

GREENVILLE RANCHERIA

WHAT IS DPP?

The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working to prevent or delay type 2 diabetes. Partners make it easier for people at risk for type 2 diabetes to participate in evidence-based lifestyle change programs to reduce their risk of type 2 diabetes.

Greenville Rancheria is working together with our community to help prevent type 2 diabetes in 2022. Meet our team of dedicated Lifestyle Coaches: Jen Gagliano, Carrie Samson, Andrea Hamilton, Crystal Jimenez, Melina Mendoza, Melanie Uribe & Kacy Samson.

This team is taking part in this structured lifestyle change program to help patients and community members cut their risk of developing type 2 diabetes by focusing on healthy eating and physical activity.

If you're interested in participating or just want more information about the benefits of joining this CDC-recognized lifestyle change program, please call us today. You will get a full year of support and learn how to eat healthy, add physical activity to your daily routine,

manage stress, stay motivated, and help solve problems that might be getting in the way of your wellness goals.

We will have in person and distance learning for this program. You will join others on your wellness journey while receiving support of people with similar goals and challenges.

If you are not sure you are at risk for type 2 diabetes take the CDC National Diabetes Prevention Program Prediabetes Risk Test by going to the CDC website listed below, or ask your care provider at your next appointment. **Take the online test to find out if you are at risk for prediabetes and type 2 diabetes. A print version of the Prediabetes Risk Test pdf icon[PDF – 263 KB] is also available.**

As per the CDC, there are 96 million American adults who have prediabetes – that's 1 in 3 adults! Of those 96 million, more than 8 in 10 of them **don't even know they have it.** Without taking action, many people with prediabetes could develop type 2 diabetes within 5 years. With numbers like that, it's so important to learn about prediabetes and take action now.

**YOU CAN PREVENT TYPE 2 DIABETES
– GET STARTED TODAY!**



From top left: Kacy Samson, Melanie Uribe, Crystal Jimenez.
From bottom left: Melina Mendoza, Jen Gagliano, Carrie Samson and Andrea Hamilton.

HEALTH PROGRAMS

FAMILY PRACTICE
PEDIATRICS
MEDICAL FACILITIES
DENTAL FACILITIES
MEDICAL TRANSPORT WITHIN PLUMAS AND TEHAMA COUNTIES
COMMUNITY HEALTH REPRESENTATIVES
INDIAN CHILD WELFARE WORKER
DIABETES SERVICES
MENTAL HEALTH SERVICES
DRUG, ALCOHOL AND FAMILY COUNSELOR
ADDICTION AND MEDICATION-ASSISTED TREATMENT
8 SUB-SPECIALTIES:
WOMEN'S HEALTH, INTERNAL MEDICINE,
ORTHOPEDICS, PHYSICAL THERAPY,
PSYCHIATRY, CARDIOLOGY,
PULMONOLOGY AND PAIN MANAGEMENT

RED BLUFF *TRIBAL HEALTH CENTER 1425 MONTGOMERY ROAD 528-8600 - DENTAL CLINIC 343 OAK STREET 528-3488

GREENVILLE* MEDICAL CLINIC 284-6135 – DENTAL CLINIC 284-7045 410 MAIN STREET

Se Habla Espanol

PARTICIPATING IN
COVERED CALIFORNIA
AND MEDI-CAL
MANAGED CARE

AS A COURTESY, WE
WILL BILL MOST INSURANCES

NATIVES
AND NON-NATIVES

Open for Walk-ins, 8am – 5pm.
Medical - Dental Monday - Saturday
8am-5pm

*Call clinics first to confirm hours of
operation due to the COVID-19 pandemic.
Now our Red Bluff and Greenville Dental
is open*