

THE COMMUNITY DIABETES REGIONAL OUTREACH PARTNERSHIP (CDROP)

CDROP is a coalition of six regional counties in Upstate NY: Herkimer, Jefferson, Lewis, Oneida, Oswego and St. Lawrence Counties.

CDROP is one of 15 community coalitions for diabetes prevention receiving funding and technical support from the New York State Diabetes Prevention and Control Program.



DID YOU KNOW: an estimated 1 million New Yorkers have been diagnosed with diabetes and approximately 1/3 more might have the disease and not even know it.

ARE YOU AT RISK?

- ARE YOU OVERWEIGHT?
- ARE YOU OVER 65 YEARS OLD?
- ARE YOU PHYSICALLY ACTIVE LESS THAN 5 DAYS PER WEEK?
- ARE YOU A WOMAN WHO HAD A BABY WEIGHING MORE THAN 9 LBS. AT BIRTH?
- DO YOU HAVE A FAMILY MEMBER WITH DIABETES?
- WHAT IS YOUR ETHNIC BACKGROUND?



While diabetes affects people of all ages, gender, and ethnic backgrounds, studies suggest that African Americans, Hispanics, and Native Americans are at higher risk. Lack of exercise, being overweight, being older than 65, and having a family member with diabetes also increase the risk of developing diabetes.

IMPORTANT FACTS YOU SHOULD KNOW ABOUT DEVELOPING DIABETES

- Being overweight increases your risk of developing Type 2 diabetes.
- Research shows that even a small weight loss can decrease your chance of developing Type 2 diabetes.
- Research shows that a few simple diet changes, along with light physical activity, can delay or prevent Type 2 diabetes from developing.

DO YOU HAVE DIABETES?

Diabetes can best be controlled by:

1. Monitoring blood sugar levels regularly
2. Taking medications as your doctor prescribes
3. Following a healthy diet, and
4. Fitting light physical activity into your daily life

What is CDROP Doing About Diabetes?

CDROP is committed to raising awareness of diabetes and the many ways individuals can decrease their risk of developing diabetes.

CDROP is dedicated to providing education and support to people with diabetes in our communities.

C-DROP INITIATIVES INCLUDE:

- Diabetes self-management programs
- General information about diabetes and pre-diabetes
- Diabetes seminars
- Health and wellness clinics
- Healthy cooking programs
- Foot care programs
- Diabetes support groups
- Flu vaccination clinics
- Providing professional education programs

Please call a CDROP partner in your county for more information about sponsored programs in your region.

- Herkimer County
315-867-1176
- Jefferson County
315-786-3724
- Lewis County
315-376-5453
- Oneida County
315-624-5620
- Oswego County
315-349-3547
- St. Lawrence County
315-393-8880 Ext.5181

Contact our Coalition Coordinator,
Nicole Garnsey, MA, RD, CDE
at 315.738.6810
or Log-on to our website;
www.cdrops.org
for additional information
about CDROP.



Community Diabetes Regional Outreach Partnership

