



Physician Referral

Ask your physician for a referral for diabetes education and medical nutritional therapy to help you learn more about managing your diabetes. Your physician will receive follow-up reports from the Diabetes Educator.

Meet Our Educator



Jessica Van Dalen, Diabetes Educator, holds a degree in Dietetics from Iowa State University and brings years of healthcare experience. Roles prior to coming to

Boone County Hospital included dietary aide, food service director, certified nursing assistant, and inpatient dietitian. Originally from Dubuque, Jessica moved to Boone after graduating from Iowa State. She and her husband, Jesse, are restoring a 123-year-old farmhouse and have a son.



Diabetes Center

1015 Union Street • Boone, Iowa 50036
(515) 433-8619
www.boonehospital.com



Diabetes and you!

*Managing
your health*



Diabetes Center

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Education is key!

The goal of Boone County Hospital's Diabetes Center is to provide you with the knowledge, skills, and tools to empower you while achieving optimal health.

You will learn the seven key behaviors to promote self management:

- Making healthy food choices
- Being active
- Taking medication
- Monitoring blood glucose and symptoms
- Problem solving
- Reducing risks
- Healthy coping



About the Diabetes Center

The Boone County Hospital Diabetes Center offers high quality, comprehensive diabetes education. Your diabetes team consists of a Registered Dietitian, physician, and other health care professionals. They will work with you to build a personalized plan to fit diabetes care into your life. You will be the head of the diabetes health team.

Treatment Plan

Nutrition: The dietitian will complete a thorough nutrition assessment and will help you develop an individualized plan using evidence-based care that best fits your lifestyle.

Exercise: Find and implement movement that works for you. Meeting the recommendation of 150 minutes of exercise a week greatly reduces risks of disease.



Medication Knowledge:

Understand your medications, their function and the reasoning behind initiation. Take a participating role in decision-making with medication.

Self-Monitoring of Blood

Glucose: Learn proper testing techniques using a meter and assessing blood sugar numbers. Increase your confidence of maintaining in-range blood sugar.

Stress Management: People with diabetes live busy lives and have many responsibilities. Find a way to manage your diabetes with techniques that work for you, not against you.

Your team will keep you up-to-date on the latest developments in diabetes management.

—Education is the key to managing your diabetes!—