Patient navigators help address high rates of diabetes

A recent study by the University of California, Los Angeles (Babey, et al. 2016) reveals that nearly half of Fresno County adults show early signs of diabetes, a disease that can lead to blindness, amputations and other serious health complications.

A team of Patient Navigators at Clinica Sierra Vista is helping to address this problem by encouraging patients to try new classes on healthy eating and chronic disease self-management as a proactive approach to achieving a healthier lifestyle. Through their supportive approach, they’ve been able to encourage patients to visit their doctor regularly and participate in an Rx for Health program where the patients are referred to FREE lifestyle change programs. The programs include:

- “A Healthier You” Chronic Disease Self-Management class facilitated by Saint Agnes Medical Center
- DASH (Dietary Approaches to Stop Hypertension) Diet class at Clinica Sierra Vista
- California Smokers’ Helpline

In addition to the Patient Navigator program, Clinica Sierra Vista now offers Chronic Disease Self-Management classes at their clinic locations to provide convenience for their patients. The classes build participants’ confidence in their ability to manage their health conditions, such as diabetes, and maintain active and fulfilling lives.

In the future, Clinica Sierra Vista will host National Diabetes Prevention Program (NDPP) classes to patients. NDPP teaches participants how to make lasting lifestyle changes to prevent or delay type 2 diabetes.

For more information, please visit: www.fcdph.org/RxforHealth.