

# How to Enroll In Our Program

1. You must have a diagnosis of diabetes, pre-diabetes, gestational diabetes or glucose intolerance from your doctor.
2. Call or visit your doctor today. Ask for a referral to the North Carolina Diabetes SMART program.
3. We will call to schedule your 1st appointment

**GET READY TO BE  
IN CONTROL OF  
DIABETES!**



## Nutrition Programs

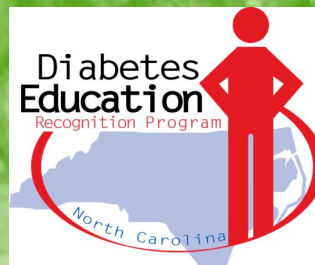
- Medical Nutrition Therapy
  - Diabetes Education
  - Diabetes Prevention

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Public Health 538 Scotts Creek Rd  
Sylva, NC 28779

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## Nutrition Services

at Jackson County Health Department

# Diabetes SMART Program

A fun & clinically effective way to learn all the skills needed for successful diabetes self-management.

## The program includes:

- A complete nutrition assessment
- Individualized Meal Plan
- Learning Materials
- Group Classes
- Individual appointments
- Workshops by Certified Diabetes Educators, Registered Nurses, Dietitians, and other specialists
- Personalized follow-up after the program is complete to ensure continued success.

## Program Topics:

- Monitoring
- Being Active
- Healthy Eating
- Medications
- Problem Solving
- Reducing Risks
- Healthy Coping



Carb counting, meal planning, and more!

# Medical Nutrition Therapy MNT

MNT is available for anyone with diabetes who needs additional help with their diet—even if they are attending or have already been through the Diabetes SMART Program.

Meet 1-on-1 with our Registered Dietitian to help with meal planning, carb counting, label reading, and much more.



Did you know that 1/2 kiwi = 1 carb choice?

# Gestational Diabetes Education

**Pregnancy** is an exciting time. A diagnosis of gestational diabetes or pre-existing diabetes can cause concern for the parents-to-be. Get relief from our Registered Dietitians, Certified Diabetes Educators, and High-Risk Maternity staff. Learn the most updated methods in controlling blood sugar and while ensuring good nutrition.

## Physician Referral Orders

Patient Name: \_\_\_\_\_

Phone #s: \_\_\_\_\_

Date first diagnosed: \_\_\_\_\_

### Consultation:

Diabetes SMART Program       Insulin pump start/  
Maintenance

Follow-up training       Prediabetes

MNT       Insulin instruction

### Please mark below the conditions that exist, indicating need for Diabetes Program:

Type 2       Type 2 uncontrolled

Type 1       Type 1 uncontrolled

Prediabetes       Gestational DM

### Blood Sugar Control:

Last fasting blood sugar >140mg/dl

Last post-prandial or random blood sugar >180mg/dl

Pre and Post HgbA1c (if documented w/in 6 wks will not be done at program).

Pre and Post Lipid panel (if documented w/in 6 wks will not be done at program).

### Complications:

Repeat hypoglycemic episodes

New onset of low visual acuity

New diagnosis of neuropathy

Current or repeat infection/non-healing wound

### Special Notes: (Please send available labs to JCDPH)

### MD Signature (required):

MD Name (print): \_\_\_\_\_

MD office phone: \_\_\_\_\_

MD Fax: \_\_\_\_\_

