



Dauterive Hospital's Steppin' Up Program is an ADA (American Diabetes Association) accredited program and was developed to provide you with the skills and knowledge to manage your diabetes. A primary goal of our program is to help you understand how the choices you make affect your diabetes and may affect your risk of short and long-term complications. The Steppin' Up Program is managed by a Registered Dietitian and a Registered Nurse with over 35 years of experience.

PROGRAM OVERVIEW

Food Plan - Our full time registered dietitian can help you make appropriate choices and create a food plan, including portion control that will work for you.

Monitoring - Blood glucose levels can change throughout the day. Steppin' Up is designed to assist you and help you discover when it may be more difficult to control your blood glucose. Exercise, medications, foods as well as illness and stress are factors that can affect blood glucose levels.

Exercise Plan - How will exercise affect your diabetes? Exercise can be one of the primary tools used to help control blood sugar. The program's exercise physiologist will show you a plan that will work best for you.

Medication - There are currently several diabetes (oral) medications along with insulin that are used to control blood glucose levels. Steppin' Up teaches you about these medications. Also, our Registered Pharmacist can assist with your particular medication regimen.

Resources - Program includes quarterly newsletters, public lectures and a support group meeting held every 2nd Monday of the month.

For more information, contact Shara Hebert, RD, or Jodi Fremin, RN, at 374-4315.

Who is Eligible?

- All patients with Type I or Type 2 diabetes.
- Women with gestational diabetes.
- Pre-diabetes, impaired glucose tolerance, impaired fasting glucose.
- Individuals who have a long term diagnosis of diabetes can benefit by receiving current information on diabetes.
- A physician referral is required.

Steppin' Up
A Diabetes Self-Management Program

Dauterive Hospital

The Right Care. Right Here.