

## Types of Diabetes Programs

**Diabetes Prevention Programs:** These are year-long lifestyle modification programs designed to keep people with slightly elevated blood sugars from developing diabetes. You can expect to meet with your leader and fellow classmates weekly for the first four months, then monthly for the eight months after that.



Communities with these programs shown on map; contact info below.

**Diabetes Self-Management Education & Support:** This education is designed to help people already diagnosed with diabetes better manage their disease through diet, physical activity, medications, and work with their health care team. You can expect to attend for several hours with a diabetes educator, sometimes spread out over days or weeks.



Communities with these services marked on map; contact info listed on reverse side.



## DIABETES PREVENTION PROGRAMS



### DERBY

Derby Recreation Commission 316-788-3781

### HIAWATHA

Hiawatha Community Hospital 785-742-6181

### MCPHERSON

McPherson Hospital  
620-241-2251, Ext: 179

### OLATHE

Johnson County Dept. of Health and Environment  
913-477-8128 [www.jocogov.org](http://www.jocogov.org)

### TOPEKA

Midland Care Connection  
785-250-5210 (Donna Dole)

### WICHITA

Central Plains Area Agency on Aging  
855-200-2372  
[www.cpaaa.org/health-and-wellness](http://www.cpaaa.org/health-and-wellness)

Holy Family Medical Associates  
316-682-9900

KU Center for Health Care  
316-293-2622

## A VIRTUAL DIABETES PREVENTION PROGRAM FROM KROGER/DILLONS

Kroger, the parent company of the Dillons stores, offers an online, virtual-only prevention program that anyone eligible can participate in. Go to [www.krogerhealth.com/services/welsana](http://www.krogerhealth.com/services/welsana) to learn more.





## DIABETES SELF-MANAGEMENT EDUCATION & SUPPORT

### CHANUTE

Neosho Memorial Regional Medical Center  
620-432-5367

### EL DORADO

Diabetes Self-Management Education Program  
Susan B. Allen Memorial Hospital, 316-322-4542

### EMPORIA

Diabetes Self-Management Education Program  
Newman Regional Health, 620-343-6800, Ext. 21803

### HAYS

Diabetes Solutions Self-Management  
Education Program, Hays Medical Center  
855-429-7633

### HIAWATHA

Hiawatha Community Hospital 785-742-6181

### HOLTON

Diabetic Education Program  
Holton Community Hospital, 785-364-9680

### HUTCHINSON

Hutchinson Clinic Diabetes Education  
620-694-2189

### KANSAS CITY

Cray Diabetes Self-Management Center  
The University of Kansas Health System  
913-588-6022, option 4

### LAWRENCE

Diabetes Self-Management Education Program  
LMH Health, 785-505-3062

### MANHATTAN

Ascension Via Christi Diabetes Center  
Ascension Via Christi, 785-565-2937

### NEWTON

Community Diabetes Outreach Services  
Newton Medical Center, 316-804-6147

### OLATHE

Diabetes Self-Management Education Program  
Olathe Medical Center, Inc., 913-791-4382

### OVERLAND PARK

Diabetes Self-Management Education  
Program-Saint Luke's South  
Saint Luke's Physician Group, Inc, 913-317-3197

Diabetes & Nutrition Education Department  
at Overland Park Regional Medical Center  
913-541-3296

### PITTSBURG

Via Christi Hospital Pittsburg Diabetes  
Self-Management Education Program  
Via Christi Hospital Pittsburg, 620-235-7812

Community Health Center of Southeast Kansas  
Diabetes Self Management Education Program  
620-223-8040

### SABETHA

Sabetha Community Hospital Outpatient  
Diabetes Education Program  
785-284-2121, Ext. 1419  
Email: [lomenold@sabethahospital.com](mailto:lomenold@sabethahospital.com)

### SHAWNEE

Diabetes Self-Management Education Program  
AdventHealth, 913-676-2548

### TOPEKA

Diabetes Learning Center,  
Stormont-Vail HealthCare, fax 785-368-0410  
*This program is by physician referral only.*

Diabetes Self-Management Education Program  
The University of Kansas Health System St. Francis  
Campus, 785-272-2240

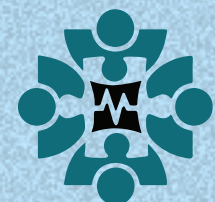
### WICHITA

Via Christi Clinic, Diabetes Self-Management  
Education Program  
Via Christi Clinic, inquiries, call 316-274-8989;  
Enroll by faxing referral to 316-221-5696.  
*This program is by physician referral only.*

Great Plains Diabetes 316-440-2802  
KU Center for Health Care 316-293-2622

# Diabetes Prevention & Management in Kansas

A Guide  
to Finding  
a Program  
Near You



Kansas Business Group  
on Health