

DIABETES RESOURCE GUIDE

Vancouver Clinic Diabetes Management Program

SUPPORT GROUPS and CLASSES:

- Vancouver Clinic Diabetes Management Program at 360-882-2778
- Diabetes Refresher Courses
- Juvenile Diabetes Research Foundation: 503-643-1995
- Free Clinic Diabetes Support Group: 360-576-4140
- Attend Community Health Fairs
- Join fitness center, gym or senior center for activity/social support
- Join A Weight Loss Program
- Attend Healthy Cooking Classes
- Prescription Program Assistance: 360-735-3686

RESOURCE GUIDE:

- American Diabetes Association www.diabetes.org
- American Dietetic Association www.americandieteticassociation.org
- American Heart Association www.americanheart.org
- American Podiatric Medical Association www.apma.org
- Centers for Disease Control and Prevention www.cdc.gov/diabetes
- Centers -Medicare & Medicaid Services www.medicare.gov/health/diabetes.asp
- Diabetes Exercise and Sports Association www.diabetes-exercise.org
- Academy of Nutrition and Dietetics: www.Eatright.org
- Endocrine Society www.endo-society.org
- Medicoool Diabetic and Healthcare Products www.medicool.com/diabetes
- Medic Alert Foundation www.medicalert.org
- National Diabetes Information Clearinghouse www.diabetes.niddk.nih.gov
- National Diabetes Education Program www.ndep.nih.gov
- National Institutes of Health www.nih.gov
- National Kidney Foundation www.kidney.org
- National Kidney Disease Education Program www.nkdep.nih.gov
- Office of Minority Health Resource Center www.omhrc.gov
- Washington Department of Health: 360-313-1390

Diabetes Magazine Subscriptions

- Diabetes Forecast
- Diabetes Self-Management
- Diabetes Health