



Nutrition Services

MERCY MEDICAL CENTER DIABETES EDUCATION PROGRAM

According to the 2006 Behavioral Risk Factor Surveillance System report compiled by the Idaho Department of Health and Welfare, approximately 72,000 or 6.8% of Idaho adults report that they have diabetes, with most diagnosed at the age of 51 years. Even greater numbers, 80,000 or 8% of Idaho adults report being told they have pre-diabetes, which is a significant risk factor for future diabetes and cardiovascular disease. In both cases early diagnosis and treatment is important to prevention of medical complications associated with elevated blood glucose levels.

Mercy Medical Center Diabetes Education Program is a diabetes education program sponsored by Mercy Medical Center. The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

Although there is no known cure for diabetes, the disease can be treated and controlled so that those diagnosed with diabetes go on to live normal, healthy lives. Successful management of diabetes can reduce your risk of developing acute and chronic medical complications associated with diabetes

Mercy Medical Center Diabetes Education Program provides you and your family with knowledge, skills, and support to successfully manage diabetes. Our mission is to equip and empower you to be a responsible, knowledgeable partner in the management of your disease. Our goal is to relay a consistent, thorough, accurate, and understandable message to those served by Mercy Medical Center Diabetes Education Program.

The diabetes educators who work with the Mercy Medical Center Diabetes Education Program assist you and your family in managing diabetes through implementation of various behavior changes in areas including diet, exercise, medications, and monitoring. The diabetes educators include certified diabetes educators, registered/licensed dietitians and a registered nurse all with significant experience in diabetes education.

Education is available on an individual or group basis. To begin the Mercy Medical Center Diabetes Education Program, your physician must complete a referral (see [attached referral form](#) which can be faxed to us at 463-5725). Please consult your insurance carrier for specific diabetes education coverage information. For more information about the Mercy Medical Center Diabetes Education Program please call 463-5728.