

# Healthy Living Programs

The Chronic Disease Prevention & Control Program at the Nebraska Department of Health and Human Services hosts two chronic disease programs for those with diabetes and pre-diabetes.

1.) **LivingWell** is a program for adults with chronic conditions and their caregivers. Locally, Madonna Proactive has a Living Well with Chronic Disease class from Nov. 5-Dec. 15, 2022, on Tuesdays and Thursdays from 1-2 pm. \$50 for members, \$75 for non-members. Call 402-413-4012 to register.

Aging Partners is also providing a Living Well with Chronic Disease Class Oct. 13-Nov. 17 on Thursdays from 10:30-12:30 at St. Mark's United Methodist Church. \$24 suggested donation. Register at 402-441-7575.

2.) The **Diabetes Prevention Program (DPP)** is for those who have pre-diabetes based on blood tests or risk-test results and who have a BMI greater than 25. For more information, contact [dhhs.cdpcprogram@nebraska.gov](mailto:dhhs.cdpcprogram@nebraska.gov). Locally, Madonna Proactive is planning a DPP class beginning January 24, 2023, call 402-413-4012 for more information.

## Support Groups

### Nebraska Urban Indian Medical Center

NUIHC.com  
402-434-7177

### Pumping Up Monthly Support Group

This group is for kids ages 4-18 who have type 1 diabetes. There are projects, speakers, and support from other kids. Parents of the kids attending Pumping Up have their own support group. While the parents wait for the kids, they share feelings and develop support to help each other. It is free to join. For more information, contact the Juvenile Diabetes Research Foundation at 402-484-8300.

# Diabetes Education and Self-Management

## Bluestem Health

Free nutrition and diabetes education provided for Bluestem patients only.  
[bluestemlincoln.com](http://bluestemlincoln.com)  
2246 O Street  
Lincoln, NE 68510  
402-476-1455

## Nebraska Urban Indian Medical Center

NUIHC.com  
2331 Fairfield Street #1  
Lincoln, NE 68521  
402-434-7177

## Asian Community and Cultural Center

144 N. 44th Street, Suite A  
Lincoln, NE 68503  
402-477-3446

## Bryan Health Diabetes Self-Management Education Program

Four locations are available for the Self-Management and Education Program. For more information, contact:

LifePointe  
7501 S. 27th Street  
Lincoln, NE 68512  
402-481-6300

## Referrals

### Lincoln-Lancaster County Health Department

Information and Referral Line: 402-441-8065

### Health Hub

Advocates are available to help uninsured patients find community resources.  
402-476-4357



October 2022

# Lancaster County Resources for People with Diabetes and Pre-Diabetes



# Nutrition

## Hy-Vee

Learn how to eat for diabetes by taking a complimentary walk through the grocery aisles with a Registered Dietitian at any Lincoln Hy-Vee store. Individual nutrition consultations are also available; may be reimbursed through insurance or Medicare. To schedule, call 515-695-3785.

## Madonna Proactive

Nutrition services are offered by a fully licensed and accredited Registered Dietitian Nutritionist and include nutrition counseling, medical nutrition therapy, and bariatric nutrition.

7111 Stephanie Lane  
Lincoln, NE 68516  
402-420-0000

## Bryan LifePointe Medical Nutrition

Dietitians provide nutrition services to patients who are referred by their physician. They work with the medical team to assess your needs and develop a care plan.

7501 S. 27th Street  
Lincoln, NE 68512  
402-481-6305

## Bluestem Health

Free nutrition and diabetes education provided for Bluestem patients only.

bluestemlincoln.com  
2246 O Street  
Lincoln, NE 68510  
402-476-1455

## Asian Community and Cultural Center

144 N. 44th Street, Suite A  
Lincoln, NE 68503  
402-477-3446

# Outreach

The Diabetes Action Now coalition is a public education outreach group composed of volunteer community partners formed to prevent type-2 diabetes and its complications. The Action Now coalition collaborates with Bryan Health, Clinic With A Heart, Lancaster County Medical Society, Lincoln Fire and Rescue, Lincoln-Lancaster County Health Department, Nebraska Urban Indian Medical Center, Bluestem Health, El Centro de las Americas, and the Asian Community and Cultural Center. The coalition works to prevent, delay the onset, and control diabetes and its associated health complications. For more information, contact: Lincoln-Lancaster County Health Department at 402-441-8045.

# Organizations

## Nebraska Diabetes Prevention and Control Program

Nebraska Department of Health and Human Services  
dhhs.cdpcprogram@nebraska.gov

## Association of Diabetes Care & Education Specialists

diabeteseducator.org

## American Diabetes Association

diabetes.org

## CDC Diabetes homepage

cdc.gov/diabetes

## Juvenile Diabetes Research Foundation

jdrf.org

## National Institute of Diabetes and Digestive and Kidney Diseases

niddk.nih.gov/health-information/diabetes

# Exercise

## YMCA

### Cooper

- 6767 S. 14th Street
- Lincoln, NE 68512
- 402-323-6400

### Copple Family

- 8700 Yankee Woods Drive, Ste B
- Lincoln, NE 68526
- 402-327-0037

### Fallbrook

- 700 Penrose Drive, Ste B
- Lincoln, NE 68521
- 402-323-6444

### Northeast

- 2691 N. 70th Street
- Lincoln, NE 68507
- 402-434-9262

## Belmont Recreation Center

1234 Judson Street  
Lincoln, NE 68521  
(402) 441-6789

## F Street Recreation Center

1225 F Street  
Lincoln, NE 68508  
(402) 441-7951

## Air Park Recreation Center

3720 NW. 46th Street  
Lincoln, NE 68524  
(402) 441-7876

## Lincoln Parks and Recreation

3131 O Street, Suite 300  
Lincoln, NE 68510  
402-441-7847 (office)  
parks@lincoln.ne.gov