

Diabetes and Overweight/Weight Management Resources

DIABETES RESOURCES

Encino - Tarzana Regional Medical Center

Tarzana Campus

Diabetes Care Center

18321 Clark St.

Tarzana, CA 91356

Telephone: (818) 345-8955

Website: <http://www.encino-tarzana.com>

The Diabetes Care Center at Encino - a Regional Medical Center has a multi-disciplinary team of diabetes educators, which includes Certified Diabetes Educators (CDE's), physicians, nurses, registered dietitians and mental health professionals.

The Diabetes Care Center also participates in community outreach programs, participates in and organizes an annual health fair and offers lectures on a wide variety of topics.

Childrens Hospital of Los Angeles (CHLA)

Division of Endocrinology and Metabolism

4650 Sunset Boulevard

Los Angeles, CA 90027

Telephone: (323) 660-2185

Website: <http://www.childrenshospitala.org>

The Center for Endocrinology, Diabetes and Metabolism is a leader in research and clinical care focusing on childhood diabetes, growth, obesity, general endocrinology and bone metabolism. Physician referrals only.

Diabetes Center

Beverly Hospital

309 W. Beverly Blvd.

Montebello, CA 90640

Toll Free Number: (888) 726-4315

Local Number: (323) 725-4358

Website: <http://www.beverly.org>

The Diabetes Center provides bilingual classes. Topics include nutrition, diabetes management and physical activity.

Children with Diabetes Support Group

5689 Chancery Place

Hamilton, OH 45010

Webiste:

<http://www.childrenwithdiabetes.com/support>

Email:

info@childrenwithdiabetes.com

This support group offers families a chance to meet others who are sharing the same experiences. Children get to meet children with diabetes and new parents learn from experienced parents.

California Diabetes Prevention & Control Program

Ann Albright, PhD, RD

California Department of Health Services

1616 Capitol Ave. Suite 74.317, MS 7211

P.O. Box 997413

Sacramento, CA 95899-7413

Telephone:

(916) 552-9888

Fax:

(916) 552-9988

Email:

aalbrigh@dhs.ca.gov

Website:

<http://www.caldiabetes.org>

Area Health Promotion Specialist

Roger Chene, RD

1077 Santo Antonio Drive #23

Colton, CA 92324

Telephone:

(909) 825-5500

Email:

rogerchene@excite.com

A statewide public health program in the California Department of Health Services. Works with organizations in California and nationwide to:

- Monitor diabetes and implement and evaluate diabetes interventions
- Initiate or sustain good public health policy for diabetes
- Increase access to quality diabetes care and treatment
- Raise public awareness about diabetes

The website has a search engine for clinic referrals throughout California.

Multi-language diabetes information is available to organizations and communities.

American Diabetes Association

1701 N. Beauregard St.

Alexandria, VA 22311

Telephone (703) 549-1500

Fax: (703) 549-1715

Website: <http://www.diabetes.org/home.jsp>

The American Diabetes Association funds research, publishes scientific findings, provides information and other services to people with diabetes, their families, health professionals and the public.

Harbor UCLA: Diabetes Education Classes

Telephone: (310) 222-3686

Offers diabetes education classes to the community. Please call for locations and times.

Latino Community Diabetes Council

Telephone: (562) 698-1061

Fax: (562) 698-4468

This organization supports diabetes education, program planning, evaluation and policy development. Resources are provided to Latino communities.

Medicare

Toll Free Number: 1-800-medicare

Website: <http://www.medicare.gov>

Free information on Medicare's coverage of diabetes supplies.

National Diabetes Education Program

One Diabetes Way

Bethesda, MD 20814-9692

Telephone: (301) 496-3583

Website: <http://www.ndep.nih.gov>

Email: ndep@info.nih.gov

This site provides information on diabetes, diabetes management and prevention along with information on awareness campaigns. The site is a resource for health educators and business professionals.

Sweet Success Extension Program (SSEP)

P.O. Box 9705

Fountain Valley, CA 92728-9705

Telephone: (714) 968-0735

Email: ssep1@verizon.net
Website: <http://www.sweetsuccessexpress.com>

Private organization formed to promote diabetes and pregnancy guidelines through education. SSEP adapted the California state Sweet Success model. Offers a wide range of services to individuals and to diabetes and pregnancy programs.

DIETITIANS SPECIALIZING IN COUNSELING FOR DIABETES AND OR WEIGHT MANAGEMENT AT COUNTY FACILITIES

Director of Nutrition

Josephine Wang, RD
Telephone: (323) 226-6979

Dietitian-Karen Hou, RD, CDE
10953 Ramona Blvd. Room 143
El Monte, CA 91731
Telephone: (626) 579-8308

-and-

LAC+USC Medical Center
1200 North State Street
Los Angeles, California 90033

Services available: individual counseling; diabetes classes, English and Spanish; cardiac/weight loss classes, Spanish and English; CPSP; gestational diabetes; pediatric services Age 12-18 and Age 4-11; No walk-in patients. Call the appointment desk at (323) 226-5111 or (323) 226-3719.

Dietitian-Yessenia Marroquin
245 South Fetterly Avenue
Los Angeles, CA 90022
Telephone: (323) 780-2373

For Physician and Nurse Referrals only (323) 780-2335

-and-

2829 South Grand Avenue
Los Angeles, CA 90007
Telephone: (213) 744-3945

Services available: individual counseling; diabetic classes, English and Spanish; cardiac/weight loss classes, English and Spanish; CPSP; gestational diabetes; pediatric services Age 12-18 and Age 4-11; No walk-in patients. Call appointment desk at (323) 226-5111 or (323) 226-3719.

Dietitian-Thomasine Slater, RD

Services available: high blood sugar; gestational diabetes; perinatal nutrition care; weight control during pregnancy; requires physician's referral for appointment. Contact phone number (323) 226-2449. Fax number is (323) 226-3118.

American Association of Diabetes Educators

100 W. Monroe
Suite 400
Chicago, IL 60603

This website offers diabetes education to people by referring them to a diabetic educator anywhere in the United States. Their goal is to promote healthy living through self-management of diabetes. The website also provides statistics, news and research that is currently being done in the field of diabetes.

Community Guide: <http://www.thecommunityguide.org/diabetes/default.htm>
Diabetes Information

This website offers links to scientific based evaluations of community, population, and healthcare system strategies to address a variety of public health and health promotion topics.

Diabetes Action Research and Education Foundation

426 "C" Street, NE
Washington, DC 20002
Telephone: (202) 333-4520
Website: <http://www.diabetesaction.org>

Non-profit organization that focuses on reducing the serious medical consequences of diabetes. Diabetes Action's annual Diabetes University is a free educational program that focuses on alternative treatments for diabetes. A diabetic educator is available to answer questions about diabetes. In addition, previously asked questions can be viewed online. Additional resource links available.

Juvenile Diabetes Research Foundation

Los Angeles Chapter
1111 S. Arroyo Parkway, Suite #400
Pasadena, CA 91105
Telephone: (626) 403-1480

Website: <http://www.jdrf.org>

Provides an online diabetes support team, allows young kids to communicate with other kids who have diabetes by becoming a diabetes pen pal. Information about juvenile diabetes, and research news is available. The Foundation has a worldwide network of affiliates.

National Diabetes Information Clearinghouse (NDIC)

National Diabetes Information Clearinghouse

1 Information Way

Bethesda, MD 20892-3560

Toll Free Number: 1-800-860-8747

Fax: (703) 738-4929

Email: ndic@info.niddk.nih.gov

Website: <http://diabetes.niddk.nih.gov/index.htm>

Discussion of topics such as: introduction to diabetes, treatment and complications of diabetes, provides information about children and diabetes as well as pregnancy and diabetes. Provides referrals to health professionals. Offers response to inquiries about diabetes; ranging from information about available patient and professional education materials to statistical data by phone. Also offers easy to read information on many different topics related to diabetes, kidney disease and digestive diseases. Some information is available in Spanish.

National Institutes of Diabetes and Digestive and Kidney Diseases (NIDDK)

Office of Communications and Public Liaison

Building 31, room 9A04 Center Drive, MSC 2560

Bethesda, MD 20892-2560

Website: <http://www.niddk.nih.gov/>

This organization provides information on diabetes, kidney disease as well as other medical conditions. This organization is a division of the National Institutes of Health.

National Institutes of Health

Pregnancy Related Diabetes and Gestational Diabetes

P.O. Box 3006

Rockville, MD 20847

Toll Free Number: (800) 370-2943

Website: <http://www.nichd.nih.gov>

Has resources and information about pregnancy related diabetes.

California Primary Care Association

1215 K Street, Suite 700

Sacramento, CA 95814

Telephone:

(916) 440-8170

Website:

<http://www.cpcsa.org/>

Represents more than 600 non-profit community clinics and health centers who provide comprehensive, quality health care services, particularly for low-income, uninsured and underserved Californians who might otherwise not have access to health care. Easy to use directory available to locate local clinics.

OVERWEIGHT/WEIGHT MANAGEMENT RESOURCES

Beverly Hospital

Telephone:

(323) 725-5059

Nutrition and physical activity program in collaboration with local YMCA.

There are two programs available :

- 1) 6-12 year-old children
 - 2) 12-18 year-old children
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California Adolescent Nutrition and Fitness Program

2140 Shattuck Avenue, Suite 610

Berkeley, CA 94704

Telephone:

(510) 644-1533

Website:

<http://www.canfit.org>

Email:

info@canfit.org

A statewide, non-profit organization provides information to the community and focuses to improve the nutrition and physical activity status of California's low-income African American, American Indian, Latino, and Asian/ Pacific Islander youth 10-14 years old.

Channing L. Bete Co., Inc.

One Community Place

South Deerfield, MA 01373-0200

Toll Free Number:

(800) 477-4776

Website:

<http://www.channing-bete.com>

Email:

custsvc@channing-bete.com

Markets products such as handouts involving weight management, physical activity, nutrition, and heart health.

Childrens Hospital of LA “Kids and Fitness” Program

Telephone: (323) 669-5627
Fax: (323) 906-8064

A twelve-week program which involves nutrition consultations and classes with a dietitian, and evaluates effectiveness through lab values (including cholesterol).

Hugs International

Box 102A, RR#3
Portage la Prairie, MB R1N 3A3 Canada
Telephone : (204) 428-3432
Fax : (204) 428-6800
Email: linda@hugs.com

Hugs is a program that focuses on healthy eating and activity patterns and self-acceptance rather than dieting and weight loss. An online program is available.

Kidshape

674 La Fayette Park Pl
Los Angeles, CA 90057
Toll Free Number: (888) 600-6444
Website: <http://www.kidshape.com>
Email: info@kidshape.com

Weight management program for youth and their families. Classes are taught by a dietitian, mental health professional, a physical activity instructor, and a site coordinator who administers the program.

Neighborhood YMCA

Telephone: (213) 380-6448
Website: <http://www.ymca.org>

Physical activities for youth and adults.

Powerplay MD

8500 Wilshire Blvd., Suite 700
Beverly Hills, CA 90211
Toll Free Number: (877) 797-7529
Local Number: (323) 289-8242
Fax: (323) 289-8248
Website: <http://www.powerplaymd.com/>

PowerPlay is an intensive 6 to 8 week program designed to positively impact the lifestyles of today's youth. The program aims to address the growing epidemic of childhood obesity with a comprehensive program comprised of health and fitness experts.

Project LEAN (Leaders Encouraging Activity and Nutrition)

Telephone: (916) 552-9907

Website: <http://www.californiaprojectlean.com>

California Project Lean provides many resources, evaluation tools, articles and materials for promoting healthy eating and physical activity.

Shapedown

1323 San Anselmo Ave.
San Anselmo, CA 94960

Telephone: (415) 453-8886

Fax: (415) 453-8888

Website: <http://www.shapedown.com>

A licensed weight management program that health professionals can administer.

ShapeUp America!

15009 Native Dancer Road
N. Potomac, MD 20878

Telephone: (240) 631-6533

Website: <http://www.shapeup.org>

Provides science-based health messages about the importance of healthy weight and increased physical activity.

Small Step

U.S. Department of Health & Human Services
200 Independence Ave, S. W.
Washington, D.C. 20201

Telephone: (202) 619-0257

Toll Free Number: (877) 696-6775

Website: <http://www.smallstep.gov>

A website that provides a weight management newsletter and tips on how to stay in shape.

Staywell (Krames)

Telephone: (800) 333-3032

Website: <http://www.krames.com>

A website that offers a variety of education formats for any audience including booklets, brochures, tear sheets, videos, posters, software, books and online programs. There are a variety of public health materials available on this website, including weight management and exercise education tools.

Team Nutrition-USDA

3101 Park Center Drive

Alexandria, VA 22302

Telephone: (703) 305-1624

Website: <http://www.fns.usda.gov/tn>

A website specifically for those in school foodservice. It is an initiative designed to help make implementation of the new policy (incorporation of the American Dietary Guidelines) in schools more successful.

Weight Control Network

Telephone: (877) 946-4627

Website: <http://www.niddk.nih.gov/health/>

Provides the general public, health professionals, the media, and Congress with up-to date, science-based information on obesity, weight control and physical activity.