

Jumpstart Success with Challenge Diabetes Program

Diabetes is widely misunderstood. The Challenge Diabetes Program (CDP) was created in participation with the YMCA, Mercy Medical Center, Bay State Medical Center and Chet Galaska, author of *The Diabetes Book: What Everyone Should Know* to explain the facts and encourage effective treatment.

Common myths create misunderstanding and a stigma regarding diabetes. Here are a few:

Diabetes is caused by personal behavior. The underlying cause is called insulin resistance, which is associated with genetics, ethnicity, age and other factors beyond personal control. Weight, inactivity and diet are critical to managing the disease but they do not cause it.

If you're overweight you'll likely become diabetic. In fact, only about one in seven overweight people ever become diabetic while many thin, active people do.

Complications are inevitable. Today, kidney disease, cardiovascular disease, nerve damage, blindness, amputations, early death and others can be avoided or treated.

Diabetics need strict diets. Most foods can be eaten; it's a question of what and how much.

It's not as serious as it used to be. Diabetes was always fatal until we learned to treat it. If we neglect it, it still is.

In 2018 The CDP Basic Diabetes Course will be offered to churches, senior centers, businesses and other organizations. Three one-hour classes are held on consecutive weeks followed by a supermarket tour presented by Big Y. **There is no charge for the program.**

Hosts must provide a location for the classes and at least 8 participants. Attendees may have diabetes, be relatives or significant others to diabetics or simply want to know more about this common but widely misunderstood disease.

To schedule the program you may call 413-567-0660, fax a request to 413-567-5734 or send an email to coordinator@challengediabetes.us. You may also contact Lyn at lyn@scantichealth.org if you would like to have this at one of the SVRHT worksites!

More information is available at www.challengediabetes.us

