Diabetes: Are you or is someone you know at risk?

Nine out of 10 people with prediabetes do not know that they have it. This statistic from the Centers for Disease Control and Prevention is alarming. At the Verdant Health Commission, we want to help our community members identify if they are at risk of developing diabetes and find support to prevent or manage it.

“Developing diabetes can negatively impact the quality of your life,” said Verdant commissioner and exercise physiologist Bob Knowles. “We want to help people find tools to make small changes that can help them improve their lifestyle and prevent this chronic disease and others like hypertension.”

The infographic below will help you identify if you might be at risk for developing prediabetes or type 2 diabetes. There is also a short test that can help identify if you are at increased risk—visit doihaveprediabetes.org or text RISKTEST to 97779. Talk with your healthcare provider to see if additional testing is needed.

The good news is, if you have prediabetes or diabetes, there are supports in place for you within our community.

(continued inside)

Who’s at Risk for prediabetes or type 2 diabetes?

You could have prediabetes or type 2 diabetes and not know it—there often aren’t any symptoms. That’s why it makes sense to know the risk factors:

- 45+ years old
- Physically active less than 3 times/week
- Family history of type 2 diabetes
- High blood pressure
- History of gestational diabetes*
- Overweight

*Diabetes during pregnancy. Giving birth to a baby weighing 9+ pounds is also a risk factor.

DID YOU KNOW...

African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific Islanders, and some Asian Americans are at higher risk.

If you have any of the risk factors, ask your doctor about getting your blood sugar tested.
Diabetes (continued from cover)

If you are at risk of developing type 2 diabetes:

**Diabetes Prevention Program**
The year-long program includes small-group education around healthier eating, physical activity, reducing stress, and other behavior changes. Find the location that works best for you:

- YMCA of Greater Seattle—multiple sites
  - Programs offered by staff at Dale Turner (Shoreline) and Northshore (Bothell) YMCAs and additional locations around King County.
  - Includes 3-month membership to the YMCA.
  - To learn more or sign up, call (206) 344-3181.
- Verdant Community Wellness Center in Lynnwood
  - Program offered by diabetes educators from Swedish Edmonds.
  - To learn more or sign up, call (425) 640-4395.

If you have type 2 diabetes:

**Free Diabetes Support Group**
The monthly drop-in meeting organized by Swedish Edmonds diabetes educators offers up-to-date information on current topics in diabetes care. The group typically meets from 3-4 p.m. on the 4th Wednesday of the month at the Verdant Community Wellness Center and is open to individuals with type 1 or 2 diabetes. Visit verdanthealth.org/events or call (425) 582-8600 for specific dates.

**Diabetes Education at Swedish Edmonds**
- A 3-part education program to teach strategies to manage diabetes.
- Classes offered in daytime or evening throughout the year.
- Call (425) 640-4395 to register.

*There could be a cost associated with the program. Depending on where you live and/or what insurance coverage you have, this program may have no out-of-pocket cost to you.

Do you know a beginning swimmer?

Verdant supports an injury-prevention program to help beginning swimmers in the Edmonds School District service area build skills and confidence in and around the water. Vouchers have also been distributed to all third-graders for ongoing beginner swim lessons. Youth who are eligible can access free lessons available through the Lynnwood Rec Center, Mountlake Terrace Recreation Pavilion, Dale Turner YMCA pool, and Yost pool (summer only) in Edmonds through a partnership between these pools and the Verdant Health Commission. If you know a youth who might qualify, check with the pools directly to find out when their next swim evaluations take place. In Mountlake Terrace, a free swim (for the first 150 people) is taking place during the Lifeguard Expo on Friday, June 1, 2018, from 4:30-5:45 p.m. at the Pavilion, and they can evaluate beginning swimmers at that time.

The Power of Community

**Message from the Superintendent**

The Verdant Health Commission recognizes that good health is so much more than just the absence of disease. It is also about those things that influence us daily: our wealth or poverty, our education level, the environment in which we live and work. Numerous research studies show that having a sense of community and feeling connected are key predictors of positive health outcomes. Mark Hyman, author and physician, sums it up best: “The power of community to create health is far greater than that of any physician, clinic, or hospital.” When we work together to address those conditions that affect us most—and that have the harshest consequences for our most vulnerable neighbors—we demonstrate the strongest representation of community.

Last month at the Verdant Healthier Community Conference, I was privileged to recognize those who exemplify care and compassion within our community, honoring the four individuals and organizations featured at right along with our elected board of commissioners. It takes a lot of heart and grit to take on the problems of our small corner of the world yet the award recipients do so in ways that have meaningful and lasting impact for so many. Congratulations to these recipients for their hard work and to everyone in our community who helps connect us.

As always, we invite you to learn more about Verdant and our work by visiting our website at verdanthealth.org or calling (425) 582-8600.

Sincerely,

Robin Fenn, Ph.D., LICSW
Superintendent

The following awards were given at the Verdant Healthier Community Conference:

**Innovative Program Award:** “Issues that Matter” program run by Sino-Isle Libraries and accepted by Sino-Isle Executive Director Joraleyn Wood-Ivory

**Outstanding Community Advocate Award:** Giselle Zapata-Garcia of Latinos Promoting Good Health

**Service to Our Community Award:** State Health Insurance Benefits Advisor (SHIBA) volunteers, seen here with the Verdant commissioners

**Community Collaboration Award:** Hero’s Cafe Planning Committee
Seeking volunteers to lead walks this summer
Do you enjoy walking and want to volunteer during the summer leading walks in our community? The South County Walks program includes daytime and evening community walks throughout the county, and we are looking for interested volunteers to help us inform and bring people together on Thursdays and Fridays during the summer. The free walks begin at different locations throughout the county, including parks and community centers. Please email walk@verdanthealth.org or call (425) 562-8600 for more information.

Mobile Medical Clinic
The mobile medical clinic is available at the Verdant Community Wellness Center, 4710 196th St. SW in Lynnwood, (425) 582-8600. Pre-registration required.

Women on the Walks
Volunteer...
Get Involved: Free Community Health & Wellness Events

Learn about all of these free events and others, by visiting verdanthealth.org/events. All events listed below take place at the Verdant Community Wellness Center, 4710 196th St. SW in Lynnwood, (425) 582-8600. Pre-registration required.

- **Cooking Demo: Spring Salads**  
  Thursday, May 10 from 1–2:30 p.m.

- **Staying Physically Active as You Age**  
  Thursday, June 14 from 1:30–2:30 p.m.

- **Cooking Demo: What’s Fresh in June?**  
  Monday, June 18 from 6–7:30 p.m.

- **Info Session: What is Mindfulness?**  
  Tuesday, June 19 from 6–7:30 p.m.

- **Survive & Thrive with Chronic Kidney Disease**  
  Wednesdays, July 11–August 15 from 6–7:30 p.m.  
  Call (425) 259-1907 to pre-register.

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**About The Canopy**

The mission of the Verdant Health Commission is to improve the health and well-being of our community. We bring together community partners and individuals interested in improving their health or the health of others under the umbrella topic of wellness. Our work in this area is similar to a canopy’s work in nature: supporting and protecting the forest it covers. We hope that through this newsletter, The Canopy, you will learn about our programs and find ways to support your health by engaging with us.