

Roanoke-Chowan Foundation

Since the 2008, Vidant Roanoke-Chowan Hospital has provided a comprehensive diabetes education and management program for patients and community.

With support from the Roanoke-Chowan Foundation, this program has served more than **5,500 patients**, providing case management and self-management skills for glucose management. Patients have benefited from diabetes self-management education and support provided by the diabetes nurse case manager, Terry Koch, RN, at Vidant Roanoke-Chowan Hospital. She also coordinates diabetes support groups offered in both Hertford and Bertie Counties.



A goal of the Healthy NC 2020 Objective is to decrease the percentage of diabetes in our state, according to Koch. It is estimated that 86 million adults have pre-diabetes, and many do not know it. In 2017, in collaboration with other county agencies, the hospital began a series of year-long educational classes to prevent Type 2 diabetes. Called 'Prevent T2', these classes are certified by the Centers for Disease Control and Prevention (CDC).

"This diabetes prevention program is designed for people who have pre-diabetes or are at risk for type 2 diabetes, but who do not already have diabetes. We also allow participants with diabetes to participate," states Koch, who is a trained lifestyle coach.



Participants are pleased with the weight loss and increased activity of the Prevent T2 program.

Trained lifestyle coaches teach the classes to help participants change aspects of their lifestyle including: eating healthier, reducing stress, and increasing physical activity. The program includes group support from others sharing the same challenges. It's a year-long program focused on long-term changes and lasting results.

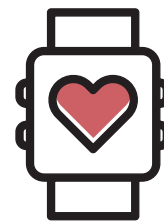
To date, 50 community members have participated in the Prevent T2 classes, and 35 have completed all classes. An average weight loss for participants is seven pounds and average weekly activity is 160 minutes.

For the four participants of the current class who have diabetes, all have improved their A1c readings, lost an average of three to 16 pounds since beginning the program and participating in an average of 100 minutes of activity each week.

These programs would not have been established without the support and commitment of the Roanoke Chowan Foundation, says Koch. Prevent T2 classes are expanding into surrounding counties as there are now 15 trained lifestyle coaches ready to make a difference in many lives!



5,500
Patients Served



160 Minutes
Average weekly activity for T2 participants

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