



Diabetes and Pre-Diabetes Education Resource Directory

Hospitals					
Hospital Name	Phone Number	Contact	Education Offered	Area Clinics Served	Certification
Faith Regional Health Services (Norfolk)	402-644-7513	Vicki Brown vbrown@frhs.org	<p>Diabetes Education - Diabetic management classes are offered in group sessions the 1st and 3rd Tuesday of each month from 1-4 p.m. One-on-one health coaching sessions are also provided. Endocrinology services via telehealth coming soon.</p> <p>Pre-Diabetes Education - A pre-diabetic group class is offered on a quarterly basis free of charge for individuals at risk of developing Type 2 diabetes.</p>	<ul style="list-style-type: none"> Faith Regional Family Medicine Faith Regional Internal Medicine Family Health & Sports Medicine Woodland Park Family Medicine 	AADE Recognized
Oakland Mercy Hospital (Oakland)	402-685-7535	Vicki Lindberg lindberg@mercyhealth.com	<p>Diabetes Education - Group classes are offered monthly, a refresher course is offered yearly and lunch and learns are offered every 6 months. One-on-one health coaching sessions are also provided. Health coach now available at the Oakland Clinic.</p> <p>Pre-Diabetes Education - Attended DTTAC training and plans to implement DPP program in Burt County.</p>	<ul style="list-style-type: none"> Tekamah Mercy Medical Oakland Mercy Medical Lyons Mercy Medical 	ADA Recognized

St. Francis Memorial Hospital (West Point)	402-372-6712	Deborah Willcox dwillcox@fcswp.org	<p>Diabetes Education - Individual case management or health coaching is provided. Partners with the UNL extension office and conducts free community education sessions at local high schools three times per year.</p> <p>Pre-Diabetes Education – Individual case management or health coaching is provided to individuals who are at risk of developing type 2 diabetes.</p>	<ul style="list-style-type: none"> • Dinklage Medical Clinic • Oakland Family Practice • Wisner Family Practice 	AADE Recognized
Pender Community Hospital (Pender)	402-385-3083	Carol Baier baierc@mercyhealth.com	<p>Diabetes Education - Group classes are offered once per month. Health coaches also offer individualized education/counseling in the clinics.</p> <p>Pre-Diabetes Education – Annual presentation on pre-diabetes is provided to the community free of charge.</p>	<ul style="list-style-type: none"> • Bancroft Medical Clinic • Beemer Medical Clinic 	ADA Recognized
Providence Medical Center (Wayne)	402-375-2500	Kathy Bird klbird@frhs.org	<p>Diabetes Education - ADA group classes held at Providence Medical Center in Wayne. Also provides one-on-one nutrition education and health coaching to patients in the clinic.</p> <p>Pre-Diabetes Education – None at this time</p>	<ul style="list-style-type: none"> • Wisner Family Medicine FRHS 	ADA Recognized
Antelope Memorial Hospital (Neligh)	402-887-4151	Carol Anderson canderson@amhne.org	<p>Diabetes Education – Individualized education is provided and covers all topics recommended by the ADA. In addition patients are provided education on medication management and have the opportunity to exercise (located in cardiac rehab).</p> <p>Pre-Diabetes Education – None at this time</p>	<ul style="list-style-type: none"> • AMH Family Practice of Tilden 	ADA Recognized
Memorial Community Hospital (Blair)	402-426-1232	Jeane Christenson jchristenson@mchhs.org	<p>Diabetes Education – Individualized education or health coaching is provided. Group classes are also offered monthly.</p> <p>Pre-Diabetes Education – Individualized education and health coaching is provided for those at risk</p>	<ul style="list-style-type: none"> • Cottonwood Clinic 	ADA Recognized

			for developing type 2 diabetes.		
Boone County Health Center (Albion)	402-395-2191	Janet Pearson dietary@boonecohealth.org	Diabetes Education- Individualized education or health coaching is provided to diabetic patients. Pre-Diabetes Education- Individualized education and health coaching provided to patients at risk for developing type 2 diabetes.	<ul style="list-style-type: none"> Newman Grove Medical Clinic 	ADA Recognized
Burgess Health Center (Onawa)	712-423-2311	Sue McLaughlin smclaughlin@burgesshc.org	Diabetes Education – Individualized education and health coaching provided to diabetic patients. Group classes offered monthly. Community classes offered quarterly on diabetes 101. Pre-Diabetes Education – Individualized health coaching and nutrition counseling provided. Community diabetes prevention class offered quarterly free of charge.	<ul style="list-style-type: none"> Burgess Family Clinic of Decatur 	AADE recognized Certified by State of IA

Clinics				
Clinic Name	Phone Number	Contact	Education Offered	Area Clinics Served
Diabetes & Wellness Clinic	402-379-9600	Michelle Brtek-Zwiener diabetesandwellness@cablone.net	Diabetes Education- Individualized health coaching or case management provided. In addition they offer 3 one-time core group classes to individuals who have been recently diagnosed with diabetes: Diabetes 101, Nutrition, and Medications and Monitoring. They also offer a Wellness Support Group that meets every Tuesday evening from 5:30-6:30 p.m.) Pre-Diabetes Education – None at this time	<ul style="list-style-type: none"> Heckert Health Center Midwest Health Partners Urgent Care Woodland Park Family Medicine

Midtown Health Center	402-454-3304	Sister Lumen lumen@midtownhealthne.org	<p>Diabetes Education- Individualized case management and health coaching offered to diabetic patients focused on nutrition and exercise.</p> <p>Pre-Diabetes Education – Offers CDC’s Diabetes Prevention Program. It is a 16 week, once per week, group class. In addition, there are 6 monthly follow-up sessions. The class targets pre-diabetics and assists with making lifestyle changes to delay or prevent the onset of type 2 diabetes. Cost - \$50.00 (\$45.00 reimbursement for completion of the program)</p>	<ul style="list-style-type: none"> Madison Medical Clinic
Ponca Hills Health & Wellness Center	402-371-8834	Sara Pfeifer spfeifer@poncatribes-ne.org	<p>Diabetes Education – Offer diabetes education to all tribal members in the form of health coaching and monthly group classes.</p> <p>Pre-Diabetes Education – Offers monthly group classes based on Indian Health Services Diabetes Prevention curriculum to tribal members.</p>	
Community Programs				
Organization Name	Phone Number	Contact	Education Offered	Area Served
Elkhorn Logan Valley Public Health Department	402-529-2233	Tayler Murphy (Diabetes Prevention Classes) tayler@elvphd.org	<p>Pre-Diabetes Education – Project: Healthier You. (Lifestyle Change Program) based on the National Diabetes Prevention Program by the Centers for Disease Control and Prevention. It is a 16 week, once per week, group class. In addition, there are 6 monthly follow-up sessions. The class targets pre-diabetics and assists with making lifestyle changes to delay or prevent the onset of type 2 diabetes. Cost - \$50.00</p>	<ul style="list-style-type: none"> Service area of Burt, Cuming, Stanton & Madison Counties. (Individuals outside of service area are welcome to attend classes)

YMCA	402-371-9770	Tina Collison TinaC@NorfolkYMCA.org	Pre-Diabetes Education - Healthy Me (Lifestyle Change Program) based on the National Diabetes Prevention Program by the Centers for Disease Control and Prevention. It is a 16 week, once per week, group class. In addition, there are 6 monthly follow-up sessions. The class targets pre-diabetics and assists with making lifestyle changes to delay or prevent the onset of type 2 diabetes. Cost - \$100 for members/nonmembers.	
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