

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.

Consider scheduling a screening event. Visit our website for more information.

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



UNC
HEALTH®
Wayne

Diabetes HealthCheck
**Diabetes
Prevention &
Wellness Program**

The Data

More than 84 million (1 in 3) American adults have prediabetes, a condition where blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. More than 90% of people do not realize they have prediabetes. It's critical to learn about your risk for prediabetes, be screened regularly, and take steps necessary to delay or prevent type 2 diabetes.

Prevention

Implementing healthy lifestyle behaviors such as maintaining a well balanced diet, engaging in regular physical activity, and managing stress can significantly delay or prevent the onset of type 2 diabetes by increasing physical activity and promoting weight management.



Free Diabetes Risk Screening

Prediabetes Risk Test

A 7-item questionnaire developed by the CDC and the American Diabetes Association will be administered.

Height, Weight, and BMI

These factors contribute significantly to the development of insulin resistance and obesity, both major risk factors for type 2 diabetes. These measurements will assist in determining your risk for diabetes.

Blood Pressure Screening

Hypertension, or high blood pressure is often associated with type 2 diabetes and prediabetes.

Hemoglobin A1C

Is a measure of your average blood glucose levels over the past two to three months and is useful in determining your risk for type 2 diabetes. The blood test is performed with a fingerstick, and results are available within minutes.

What's Next?

Upon completion of our diabetes risk screening, our professional staff will provide recommendations for follow-up care and available resources you can contact.

Disclaimer

Participation in a risk screening event will not result in a medical diagnosis of prediabetes, type 2 diabetes, or any other medical condition. No treatment will be provided. Participation in an event is free and voluntary. Screening results are confidential and will only be shared with you and not to your medical provider or other caregivers. We strongly encourage you to share the results with your medical provider.

Learn more about the Diabetes HealthCheck Program by visiting our website:

www.diabeteshealthcheck.org

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