessCook@lifebridgehealth.org for more information.

Fitness Friday - Join us the first Friday of each month for Fitness Friday at the TownMall of Westminster from 9 am-11 am. The Partnership will be offering group exercises, giveaways, and a miniature health fair.

For more information, visit HealthyCarroll.org.

HEALTHY EATING RESOURCES

Healthy Carroll Families

A quarterly newsletter with healthy eating, activities, and other health tips.

Carroll County Farmers Markets

Enjoy local fruits and veggies.

Exploration Commons Teaching Kitchen

Offers cooking classes, some may feature healthy choices.

Martin's Food Markets Team of Registered Dietitians, Nutritionists

Complimentary virtual consultations, free online nutrition, cooking, and wellness.

Food Assistance

Carroll County Public Library Directory of Community Services: Search Food Assistance and Nutrition for food pantries and other programs.



CARROLL HOSPITAL NUTRITION SERVICES

Nutrition Counseling Services

Registered dietitians offer easy-to-follow, practical food and nutrition information to help people make healthy dietary choices and improve overall well-being. Referral required. There may be fees depending on insurance.

Healthy Bites - Virtual cooking classes offered through the Tevis Center for Wellness at Carroll

Health and Wellness Class: Jumpstart to Wellness

This 8-week virtual program will include weekly online classes featuring discussions about weight loss, heart health, pre-diabetes, stress management, cooking demos and how to eat well-balanced meals.

An 8-week YMCA membership also is included; participants are expected to exercise at the Y at least three days a week.

UNIVERSITY OF MARYLAND EXTENSION IN CARROLL COUNTY NUTRITION AND HEALTH PROGRAMS

University of Maryland Extension in Carroll County Nutrition and Health programs -

Educational programs and assistance with nutrition, food preservation, resource management, food safety gardening, and more.

Programs include:

Fresh Conversations - Maryland Nutrition Education Program for Older Adults

Dining with Diabetes - Dining with Diabetes is a national Extension program for adults with type 2 diabetes or pre-diabetes and their families, that teaches healthy meal planning and other self-management skills.

Dash-Plus Hypertension Management Program - The DASH-Plus is an integrated project that aims to build a sustainable, community-based hypertension management program by combining research methodologies, an extension system, and educational activities.

CARROLL COUNTY BUREAU OF AGING AND DISABILITIES NUTRITION PROGRAM

Carroll County Bureau of Aging and Disabilities Nutrition Program -

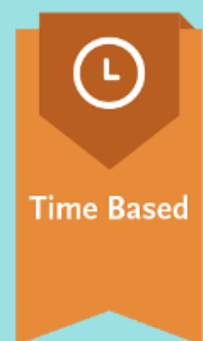
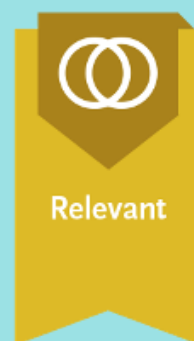
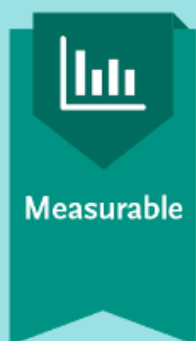
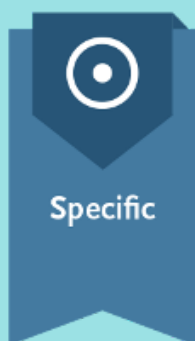
Lunch is served at each of the senior centers, Monday through Friday, for anyone age 60 and over and their spouse of any age. Older adults come together to socialize and enjoy a nutritionally balanced meal that meets one-third of the recommended daily nutritional requirement. For meal reservations, call your local senior and community center. Reservations for meals must be made by 10:00 am the day before you plan to eat at the center. A donation is encouraged. Call your local senior and community center for more information.

Find the Senior and Community Center near you!

Bureau of Aging & Disabilities' Home Delivered Meal Program -

This program is for people 60 years and older and their spouses of any age, who are homebound and cannot shop for food or prepare meals because of illness and/or chronic physical disabilities. The driver who brings the meals also provides social contact. People may request home-delivered meals for themselves, or anyone may make a referral on a senior's behalf. For more information on the home-delivered meal

S M A R T



G O A L S

CLASSES TO HELP YOU PREVENT DIABETES

Diabetes Prevention Program (DPP) -

Description: This is a FREE CDC-recognized diabetes prevention lifestyle change program that can help you build healthy new habits that last a lifetime, all while lowering your risk of type 2 diabetes and improving your health. When you join a lifestyle change program, you'll get a CDC-approved curriculum, a lifestyle coach, and a support group of people with similar goals and challenges. This program is offered through the Carroll County Health Department, in-person or virtually.

Length: 1 year. During the first 6 months of the program, you'll meet about once a week. During the second 6 months, you'll meet once or twice a month.

Eligibility:

Participant must meet all of these:

- 18 years of age or older
- Overweight
- Not diagnosed with type 1 or type 2 diabetes
- Not currently pregnant

AND meet ONE of these:

- Blood test diagnosed with prediabetes
- Previously diagnosed with gestational diabetes
- High-risk result on on prediabetes risk test (www.cdc.gov/prediabetes/risktest)

Contact information: Lauren Harrison: 410-876-4819 or Lauren.Harrison@maryland.gov
For more information, visit the DPP in Carroll County page.

PREDIABETES AND DIABETES EDUCATION

Carroll Hospital offers free prediabetes and diabetes presentations to church groups, senior centers, health clubs and other private organizations. Contact them by email at chdiabetesprogram@lifebridgehealth.org

CLASSES TO HELP YOU MANAGE YOUR DIABETES

Living Healthy, Living Well with Diabetes

The Diabetes Self-Management Program offers six weekly, 2 ½ hour sessions to help participants manage their diabetes physically and emotionally. Participants must be 18 or older and have Type 2 diabetes or prediabetes, or be a caregiver of someone with diabetes.

Workshops are led by two trained lay leaders and are held in community settings or virtually for 10-16 individuals. Textbooks are provided and the program is offered at no cost; donations up to \$25 are accepted.

Participants are encouraged to attend all six sessions. Each session builds upon the previous session. Participants enjoy sharing experiences and supporting each other. The content of this program is based on focus groups with diabetes educators and people with diabetes and meets the content standards of both the American Diabetes Association and the American Association of Diabetes Educators.

A Mailed Tool Kit option is also available. Small groups of 2-4 meet weekly via a conference call for about 45-60 minutes.

Carroll Hospital Diabetes Program

Carroll Hospital's Diabetes Program features a team of Certified Diabetes Care and Education Specialists that are trained to help patients better manage their condition and reduce the stress of diabetes. This program covers glucose testing, healthy eating, understanding medications, preventing complications and managing stress. They can help with diabetes technology including Continuous Glucose Monitors and insulin pumps. This program is recognized by the American Diabetes Association, and requires a provider order which they can assist in obtaining. Most insurances include this benefit. Education is offered as one-on-one instruction and group classes, as well as virtually. 410-871-7000

The Adult Diabetes Support Group meets virtually via zoom during most months of the year. The program is free, but registration is required at 410-871-7000. For current information, visit A Healthy Dose magazine for events.

Carroll Hospital also has other programs that may benefit people with diabetes such as wound care services and Cardiac Rehab.

Diabetes Wednesdays - Each Wednesday at 2pm, an educator hosts a call on a diabetes related self-care topic designed to keep you motivated and engaged with your health. No registration needed, just call 646-741-5292 and enter 11110591175#.

STRESS REDUCTION AND MENTAL HEALTH RESOURCES

Behavioral Health Resources & Services Directory of Carroll County -

This directory identifies local programs and providers in the areas of mental health and substance abuse. Also listed are local resources in areas like prevention, education and employment, disability services, clothing, food, shelter and legal issues.

Mental Health First Aid -

Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. Learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Youth Mental Health First Aid is available for people who work with adolescents aged 12-18.

Mobile Crisis Team

Get support during a mental health or substance use crisis by calling 410-952-9552, 9 AM to 12 AM, 7 days a week.

Chronic Pain Self-Management

A community-based workshop to help people decrease pain and increase vitality.



[Click here](#)
to read
article.

TIPS TO TAME STRESS

- Get Active
- Eat a Healthy Diet
- Avoid Unhealthy Habits
- Meditate
- Laugh More
- Connect with Others
- Assert Yourself
- Try Yoga
- Get Enough Sleep
- Keep a Journal
- Get Musical and Be Creative
- Seek Counseling