

Diabetes Prevention

A self-management workshop to help you get more active, lose weight, and decrease your risk of getting diabetes.

It's important to take steps to reduce your risk and prevent diabetes. This is because diabetes can lead to serious health problems. You have a greater risk of getting diabetes if you:

- Are overweight or obese
- Don't get enough exercise
- Have high blood pressure
- Have abnormal cholesterol
- Have a parent, brother, or sister with diabetes

The good news is there's a lot you can do to help prevent diabetes—and we can help. Get started today by joining a Nationally Recognized Diabetes Prevention Program near you.

The Workshop

The Diabetes Prevention Program

WHAT THE DIABETES PREVENTION PROGRAM OFFERS

Education and support to help you adopt healthier eating and exercise habits that can lead to weight loss and reduce your risk of getting diabetes.

TIMING

Participants meet once a week for the first 16 weeks. Following that, they meet every other week, and then monthly for a total of 25 sessions over a year.

WHO IT'S FOR

People at risk for developing type 2 diabetes.

To take the first step, visit:
MYHEALTHYVT.ORG

Diabetes Management

A self-management workshop to help you get the support you need to eat better and exercise to lower your risk of serious health problems related to diabetes.

Diabetes can cause serious health problems, like heart disease, blindness, and kidney failure.

Through the diabetes self-management workshop, you can get the support you need to better manage your diabetes and prevent these serious problems.

The Workshop

Healthier Living Workshop: Diabetes

WHAT THE WORKSHOP OFFERS

The workshop is offered in a small-group format, and is for people with type 2 diabetes. The workshop is led by specially trained leaders, at least one who has diabetes. People who complete it say they see big improvements, like eating better, feeling less depressed, and having a better relationship with their doctors.

The program is designed to help you with:

- Problem solving and action planning
- Healthy eating
- Exercise
- Monitoring blood sugar
- Managing stress
- Handling sick days

TIMING

Participants meet once a week for 6 weeks. Each workshop session lasts for 2 ½ hours.

WHO IT'S FOR

People diagnosed with type 2 diabetes.

To take the first step, visit:
MYHEALTHYVT.ORG

Quitting Smoking

Self-management workshops to help you get the support you need to quit tobacco in a small group of other people trying to quit too.

Smoking is the #1 most preventable cause of death in the United States.

Quitting smoking or chewing tobacco is the #1 most important step you can take to live a longer and healthier life. Quitting can be tough, but you don't have to do it alone. Our workshops can help you get the support you need to quit tobacco in a small group of other people trying to quit too.

The Workshops
Vermont Quit Partners



WHAT THEY OFFER

When you're ready to quit, 802Quits has local Vermont Quit Partners ready with free workshops to help you set up a plan and succeed in being tobacco-free. There are Quit Partners all across Vermont available to provide support and motivation to help you through the quitting process.

TIMING

Participants meet once a week.

WHO IT'S FOR

Current smokers or tobacco users looking to quit.

To take the first step, visit:
MYHEALTHYVT.ORG

Emotional Wellness

A self-management workshop to help you get support, tips, and advice from people who are also working toward emotional well-being.

If you're struggling with a mental health challenge, such as depression or anxiety, you're not alone.

More than 80% of American adults are living with mental health that's not as good as it could be. And it's important to get help, because good mental health is key to your overall health. Our Wellness Recovery Action Plan (or WRAP®) can help give you the support, tips, and advice you need from people who are also working toward emotional well-being.

The Workshop

Wellness Recovery Action Plan (WRAP®)

WHAT THE PROGRAM OFFERS

A self-designed prevention and wellness workshop that anyone can use to get well, stay well, and make life the way you want it to be.

The program is designed to help you:

- Keep track of troubling feelings and behaviors—so you can plan responses to reduce, change, or prevent them
- Feel more in control of your feelings and your life
- Enjoy a better quality of life
- Achieve your life goals and dreams

This workshop can also help supporters or caregivers learn how to respond when a person

who is struggling cannot make decisions, take care of themselves, or keep themselves safe.

WRAP® was developed by a group of people who had mental health challenges. Workshop leaders are people who have already developed their own WRAP® and who have received special training in order to help others help themselves.

TIMING

The WRAP® workshop is a 24-hour-long program, offered over several weeks.

WHO IT'S FOR

People who are struggling with mental health challenges, and caregivers for these people.

To take the first step, visit:
MYHEALTHYVT.ORG

Chronic Disease Management

A self-management workshop to help you learn how to make choices to live healthier with chronic disease and lower your risk of related health problems.

If you are dealing with a long-lasting (chronic) disease, like arthritis, diabetes, cancer, obesity, or heart disease, you're not alone.

About half of all American adults have at least one chronic disease—and 1 in 4 have two or more. These chronic diseases can lead to disability and serious health problems. But the good news is that there's a lot you can do to help manage chronic disease and prevent related problems. Our workshop can help you make choices to live healthier.

The Workshop

Healthier Living Workshop: Chronic Disease

WHAT THE WORKSHOP OFFERS

Support to help people with chronic diseases manage and improve their health. The workshop focuses on topics that come up when dealing with any chronic condition, such as:

- Problem solving and action planning
- Nutrition
- Exercise
- Medication use
- Emotions
- Talking with doctors

TIMING

The workshop is given over 2 ½ hours, once a week, for 6 weeks.

WHO IT'S FOR

People living with a chronic disease such as arthritis, diabetes, cancer, obesity, or heart disease.

To take the first step, visit:
MYHEALTHYVT.ORG

Chronic Pain Management

A self-management workshop to help you learn ways to reduce pain, deal with related issues, like having trouble sleeping, and more.

If you suffer from long-lasting (chronic) pain—from an injury, surgery, or health condition—you're not alone.

About **100 million** Americans are living with chronic pain. That's more than are living with diabetes, heart disease, and cancer combined! But there are many things you can do to manage your pain—and we can help. Our Healthier Living Workshop for Chronic Pain can help you learn ways to reduce pain, deal with related issues, like having trouble sleeping, and more.

The Workshop

Healthier Living Workshop: Pain

WHAT THE PROGRAM OFFERS

Support and education, including:

- Techniques to deal with problems such as frustration, fatigue (feeling tired), isolation, and poor sleep
- Exercises to improve your strength, flexibility, and endurance—and instructions on how to pace yourself between activity and rest
- Tips for talking with your family, friends, and health care professionals about pain

TIMING

Each workshop session is 2 ½ hours, once a week, for six weeks.

WHO IT'S FOR

People living with chronic pain for more than 3 to 6 months. Some chronic pain conditions are: musculoskeletal pain (neck, shoulder, back pain, etc.), fibromyalgia, postsurgical pain that lasts beyond 6 months, neuropathic pain, and post-stroke pain. This workshop can also benefit people with persistent headache, Crohn's disease, Irritable Bowel Syndrome, diabetic neuropathy, or those who experience severe muscular pain from conditions such as multiple sclerosis.

To take the first step, visit:
MYHEALTHYVT.ORG

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TO IMPROVE
YOUR HEALTH.

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