

Diabetes Wellness Services

Specific services offered at IWIC:

- ◆ Diabetes Screening
- ◆ Diabetes Education; individual & family
- ◆ Nutrition Education
- ◆ Nutritional Workshop and Groups
- ◆ School Presentations
- ◆ Community Presentations
- ◆ Self Management Instruction
- ◆ Blood Pressure Screenings
- ◆ Body Mass Index (BMI)
- ◆ Youth Fitness Programs
- ◆ Physical Activity Consultation
- ◆ Weight Management

Classes & Workshops

Diabetes Education Sessions
(by appointment only)

Bi-Monthly Workshops

*Drawings at all workshops
Free gifts/incentives for taking the IWIC Diabetes class*



Indian Walk-In Center

120 West 1300 South
Salt Lake City, Utah 84115

Toll Free 866.OUR.IWIC
Phone 801.486.4877
FAX 801.486.9943

8:30 am to 3:30 pm
Monday thru Friday



Indian Walk-In Center

Helping "The People"

IWIC Diabetes Wellness Program

*Screening
Prevention
Stay Active
Eat Healthy
Prolong Diabetes*

www.iwic.org

Indian Walk-In Center Diabetes Wellness Program



The goal of the Diabetes Wellness Program is to create awareness and improve the care of diabetes among American Indian and Alaska Native communities. For individuals and families living with diabetes, many services are available to assist you in leading a healthier life. For non-diabetic individuals, a sound initial assessment to determine risk factors for diabetes is an important first step in preventing or identifying symptoms of diabetes.

The Diabetes Wellness Program offers education on prevention, proper nutrition, physical exercise, intervention services, and direct referrals for medical screenings and care. The Diabetes Wellness Program focuses on elevating the health status of American Indians and Alaska Natives to the highest level possible through lifestyle modification and preventative health strategies.

What is Diabetes?

- ◆ Diabetes affects the way your body uses food.
- ◆ The glucose (sugar) from the food you eat stays in the blood stream instead of going into the body cells.
- ◆ Diabetes causes the sugar in your blood to build up in your body and slowly does damage.
- ◆ This causes high blood glucose readings which may lead to complications over a period of time.

Risk Factors for Diabetes

You are . . .

1. An American Indian/Alaska Native
2. Overweight
3. Over the age of Forty
4. You are a woman who has had a baby weighing 10 lbs or more
5. Family history of Diabetes
6. Not physically active

Make An Appointment to Learn More

Services are provided at no charge for American Indians and Alaska Natives living in the Wasatch Front area.

1. Call to speak with the Diabetes Wellness Program and set up a convenient time to visit.
2. List things you would like to discuss, and know the names, if any, of the medications you are taking.
3. Arrive at the Indian Walk-In Center on time and ask to meet with a Diabetes Team member.
4. Please call the Diabetes Wellness Program if you cannot keep an appointment.

CONTACT

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