

Community Resources for Diabetes

National and State Organizations:

American Heart Association
 Denver Chapter – has “Active for Life”, “Cooking for Life” and “Slim for Life” Programs
 1280 S Parker Rd
 Denver, CO 80231
 (303) 369-5433

American Diabetes Association (Colorado Office)
 2480 W. 26th Avenue, Suite 120B
 Denver, CO 80211
 (720) 855-1102 (local office)
 1-(800) DIABETES to receive an informational packet
www.diabetes.org/
(Type “Spanish” in search box)
On the website, put in your zip code and click “more local information”. It will give you a list of ADA recognized programs in Colorado.

Colorado Diabetes Prevention and Control Program
 Health Promotion and Disease Prevention
 4300 Cherry Creek Drive South
 HPDP-DC-A5 Denver, CO 80246
 (303) 692-2580 *(select #2 for information in Spanish)*
 (800) 866-7689 Ext. 2580
www.cdphe.state.co.us./pp/diabetes/

Colorado Dietetic Association
 (866) 790-2200
www.eatrightcolorado.org/

Rocky Mountain Association of Diabetes Educators
 2003 Resource Guide for People with Diabetes is available
 Contact : Rosanne G. Ainscough phone : 720-261-7885 e-mail : rainscough@hotmail.com

Publications and Resources:

Colorado Foundation For Medical Care
www.CFMC.org; *(Some materials in Spanish available)*

The Food Guide Pyramid including a Latin American Food Pyramid in Spanish and a Mexican Food Pyramid in English
www.usda.gov/cnpp/

National Diabetes Education Program (NDEP)
 Information provided for individuals with diabetes
 Call (800) 438-5383
www.niddk.nih.gov/health/diabetes/diabetes.htm/ *(Some materials in Spanish available)*

National Diabetes Information Clearinghouse (NDIC)

A service of National Institute of Diabetes and Digestive and Kidney Diseases – information on various diabetes education materials

1547 W Bethany Home Rd #b

Bethesda, MC 20892-3560

Call (800) 860-8747

www.niddk.nih.gov/health/diabetes/diabetes.htm/ *(Some materials in Spanish available)*

Weight Control Information Network

Call (800) WIN-8098

www.win@info.niddk.nih.gov

Referral Resources

American Association of Diabetes Educators. *(Professional organization of diabetes educators)*
Provides information of government relations, continuing education and products of AADE. Good resource for individuals looking to contact a diabetes educator.
(800) 338-3633. www.AADEnet.org/

American Diabetes Association – www.diabetes.org/

Everything you need to know about diabetes from nutrition to exercise, to who is at risk. Provides a list of diabetes education programs recognized by the American Diabetes Association. (800) 232-3472 (for health professionals)
(800) DIABETES (general public)

American Dietetic Association is the world's largest organization of food and health professionals.
(800) 877-1699 – www.eatright.org/
(Type "Spanish" in search box)

American Dietetic Associations Consumer Nutrition Information Line provides recorded messages and referrals to RD's. Or on the ADA Web site check out "Market Place" for diabetes materials and "Healthy Lifestyle" for reproducible fact sheets on nutrition and health.
(800) 366-1655. www.eatright.org/

Family Healthline

(Representatives speak both English and Spanish)

(303) 692-2229 or 1 (800) 688-7777

Phone hours are from 9:00 am to 5:00 pm, Monday through Friday.

Messages can be left at all other times and calls are returned as soon as possible.

Email: family.healthline@state.co.us

The Family Healthline is a statewide information and referral service. The healthline helps callers, especially pregnant women and their families, find needed health care for themselves and their children by providing up-to-date information about many financial and health programs.

Exercise

American Council on Exercise

www.acefitness.org

Municipal Recreation Centers, YMCA, Health Clubs

Consult Yellow Pages

President's Council on Physical Fitness and Sports

www.surgeongeneral.gov

Dining with Diabetes Program:

Shirley Perryman, MS, RD, Extension Specialist
 Department of Food Science and Human Nutrition, CSU
 (970) 491-2404 shirley.perryman@colostate.edu

You may also contact:

Jennifer Anderson, PhD, RD
 Professor and Extension Specialist
 Department of Food Science and Human Nutrition, CSU
 (970)-491-7334 anderson@cahs.colostate.edu

Pat Kendall, PhD RD
 Professor and Extension Specialist
 Department of Food Science and Human Nutrition, CSU
 (970)-491-1945 kendall@cahs.colostate.edu

Diabetes Support Groups:

Exempla Diabetes Program – Wheat Ridge
 (303) 403-3604

Healthy Spirits at Saint Joseph’s Hospital – Denver
 (303) 797-4708

Rose Diabetes Center Support Group – Denver
 (303) 320-2490
(Spanish speaking facilitator every other month)

Resources for Seniors

American Geriatrics Society
 (212) 308-1414

Arthritis Foundation – Aquatics Program and PACE Program
 (800) 475-6447
 Aquatics Program
 “PACE” Exercise Program and/or video for people with physical limitations
(To leave a message in Spanish ask for extension 505)

Colorado Uninsurable Health Insurance Program (CUHIP)
 Colorado Talking Book Library
 (303) 727-3666
(Some materials in Spanish available)

Eldercare Locator
 (800) 677-1116

Medicare – Benefits in Colorado
 (303) 831-2661 www.medicare.gov
 Information resources: individual claims (800) 213-5452, National hotline (800) 638-6833, and
 Spanish hotline (800) 438-5383
 Tip: Colorado House Bill 98-1309, July 1998, mandates insurance coverage for diabetes related
 equipment, supplies, and self-management education.

National Institute on Aging
 (800) 222-2225

The Seniors Blue Book
 (Colorado Resource Guide)
 (303) 393-1971

Senior Wellness Clinics by Visiting Nurse Service
(303) 744-6363

Colorado Diabetes Education Programs (see American Diabetes Association):

Aspen Family Care
9330 S. University, #240
Highlands Ranch, CO 80126
(303) 471-4711

Metro Community Provider Network
730 Peoria Street
Aurora, CO 80011
(303) 343-6642

Clinica Campesina – Family Health Clinics
(*Spanish speaking educators*)
1345 Plaza Court North #1A
Lafayette, CO 80026
(303) 665-3192

NSMC Diabetes Self-Management Prog
North Suburban Medical Center
9141 Grant Street
Thornton, CO 80229
(303) 457-6714

1701 West 72nd Avenue
Denver, CO 80221
(303) 650-4460

The Diabetes Self-Management Prog
HSC & University Hospital
1635 N. Ursula Street, 6th Floor
Aurora, CO 80010
(720) 848-2650

8990 No. Washington St.
Thornton, CO 80229-4537
(720) 929-1655

Rose Diabetes Center
Rose Medical Center
4545 East Ninth Avenue, Suite 020
Denver, CO 80220
(303) 320-2490
(*Spanish speaking educator*)

Clinica Tepeyac
3617 Kalamath Street
Denver, CO 80211
(303) 458-5302
(*Spanish speaking educators*)

SALUD Family Health Centers –
Serving Northern Colorado
(*Spanish Speaking educators*)
Brighton (303) 659-4000
Commerce City (303) 286-8900
Estes Park (970) 586-9230
Fort Collins (970) 494-4040
Fort Lupton (303) 857-2771
Fort Morgan (970) 867-0300
Frederick (303) 833-2050
Longmont (303) 776-3250
Sterling (970) 526-2589

Creekside Endocrine
3865 Cherry Creek Dr. North #322
Denver, CO 80209
(303) 388-6410
Denver Health Med Ctr for Denver Health patient's only
(303) 436-6080

Diabetes Education Program
Longmont United Hospital
1950 Mountain View Avenue
Longmont, CO 80501
(303) 485-4198

Diabetes Self-Management Center
Presbyterian/St. Luke's Medical Center
1719 East 19th Avenue
Denver, CO 80218
(303) 869-2222

Exempla Diabetes Program - Exempla Lutheran Medical Center
3555 Lutheran Parkway, Suite 180
Wheat Ridge, CO 80033
(303) 403-3604

Kaiser Permanente
For Kaiser patients only
(303) 338-4545