

EVIDENCE-BASED DIABETES EDUCATION IN DAVIS COUNTY

BEST times for diabetes education:

- Initial diabetes diagnosis
- Annual assessment of education, emotional, & nutritional needs
- When new complications arise
- When changes in care occur

PRE-DIABETES DIAGNOSIS

National Diabetes Prevention Program (National DPP)

Lifestyle change program for preventing type 2 diabetes focusing on healthy eating, adding activity into daily life and improving problem-solving and coping skills

Farmington Health Center (UofU)	801.213.8720	In-person and online options
Layton Clinic (IH) - Way to Wellness	801.507.2400	In-person and online options

DIABETES DIAGNOSIS

Diabetes Self-Management Education/Training (DSME/T) - *Physician referral required*

Education by a registered dietitian, nurse or pharmacist on how to manage diabetes

Tanner Clinic (Layton)	801.773.4840	Ex. 3152
Ogden Clinic	801.475.3000	Certified Diabetes Education Specialist
Bountiful Clinic (IH)	801.397.6400	
Farmington Health Center (UofU)	801.587.3930	

DISEASE MANAGEMENT

Living Well with Diabetes - *Bi-directional referral available*

Living Well with Chronic Conditions - *Bi-directional referral available*

6 week self management courses for individuals or caregivers living with either diabetes or chronic conditions (2 separate courses)

Davis County Health Department	801.525.5052	Various locations in county
Farmington Health Center (UofU)	801.213.6675	
USU Extension - 4 week course	435.752.6263	Virtual Diabetes Cook Along
UofU Just the Facts about Prediabetes	801.213.8720	Free online videos
Intermountain Health - Prediabetes 101	801.507.2400	Free two hour online class
Nourish - Online Diabetes Education	signup.usenourish.com/providers/gina-ward	

For additional information: www.LivingWell.Utah.gov

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