

PROGRAM GUIDE



Diabetes Self-Management Training

Workshops

The Heartbeat Outreach & Community Support Program by the Guam Regional Medical City (GRMC) is offering workshops on managing your chronic disease. This program offers SIX-SESSIONS led by trained facilitators from the Guam Department of Public Health and Social Services, and GRMC.



Participants who complete at least 4 of the 6 sessions receive a CERTIFICATE OF COMPLETION

WHEN: Classes are **\$FREE OF CHARGE**

WHERE: Schedule to be determined

CONTACT: For more information on Diabetes Self-Management Training workshops Contact Patrick Luces at Patrick.Luces@dphss.guam.gov

Physical Activity

"Walk with GRMC"



“Walk with GRMC” is a stretch and balance walking program. The walks starts with stretches at Micronesia Mall Center Court, followed by walking the 2nd and 1st floor of the mall (equivalent to 1 mile) and ending with strengthening and balance exercises. This is a great way to get the recommended daily physical activity of at least 30 minutes.

WHEN: Due to the pandemic, the program has been placed on hold but will be starting back latter part of 2022 or early 2023.

WHERE: Micronesia Mall Center Court Entrance. Wear proper shoes and attire; attendees will need to sign an annual and weekly waiver forms. **\$FREE OF CHARGE**

CONTACT: GRMC’s Marketing & Communications department at (671) 645-5675 or marketing.mailbox@grmc.gu

SMOKING CESSATION

BREAK THE HABIT (Tobacco Cessation Program)

BREAK THE HABIT with Guam Regional Medical City's Tobacco Cessation Classes! This is a one to one FOUR-WEEK Program.



WHEN: Upon Availability from 5pm to 6pm

WHERE: Patient Education Resource Center 1st floor across Cashier **\$FREE OF CHARGE**

CONTACT: Janice Baldonado GRMC
Patient Education Department
645-5688/645-5500 ext. 3687

Tobacco Free Guam Quitline 1-800-QUIT-NOW

DPHSS's Guam Tobacco Prevention and Control Program offers the Tobacco Free Guam Quitline. Calls are FREE and strictly confidential.

When you call, you will speak with a Quit Coach who provides:

- FREE Counseling and educational materials
- Up to FOUR WEEKS of FREE nicotine replacement therapy gums or patches (for each 6-month period of enrollment).



WHEN: 24 hours a day, 7 days a week

WHERE: 1-800-QUIT-NOW or 1-800-784-8669 or
visit www.quitnow.net/guam **\$FREE OF CHARGE**

CONTACT: Grace Bordallo, Project Coordinator III,
Rhoda Basto, Health Educator II
tpcp@dphss.guam.gov

NUTRITION

SNAP-ED PLUS

SNAP-ED PLUS is a program by the Guam Regional Medical City in partnership with the University of Guam. College of Natural & Applied Sciences This uses the Eat Smart. Live Strong Curriculum which encourages adults to improve their health through goal-setting.

In only FIVE SESSIONS, learn how to:

- Create meal plans and healthy shopping lists
- Shop smart on a budget
- Cook easy, healthy meals
- Make small steps to be more active



Participants who complete all sessions receive a
CERTIFICATE and SET OF NUTRITION TOOLS.

WHEN: Classes are **\$FREE OF CHARGE**

WHERE: Class Schedule to be Determined

CONTACT: For more information on Free
community Nutrition Education Programs by
the University of Guam call 735-2020/2030 or
email uog.nutrition@trition.uog.edu, visit
<https://www.uog.edu/extension/community-nutrition-education-program>

Prevent T2 Program

Prevent T2 is an evidence-based program proven to help people with prediabetes, prevent or delay development of Type 2 diabetes. It is part of the National Diabetes Prevention Program, led by the Center for Disease control.

- The Prevent T2 lifestyle change program is a 1 year long program that helps participants achieve moderate weight loss by eating well and being active.

TEXTension

TEXTension –is a pilot program which uses text messages to support & enhance healthy behaviors. After consent to join, participants will receive two health behavior tips and reminders each month!

Prediabetes:

Are you at risk?

What is prediabetes?

Prediabetes is a condition in which blood glucose levels are higher than normal but not high enough to be diagnosed as type 2 diabetes.

1 out of 3 adults in the United States has prediabetes

90 % of them aren't aware they do.

Are you at risk?

- You could have prediabetes if you:
- Are 45 years of age or older
- Are overweight
- Are physically active fewer than 3 times per week
- have a history of gestational diabetes

Take the online Prediabetes risk test:

<https://www.cdc.gov/diabetes/risktest/index.html>

For more information contact:

Hyett Sanchez
sanchezh@triton.uog.edu
Shelly Blas Laguana
mlaguana@triton.uog.edu
671-735-2020/30



Ready to Make Healthy Choices?

Join the PreventT2 program

The **PreventT2** lifestyle, a CDC-approved curriculum, can help you make healthy life style changes – so you can keep doing the things you love.

Scan to register!



<https://forms.office.com/r/BGzyR3nhVy>



Prevent Diabetes Today

1 out of 3 American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent Type 2 diabetes.

The **PreventT2** lifestyle change program can help you lose weight, become more physically active, and reduce stress.

With **PreventT2**, you will:

- Meet with a trained lifestyle coach weekly for the first six months, then once or twice a month for the remaining six months.
- Have the support from others like you while learning new skills to make healthy lifestyle changes.
- Complete a proven CDC-approved curriculum to prevent or delay type 2 diabetes.

Join the **PreventT2** program – so you can keep doing the things you love.

" Having a group of people with the same goals as me really motivated me to jump start healthy lifestyle changes. **"**

- Phyllis Perkins, 53, Program Participant

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Scan to register!



<https://forms.office.com/r/BGzyR3nhVy>





Sign up for free!
Scan the QR code
to get started!



🔍 TEXTension



About Us

- pilot program which uses text messages to support & enhance healthy behaviors.
- receive 2 health behavior tips & reminders each month!



Buenas! Remember your ABCs:

A-always active, B-better beverage choices, &
C-cut back on fat & sugar!



UNIVERSITY OF GUAM
COOPERATIVE EXTENSION
& OUTREACH

This institution is an equal
opportunity provider

NCD Consortium's Community Garden Project

This project of the Non-Communicable Disease Consortium supports new or existing gardens that produce edible fruits and vegetables to support a healthy lifestyle. Support includes technical assistance for producing the best possible garden yields and in promoting the sustainability of the gardens. This is done through community partnerships and collaboration. The Community Garden Project aims to improve healthy food sustainability, prevent Non-Communicable Diseases (NCDs) and increase health equity outcomes, especially for under-served and under-represented population on Guam.

WHEN: To Be Announced / \$ no out of pocket fees

WHERE: Eligible Garden sites in private homes, government agencies, community-based organizations and businesses.

CONTACT: Alexis Silverio, Project coordinator III
DPHSS-Guam Office of Minority Health
Alexis.silverio@dphss.guam.gov
649-4880



**NUTRITION
SERVICES**



Pay-Less Quick Consultation

Schedule a 15-minute chat with our dietitian to get answers to your most pressing questions and learn more about our range of nutrition services (**Free service**).

PAY-LESS Personal Shopping Tour

Take a 30 minute tour with our dietitian to find the right products for your food sensitivities, diet restrictions, and health needs. Learn the facts to shop and cook confidently and achieve your diet nutrition goals (**\$30 fee**).

PAY-LESS Nutrition Therapy

Set aside 1-hour with our dietitian to start your journey to better health. Whether you're managing blood sugar, blood pressure, or weight-take control by balancing your meals, tracking your progress, and getting the support you need to live healthier.

PAY-LESS Health Mangement Track

Sign on to 4 sessions with our dietitian to better manage your health. Plan your journey, monitor your numbers, and achieve better control through healthy cooking, and effective problem solving.

For more information about our nutrition services, visit our website at <https://www.paylessmarkets.com/community/health-smart/nutrition-services> or email rosaec@paylessmarkets.com

WHEN: Register for a schedule with your supermarket dietitian

WHERE: Pay-Less Maite

CONTACT: For more information about nutrition services, please email rosaec@paylessmarkets.com

