

The North Country Diabetes Project

The North Country Diabetes Project is a local partnership between the Clinton County Health Department, CVPH Medical Center, and the Joint Council for Economic Opportunity.

The project aims to improve the quality of life for individuals in our area who have or are at risk for diabetes by increasing awareness of the disease and offering community education opportunities.

See the video about these local agencies working in collaboration. Read on to learn more about diabetes and local resources.

What is Diabetes?

Diabetes is a chronic disorder in which the body does not produce or use insulin effectively. Insulin is a chemical produced by the pancreas that allows the food we eat to be used for energy. Without enough insulin or properly functioning insulin, blood glucose levels rise and cells starve... a destructive situation.

The prevalence of diabetes has been increasing rapidly throughout our country. According to CDC statistics, many states, including New York, experienced a 50% increase in cases of diagnosed diabetes from 1994- 2004.

Why is Diabetes So Common?

Diabetes, especially Type 2 diabetes, can develop for many reasons. Being overweight, not being active and not eating a healthy diet can increase a person's risk for diabetes. Knowing your risk for diabetes is easy. Take this test!

If You're at Risk for Diabetes, Learn More!

After taking the test, review your risk factors. Obviously, some things we can't change; other things we can. Regardless of your score, making small changes in how we eat, increasing our activity levels and maintaining a healthy weight can reduce the risk of diabetes. But, if you scored high on the test, you may want to talk to your doctor.

Many people with Type 2 diabetes are unaware they have it because they do not have signs or symptoms that anything is wrong. If you think you have diabetes, are at high risk or have concerns, talk to your doctor. Simple tests can be done to find out for sure.

Information on the North Country Diabetes Project

Diabetes risk screening and community/ worksite programs are available through the North Country Diabetes Project.

CVPH provides Diabetes Self Management Training and Medical Nutrition Therapy at the North Country Diabetes Education Center. These services allow individuals with diabetes to learn the skills necessary to live healthy, active lives. [Click here](#) or call the Center at 518-562-7326 to learn more about these services and if they are right for you

JCEO, a Community Action Agency, is able to assist with transportation to and from diabetes related medical appointments and the formal diabetes education services available through CVPH. If you are interested in learning more about this service, contact JCEO at 518-561-6310.

CVPH also hosts a monthly Diabetes Support Group. The meeting is free and open to anyone interested in learning more about diabetes. Call CVPH for meeting times and topics at 518-562-7325.

Contact Us

Check this website for dates of upcoming events and programs, or to receive more information, you can call or visit us at:

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