

Additional Resources

DGMC Nutrition Clinic



In support of DGMC Diabetes Education, the Nutrition Clinic offers a full range

of nutrition services, including education, counseling, coaching and more. For class dates, or more information, please contact the clinic at 707-423-7867.

Individual Counseling

Topics include: Diabetes management, cardiovascular health, performance enhancement, Bariatric surgery and more.

Nutritional Strategies for Blood Sugar Management

Classes include Strategies for Blood Sugar Management

Gestational Diabetes

Teaches expectant moms about controlling glucose levels through diet, for a healthy mom and baby.

Sensible Weigh

Teaches participants how to establish healthy eating patterns, increase physical activity, eliminate poor dietary habits, set attainable goals, and develop a support system to maintain healthy habits. Coaching, food demonstrations and elective courses continue for six months, to encourage healthy lifestyle transitions.

Group Lifestyle Balance

This is a proven, twelve-week lifestyle intervention program that aims to promote long-term weight loss through healthy eating and physical activity. You may be eligible to participate in this program if you are:

- Over the age of 18
- Overweight (BMI greater than 25)
- Not diagnosed with Diabetes
- Impaired Fasting Glucose/
Impaired Glucose Tolerance
- Tricare ONLY

Contact

Patients may self-refer by calling the Nutrition Clinic at 707-423-7867. The clinic is location on the second floor at David Grant Medical Center.

David Grant Medical Center Diabetes Resource Guide



Diabetic Education

DGMC Diabetes Education



Offers informative classes for all types of patients, from pre-Diabetics, to chronic Diabetes patients, and everyone in between.

Diabetes Classes

Pre-Diabetes Education

Two-hour seminar reviewing the fundamentals of nutrition and Diabetes prevention.

Who's in Control?

Two-hour class for individuals who have had Diabetes for at least one year.

Diabetes Support Group

1-2 hour meetings every other month, featuring a guest speaker and group discussions.

Diabetes Resource Contact Information

Diabetes Educator
Juanita Smith, RN, MSN, CCP
707-816-5505

Population Health
707-423-3368

Nutrition Clinic
707-423-7867

Your Health, In Your Hands

Two-hour class for pre-Diabetics, patients with a strong family history of Diabetes, those with gestational Diabetes, or anyone wishing to prevent or delay Type 2 Diabetes.

Diabetes Map Classes

Series of four classes for new Diabetics, as well as experienced patients in need of a "tune up."

Map Class #1

Covers the basic concepts of Diabetes management.

Map Class #2

Involves more detailed discussion about the importance of healthy eating to manage Diabetes.

Map Class #3

Engages participants in a discussion about the importance of monitoring blood glucose, and how to use that

information to better manage Diabetes.

Map Class #4

Covers complex concepts related to Diabetes, including the natural course of the disease, the medical options available, the use of insulin, long-term complications, and the ABCs (A1C, blood pressure, and cholesterol).

Class Location



All classes offered by the Diabetic Education Department are held in the Diabetic Education Classroom, which is located just outside the Internal Medicine Clinic on the first floor of the hospital. Patients may self-refer by calling 707-816-5505.

