

Our Mission

To improve the the health and wellness of the community and promote healthy lifestyles. The program focuses on the prevention of type 2 diabetes and the management of individuals with prediabetes in Wayne County, NC.

Program Goals



Embrace prevention by increasing access to healthcare with a mobile screening unit.



Focus on education to increase community knowledge and awareness of diabetes risk factors and prediabetes.



Screen for diabetes risk factors and prediabetes.



Connect individuals to available resources and programs they need to support healthy lifestyle changes.



Contact Us



Contact

919-587-3511

diabeteshealthcheck@unchealth.unc.edu



Website

diabeteshealthcheck.org



Address

2700 Wayne Memorial Drive,
Goldsboro, NC 27534



Events & Classes

Visit our website for a schedule of screening events and educational opportunities.

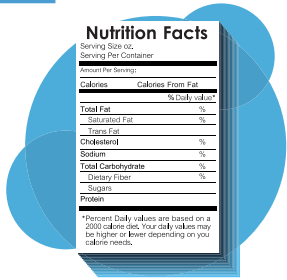


Sponsored by the Wayne Memorial Hospital Foundation



Diabetes HealthCheck Nutrition

Understanding Nutrition Labels



1. Start with the serving size.
2. Check the total calories per serving and container. Notice how many calories are contained in one serving. Compare this number to the number of servings you eat.
3. Limit certain nutrients. Focus on amount of sodium, saturated, and trans fats rather than the amount of total fats. Avoid added sugars.
4. Get beneficial nutrients. Make sure you get enough of the nutrients your body needs, such as calcium, dietary fiber, iron, potassium, and vitamin D. If your goal is to consume more of a nutrient, choose foods with a higher % (20% or higher).
5. Understand the % Daily Value (DV) which tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount.

Essential Nutrients for Diabetes Prevention

Fiber

Improves blood sugar control, aids digestion. Sources include whole grains, fruits, vegetables, legumes.

Healthy Fats

Reduces inflammation and supports heart health. Sources include avocados, nuts, seeds, olive oil, fatty fish.

Lean Proteins

Helps maintain muscle mass, supports metabolism. Sources include poultry, fish, beans, peas, low-fat dairy. Avoid fatty meats like bacon and processed meats.

Complex Carbohydrates

Provides sustained energy and regulates blood sugar. Sources include quinoa, brown rice, oats, whole wheat bread. Avoid sugary foods and beverages.

Vitamins and Minerals

Supports overall health and metabolic function. Sources include a varied diet rich in fruits, vegetables, and whole foods.

Practical Tips for Healthy Eating

Plan Your Meals

- Include a variety of food groups in every meal
- Use portion control to manage calorie intake
- Shop for healthy foods

Smart Snacking

- Choose nuts, seeds, or yogurt over chips and candy
- Pair fruits with a protein source like cheese or nuts

Stay Hydrated

- Drink plenty of water throughout the day
- Limit sugary drinks and alcohol

Cook at Home

- Prepare meals using fresh ingredients
- Avoid frying; opt for baking, grilling, or steaming

Limit Added Sugars

- Reduce intake of sweets, sodas, and sugary cereals
- Use natural sweeteners like fruit when needed