Who Should Attend
+ Adults 18 and older
+ Individuals
+ Families
+ Faith congregational groups
+ Organizations and work groups
+ Those in need of help in managing conditions of diabetes, heart and vascular health and hypertension

Referral
Anyone can refer themselves; no physician referral is required.

Cost
There is no charge for ENGAGE programs.

Programs are offered at the following locations*:
OhioHealth Doctors Hospital
5100 West Broad Street
Columbus, Ohio 43228
OhioHealth Dublin Methodist Hospital
7500 Hospital Drive
Dublin, Ohio 43016
OhioHealth Grove City Health Center
2030 Stringtown Road
Grove City, Ohio 43123
OhioHealth McConnell Heart Health Center
3773 Olentangy River Road
Columbus, Ohio 43214
OhioHealth Neighborhood Care Center — Eastside
4850 East Main Street
Columbus, Ohio 43213
OhioHealth Pickerington Medical Campus
1010 Refugee Road
Pickerington, Ohio 43147
OhioHealth Westerville Medical Campus
300 Polaris Parkway
Westerville, Ohio 43082
OhioHealth Riverside Family Practice Center
697 Thomas Lane
Columbus, Ohio 43214

*Program offerings vary by location.

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Interactive Health Literacy Education

ENGAGE is a broad-based, health and wellness program that raises awareness and educates participants about risk factors associated with heart and vascular disease and associated health conditions.

The program emphasizes heart and vascular health, hypertension and diabetes management.

ENGAGE emphasizes a wholeness approach; meeting participants where they are in life, to begin making healthy lifestyle changes through the use of interactive education, tools and training.

Screening Component
In each program, participants are provided a one-hour appointment with a nurse to set goals for a lifestyle change. The screening component includes some or all of the following assessments:

- General health risk assessment
- Diabetes assessment
- Blood pressure
- Cholesterol
- Glucose/HbA1c
- Body mass index (weight/height)
- Depression/anxiety screening
- Tobacco screening

ENGAGE Programs

ENGAGE Heart and Vascular Health and Wellness — “In the Driver’s Seat”

This four and a half hour workshop provides education on key health risk factors and their impact on heart and vascular and other chronic conditions.

Topics include:
- Diet and nutrition
- Physical activity
- High blood pressure
- Diabetes
- Cholesterol
- Stress
- Smoking and tobacco use
- Obesity and weight management
- Spirituality and change behavior

ENGAGE Small Steps to Diabetes Management and Control

This eight week self-care, self-motivated learning experience is designed to educate, empower and support living well with diabetes.

Topics include:
- Interactive learning curriculum
- Life application around diabetes management
- Coaching and goal setting
- Diabetes related diet, nutrition and stress
- Medications, weight and complication management
- Community-based skill through grocery store tour, eating-out experience and an optional free six week cooking class
- Six month follow up assessment