



Resource Directory: *Diabetes in Children and Adolescents*

This directory lists Government agencies, professional organizations, and voluntary associations that provide information and resources related to diabetes in children and adolescents. Some of these organizations offer educational materials and support to people with diabetes and the general public, while others serve primarily health care professionals.

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 - Asian Americans and Pacific Islanders
 - American Indians
 - Programs for Youth

U.S. Government Programs

Department of Health and Human Services (HHS)

NATIONAL INSTITUTES OF HEALTH

National Diabetes Education Program

1 Diabetes Way

Bethesda, MD 20892-3600

Phone: 1-800-438-5383 (to order materials only)

www.ndep.nih.gov

The National Diabetes Education Program (NDEP) is a federally sponsored initiative, involving public and private partners, to improve the treatment and outcomes for people with diabetes, to promote early diagnosis, and ultimately, to prevent the onset of diabetes. The goal of the program is to reduce the illness and death associated with diabetes and its complications. The NDEP is supported by several work groups that help direct and develop NDEP components focused on particular audiences, including African Americans, Hispanic/Latino Americans, American Indians, and Asian Americans and Pacific Islanders. The NDEP American Indian work group, for example, has developed a series of “Move It and Reduce Your Risk of Diabetes” posters targeted to American Indian and Alaska Native Youth. The Diabetes in Children and Adolescents Work Group is launching an initiative targeted to health care providers to increase awareness and promote early diagnosis and management of diabetes in children. The NDEP is developing materials on diabetes in children and adolescents for health care providers, parents, and caregivers.

National Institute of Diabetes and Digestive and Kidney Diseases

Building 31, Room 9A04

9000 Rockville Pike

Bethesda, MD 20892-2560

Phone: (301) 496-3583

Fax: (301) 496-7422

E-mail: inquiries@niddk.nih.gov

www.niddk.nih.gov

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) conducts and supports research and develops professional and consumer publications related to diabetes; endocrinology; metabolic disorders; digestive diseases; nutrition; and kidney, urologic, and hematologic diseases. NIDDK-sponsored health education programs include the National Diabetes Education Program (NDEP) [www.ndep.nih.gov] and the newly formed National Kidney Disease Education Program (NKDEP). NIDDK-sponsored information dissemination services include

- National Diabetes Information Clearinghouse (NDIC) [www.niddk.nih.gov/health/diabetes/ndic.htm]
- National Digestive Diseases Information Clearinghouse [www.niddk.nih.gov/health/digest/nddic.htm]

- National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)
[www.niddk.nih.gov/health/kidney/nkudic.htm]
- Weight-control Information Network (WIN)
[www.niddk.nih.gov/health/nutrit/win.htm].

National Diabetes Information Clearinghouse

National Institute of Diabetes and Digestive and Kidney Diseases

1 Information Way

Bethesda, MD 20892-3560

Toll-free: 1-800-860-8747

Phone: (301) 654-3327

Fax: (301) 907-8906

E-mail: ndic@info.niddk.nih.gov

www.niddk.nih.gov/health/diabetes/ndic.htm

The National Diabetes Information Clearinghouse (NDIC) is an information dissemination and referral resource of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). NDIC was established in 1978 to increase knowledge and understanding about diabetes among patients, health care professionals, and the general public. The NDIC provides a variety of information services, which include responding to professional, patient, and public inquiries; developing and distributing diabetes publications and resources; and providing referrals to diabetes organizations. The NDIC maintains the diabetes subfile of the Combined Health Information Database (CHID) [www.chid.nih.gov].

Weight-control Information Network

National Institute of Diabetes and Digestive and Kidney Diseases

1 WIN Way

Bethesda, MD 20892-3665

Toll-free: 1-800-946-8098 (1-800-WIN-8098) or 1-877-946-4627

Phone: (301) 984-7378

Fax: (301) 984-7196

Email: win@info.niddk.nih.gov

www.niddk.nih.gov/health/nutrit/win.htm

The Weight-control Information Network (WIN), part of the National Institutes of Health's National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), was established to provide science-based information on obesity, weight control, and nutrition to both health care professionals and the public. WIN provides educational materials, including fact sheets, brochures, article reprints, and conference and workshop proceedings. In addition to publications on nutrition and obesity in youth, WIN also can provide videos on weight loss and weight control. A national media-based program, Sisters Together, encourages African American women age 18 and older to maintain a healthy weight, become physically active, and choose nutritious foods. Also available online is a quarterly newsletter for health professionals with the latest information on research findings, programs, and resources, many of which are focused on children and adolescents. From the WIN homepage, users can access information about obesity and nutrition research.

Diabetes Research and Training Centers (DRTCs)

NIDDK-funded DRTCs provide substantial support for research projects directed at prevention and control of diabetes and translation of research advances into clinical practice. Not all DRTCs specifically address issues concerning children with diabetes. The following list presents those centers that do provide information about children with diabetes.

Indiana University DRTC

Diabetes Research and Training Center
Indiana University School of Medicine
Demonstration and Education Division
Room 122, 250 North University Blvd.
Indianapolis, IN 46202
Phone: (317) 278-0900
Fax: (317) 278—0911
Email: dgmarrer@iupui.edu

Over the past 5 years, the Indiana University DRTC has shifted focus to primary and secondary prevention of diabetes and its complications. This focus is driven by two factors. First, there is evidence that most persons with diabetes are not receiving optimal care. Second, accumulating data suggests that: (1) both type 1 and type 2 diabetes may be preventable and (2) intensive management of diabetes and new pharmacological interventions will substantially reduce the incidence and progression of complications. This DRTC applies its models to training programs that target patient populations that are difficult to manage, including adolescents.

Michigan DRTC

University of Michigan Medical School
G1103 Towsley Center
Box 0201
Ann Arbor, MI 48109-0201
Phone: (734) 763-1426
Fax: (734) 936-1641
Email: redhiss@umich.edu

The University of Michigan DRTC (MDRTC) has developed and evaluated clinical programs for adolescents and type 1 patients using insulin pump therapy. The center's clinical research includes considerable progress made in defining the phenotype, natural history, genetics and pathogenesis of Maturity-Onset Diabetes of the Young (MODY). Several MDRTC publications about diabetes were selected for publication by the American Diabetes Association, including: "Life with Diabetes: A Series of Teaching Outlines," "Teenagers with Type 1 Diabetes," and "Type 2 Diabetes: A Curriculum for Patients and Health Professionals."

Vanderbilt University DRTC

Vanderbilt University
315 Medical Arts Building
1211 21st Avenue South
Nashville, TN 37202
Phone: (615) 936-1149
Fax: (615) 936-1152

Email: duff.green@mcmail.vanderbilt.edu

The Vanderbilt University DRTC (VDRTC) has supported translational research in four areas. These include: 1) health disparities in the African American community, 2) research on adherence and barriers to adherence 3) clinical intervention and outcomes research, and 4) research on teaching and problem-solving for health professionals. Beginning in the early 1990s, the VDRTC began to address the problem of type 2 diabetes in minorities. Research has ranged from studies of nutrition to community-based interventions. The VDRTC has evaluated two models of shared care including the “Cumberland Pediatric Diabetes Network,” which involved general pediatricians.

Washington University DRTC

Washington University
4444 Forest Park Avenue, Suite 6700
St. Louis, MO 63108
Phone: (314) 286-1900
Fax: (314) 286-1919

Email: htodora@im.wustl.edu

At Washington University’s DRTC (WDRTC), a number of studies have examined enhanced clinical care, such as cognitive effects of intensive therapy in children with type 1 diabetes. For over 20 years, the Model Demonstration Unit has supported research on family factors among children and adolescents with type 1 diabetes. Several projects have responded to the disproportionate burden of diabetes among minorities. Initial studies of family factors in pediatric diabetes and other childhood diseases that were developed primarily with white and mostly middle-class families were extended to African American families with children with type 1 diabetes. Another current WDRTC project extends the emphasis on peer educators to prevention of diabetes among adolescents living in American Indian tribal communities.

National Eye Institute

National Eye Health Education Program

National Institutes of Health

2020 Vision Place

Bethesda, MD 20892-3655

Phone: 1-800-869-2020 (for health professionals only) or (301) 496-5248

Fax: (301) 402-1065

Email: 2020@nei.nih.gov

www.nei.nih.gov

The National Eye Institute (NEI) promotes public and professional awareness of the importance of early diagnosis and treatment of diabetic eye disease. The National Eye Health Education Program (NEHEP) is a partnership with various public and private organizations that plan and implement eye health education programs targeted to a variety of high-risk audiences, including children with diabetes. NEI produces patient and professional education materials related to diabetic eye disease and its treatment, including literature for patients, guides for health professionals, and education kits for community health workers and pharmacists.

National Heart, Lung, and Blood Institute Information Center

National Institutes of Health

P.O. Box 30105

Bethesda, MD 20824-0105

Phone: (301) 592-8573

Fax: (301) 592-8563

Email: NHLBIinfo@rover.nhlbi.nih.gov

www.nhlbi.nih.gov/health/infoctr

Publications, articles, and patient education materials from the National Heart, Lung, and Blood Institute (NHLBI) Information Center focus primarily on heart health; diseases of the heart, lungs, and blood; obesity in adults; and the importance of physical activity. The NHLBI's National Cholesterol Education Program offers nutrition information for children and adolescents in several booklets on cholesterol, nutrition, and heart health. As part of the NHLBI's Obesity Education Initiative, publications on obesity in adults also may provide useful information for treating children and adolescents. NHLBI serial publications include a newsletter that provides program updates for health professionals about cholesterol, high blood pressure, heart attack, and obesity.

National Institute of Child Health and Human Development

National Institutes of Health

31 Center Drive, Room 2A32

Bethesda, MD 20892-2425

Toll-free: 1-800-370-2943

Phone: (301) 496-5133

Fax: (301) 496-7101

www.nichd.nih.gov

The National Institute of Child Health and Human Development (NICHD) conducts and supports laboratory, clinical, and epidemiologic research on the reproductive, neurobiologic,

developmental, and behavioral processes that determine and maintain the health of children, adults, families, and populations. The NICHD Clearinghouse offers a toll-free telephone number, trained information specialists, access to an information and referral service, and online ordering of publications.

National Library of Medicine

National Institutes of Health

8600 Rockville Pike

Bethesda, MD 20894

Phone: (301) 594-5983

www.ncbi.nlm.nih.gov/pubmed

With its PubMed website, the National Library of Medicine (NLM) provides free online access to MEDLINE, a database of journal articles, statistics, and reports on clinical and epidemiological studies about diabetes in children and adolescents and other medical information.

National Oral Health Information Clearinghouse

National Institutes of Health

1 NOHIC Way

Bethesda, MD 20892-3500

Phone: (301) 402-7364

TTY: (301) 656-7581

Fax: (301) 907-8830

Email: nohic@nidcr.nih.gov

www.nohic.nidcr.nih.gov

The National Oral Health Information Clearinghouse (NOHIC) serves as a resource for patients, health professionals, and the public who seek information on the oral health of special care patients, especially people with genetic or systemic disorders that compromise oral health. A service of the National Institute of Dental and Craniofacial Research at NIH, NOHIC gathers and disseminates information from many sources, including voluntary health organizations, educational institutions, Government agencies, and industry. NOHIC provides a variety of services to help patients and professionals obtain information, including patient education materials (diabetes dental tips), literature searches, and an annual newsletter.

CENTERS FOR DISEASE CONTROL AND PREVENTION

Main Office

Centers for Disease Control and Prevention

1600 Clifton Road

Atlanta, GA 30333

Toll-free: 1-800-311-3435

Phone: (404) 639-3534

Fax: (404) 639-3311

www.cdc.gov

The Centers for Disease Control and Prevention (CDC) is one of the major operating components of the U.S. Department of Health and Human Services. CDC's National Center for Chronic Disease Prevention and Health Promotion [www.cdc.gov/nccdphp], one of CDC's 11 centers, is comprised of eight divisions, three of which are concerned with diabetes and children:

- Division of Diabetes Translation [www.cdc.gov/diabetes]
- Division of Nutrition and Physical Activity [www.cdc.gov/nccdphp/dnpa]
- Division of Adolescent and School Health [www.cdc.gov/nccdphp/dash].

Through these divisions, CDC distributes a variety of publications and resources, sponsors national and state-based programs, and responds to public inquiries for information concerning diabetes in children, nutrition, physical activity, and school health.

Division of Diabetes Translation

Centers for Disease Control and Prevention

www.cdc.gov/diabetes

CDC's Division of Diabetes Translation sponsors projects, coordinates conferences, develops resources, and publishes research articles related to diabetes. In addition to co-sponsoring the National Diabetes Education Program (NDEP) [www.ndep.nih.gov and www.cdc.gov/diabetes/team-ndep] with the National Institutes of Health, the Division provides resources and technical assistance to state health departments, national organizations, and communities through its state-based Diabetes Control Programs, some of which have activities specifically for children. The Family Center Support Project is a 5-year behavioral research project that will identify and examine nontraditional psychosocial factors regarding diabetes education and the family. Epidemiological reference documents for children with type 2 diabetes can be found on the website [www.cdc.gov/diabetes].

State Diabetes Control Programs

Information about state-based Diabetes Control Programs (DCPs) is available on the CDC website at [www.cdc.gov/diabetes/states/index.htm] listed alphabetically by state name or on the interactive U.S. map provided. Information is available about programs in any state, U.S. territory, or island jurisdiction. For information about children and diabetes, contact specific state programs individually.

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention

www.cdc.gov/nccdphp

CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) envisions enabling all people in an increasingly diverse society to lead long, healthy, satisfying lives. NCCDPHP's mission is to prevent death and disability from chronic diseases including diabetes. The NCCDPHP Children and Diabetes Project [www.cdc.gov/diabetes/projects/cda2.htm] describes the rise of type 2 diabetes in children and its public health importance. Risk behaviors for diabetes in children are also described including lack of physical activity and poor nutrition. NCCDPHP offers statistics, reports from the center, newsletters, brochures, and CD-ROMs.

Division of Adolescent and School Health

Centers for Disease Control and Prevention

www.cdc.gov/nccdphp/dash

CDC's Division of Adolescent and School Health (DASH) sponsors state-based school health programs on nutrition and physical activity and develops school health program guidelines, school health strategies, planning guides, and related resources and tools. The *School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide* enables schools to identify the strengths and weaknesses of their physical activity and nutrition programs, develop action plans for improving student health, and involve teachers, parents, students, and the community in improving school services. Other online resources include status reports and school and community guidelines.

Division of Nutrition and Physical Activity

Centers for Disease Control and Prevention

www.cdc.gov/nccdphp/dnpa

CDC's Division of Nutrition and Physical Activity (DNPA) sponsors programs and develops resources for children and adolescents. Nutrition and physical activity projects include:

- Active Community Environments (ACEs)—places where people of all ages and abilities can easily walk, bicycle, and otherwise be active
- *KidsWalk-to-School* guide—ways to identify safe walking routes to school
- Improving Child and Adolescent Health Through Physical Activity and Nutrition (PAN) program
- Online resources include status reports and fact sheets on adolescents and young adults and Body Mass Index (BMI) information.

Other HHS Agencies

Indian Health Service

National Diabetes Program

5300 Homestead Road, NE

Albuquerque, NM 87110

Phone: (505) 248-4182

Fax: (505) 248-4188

www.ihs.gov/MedicalPrograms/Diabetes

The Indian Health Service (IHS) is the agency within the U.S. Department of Health and Human Services that is responsible for providing Federal health services to American Indians and Alaska Natives. The goal of the IHS National Diabetes Program is to develop, document, and sustain a public health effort to prevent and control diabetes in these communities. The program works with U.S. tribal and IHS clinical facilities and health programs to address the concerns of American Indian and Alaska Native youth and families relative to type 2 diabetes. Each program may include summer camps, annual 4-H camps, education days at local schools, screenings for high-risk children and teens, cooking classes,

health care materials for schools, workshops for professionals, data collection on children's height and weight, and participation in school health fairs.

Office of Minority Health

Office of Minority Health Resource Center (OMH-RC)

P.O. Box 37337

Washington, DC 20013-7337

Phone: 1-800-444-6472

Fax: (301) 230-7198

www.omhrc.gov

The Office of Minority Health has set a goal to improve the health of racial and ethnic populations through the development of health policies and programs. The Office of Minority Health Resource Center (OMH-RC) is the largest resource and referral service on minority health in the nation. OMH-RC offers information, publications, mailing lists, database searches, referrals, and more for African American, Hispanic/Latino, American Indian/Alaska Native, and Asian American and Pacific Islander populations. OMH-RC publishes a newsletter, *Closing the Gap*.

Agency for Healthcare Research and Quality

2101 East Jefferson Street, Suite 501

Rockville, MD 20852

Toll-free: 1-800-358-9295 (clearinghouse)

Telephone: 301-594-1364

Fax: 301-594-2800

Email: info@ahrq.gov

www.ahrq.gov

The Agency for Healthcare Research and Quality (AHRQ) supports research on health care outcomes, quality, cost, use and access in order to help patients make more informed decisions and improve the quality of health care services. Children are a priority population within its strategic plan and its goals include strengthening the knowledge base in child health services and translating this new knowledge into practice. AHRQ has also implemented a program focused on teaching children the importance of good nutrition and exercise to decrease the risk of diabetes and increase their understanding of diabetes and its risk factors. The program was first introduced among Mexican American children at high risk for type 2 diabetes.

Health Resources and Services Administration

National Maternal and Child Health Clearinghouse

2070 Chain Bridge Road, Suite 450

Vienna, VA 22182

Phone: (703) 356-1964

Fax: (703) 821-2098

www.nmchc.org

The National Maternal and Child Health Clearinghouse (NMCHC) continues and expands the activities of the National Clearinghouse for Human Genetic Diseases. It is the centralized source of materials and information about maternal and child health. The clearinghouse

responds to inquiries, disseminates approximately 500 publications, and produces resource sheets and referrals to other organizations.

President's Council on Physical Fitness and Sports

Department of Health and Human Services

Department W, Room 738-H

200 Independence Avenue, SW

Washington, DC 20201-0004

Phone: (202) 690-9000

Fax: (202) 690-5211

www.fitness.gov

The President's Council works to promote the development of physical fitness, facilities, and programs. This program works to encourage and motivate Americans of all ages to become more physically active and participate in sports. The program offers a variety of testing, recognition, and incentive programs for youth. One of these programs is The President's Challenge, which is a physical activity and fitness awards program.

Other Federal Agencies

U.S. DEPARTMENT OF AGRICULTURE

Center for Nutrition Policy and Promotion

U.S. Department of Agriculture

3101 Park Center Drive

Room 1034

Alexandria, VA 22302-1594

Phone: (703) 305-7600

Fax: (703) 305-3400

Email: infocnpp@cnpp.usda.gov

www.usda.gov/cnpp

The Center for Nutrition Policy and Promotion (CNPP) is the focal point within the U.S. Department of Agriculture where scientific research is linked with the nutritional needs of the American public. CNPP publishes a quarterly journal, available by subscription, and a variety of other dietary guidance materials for the general public and nutrition and health educators. The center also prepares periodic updates on the cost of family food plans and of raising children. The CNPP website includes a variety of resources on nutrition, including the Interactive Healthy Eating Index, the fifth edition of *Dietary Guidelines for Americans*, and the *Food Guide Pyramid for Young Children*, as well as links to other USDA websites.

Food and Nutrition Information Center

U.S. Department of Agriculture

Agricultural Research Service

National Agricultural Library

10301 Baltimore Avenue, Room 105

Beltsville, MD 20705-2351

Phone: (301) 504-5719

Fax: (301) 504-6409
TTY: (301) 504-6856
Email: fnic@nal.usda.gov
www.nal.usda.gov/fnic

The Food and Nutrition Information Center (FNIC) provides resource lists, databases, and many other food and nutrition-related links that can be accessed from its website. Topics A through Z contains an alphabetical listing of all topics on the FNIC website, including general information about diabetes, children with type 1 diabetes, child nutrition and health, and weight control and obesity. Online resources include the Child Care Nutrition Resource System, the Healthy School Meals Resource System, and Food and Nutrition Resources for Teachers, which includes Kids' Sites—Activities for Children. The Children with Diabetes section is an online community for children, families, and adults with diabetes. In addition, FNIC lends videos, books, and curricula to teachers.

Food and Nutrition Service

U.S. Department of Agriculture
3101 Park Center Drive, Room 926
Alexandria, VA 22302-1594
Phone: (703) 305-2286
Fax: (703) 305-1117
www.fns.usda.gov/fns

The U.S. Department of Agriculture's Food and Nutrition Service (FNS) provides children and needy families with access to food and healthful diet and nutrition education. FNS operates the Nutrition Education and Training Program to support nutrition education in the food assistance programs for children—the National School Lunch Program, School Breakfast, Summer Food Service, and Child and Adult Care Food programs. Through its Team Nutrition Program, FNS provides schools with nutrition education materials for children and families; technical assistance materials for school food service directors, managers, and staff; and materials to build school and community support for healthy eating and physical activity. Information about nutrition assistance programs is provided on the FNS website.

U.S. DEPARTMENT OF EDUCATION

Educational Resources Information Center

1307 New York Avenue, NW, Suite 300
Washington, DC 20005-4701
Toll-free: 1-800-822-9229
Phone: (202) 219-2221
Email: info@ericsp.org
www.ericsp.org

The Educational Resources Information Center (ERIC) is a federally funded, nonprofit information network designed to provide ready access to education literature for teachers and parents. It is part of the National Library of Education and the U.S. Department of Education. Its Clearinghouse on Teaching and Teacher Education, one of 16 clearinghouses,

contains educational materials for parents and teachers on improving children's fitness, self-esteem, and healthy growth. Free publications include *Childhood Obesity and Comprehensive School Health Education*. Online articles on health care, nutrition, and promoting physical activity among children are available from the ERIC Digest. The site also provides lesson plans for teachers to promote physical activity.

National Information Center for Children and Youth with Disabilities

P.O. Box 1492

Washington, DC 20013-1492

Toll-free: 1-800-695-0285

Phone: (202) 884-8200

Fax: (202) 884-8441

Email: nichcy@aed.org

www.nichcy.org

The National Information Center for Children and Youth with Disabilities serves as a national information and referral clearinghouse on special education and disability-related issues. This organization provides information on local, state, and national disability groups for parents and professionals; emphasizes parent group information; offers personal responses to public inquiries; provides prepackaged information to frequently asked questions; and gives technical assistance to parent and professional groups. The Center also publishes *News Digest and Transition Summary*, reports on current practices that assist people with disabilities.

Non-Federal Government Programs

University-Based Diabetes Centers

Diabetes Research and Education Program

Georgetown University Medical Center Family Support Group

Phone: (703) 978-3280

Email: sobeldo@gunet.georgetown.edu

www.georgetown.edu/departments/pediatrics/diabetes/family.html

Services in this program support people who are newly diagnosed with diabetes and their families. Families gain vital information about the handling of a newly diagnosed child from a group of trained volunteers who offer one-on-one support.

Joslin Diabetes Center

1 Joslin Place

Boston, MA 02215

Toll-free: 1-800-JOS-LIN1 (1-800-567-5461)

Phone: (617) 732-2415

Fax: (617) 732-2562

www.joslin.harvard.edu

The Joslin Diabetes Center in Boston provides a full range of services for children and adults with diabetes, providing the medical care, training, and support they need to live with this

disease. The center and its affiliates offer a number of programs to help youngsters with diabetes and their families better manage the disease. In addition to traditional medical appointments, Joslin Diabetes Center offers educational programs that include summer camps and weekend retreats as well as family-focused programs geared to three different age groups—preschoolers, school-age children, and adolescents. A new program at a center affiliate in Illinois offers counseling services for young children and adolescents with diabetes and serves as a resource for their families. Educational materials include books to help children adjust to life with diabetes as well as manuals for parents and professionals on caring for young children with diabetes.

Naomi Berrie Diabetes Center

Columbia-Presbyterian Medical Center
Russ Berrie Medical Science Pavilion
1150 St. Nicholas Avenue (at 168th Street)
New York, NY 10032
Phone: (212) 304-5494
Fax: (212) 304-5493
Email: diabetes@columbia.edu
<http://nbdiaabetes.org>

The Naomi Berrie Diabetes Center (NBDC) is the research, teaching, and clinical services unit of the Columbia-Presbyterian Medical Center at Columbia University. It offers state-of-the-art multidisciplinary and humanistic clinical care for both adults and children with diabetes, coordinated by an endocrinologist. Educational, nutritional, and psychosocial counseling focuses on helping the patient and family to cope effectively with diabetes management. Research programs at the center focus on the biologic basis of diabetes and the prevention of type 1 and type 2 diabetes. Children's programs include a pediatric insulin pump support group and a teen/children's diabetes class. There's also a Kid's Corner at the NBDC website.

Tufts University Nutrition Navigator

Tufts University School of Nutrition Science and Policy
126 Curtis Street
Medford, MA 02155
Phone: (617) 627-6223
Fax: (617) 627-3681
Email: nutrition-webmaster@tufts.edu
www.nutrition.tufts.edu

The Nutrition Navigator is a website that reviews and rates nutrition websites. It was developed by the Tufts University School of Nutrition Science and Policy and is designed to help users find accurate, useful, and reliable nutrition information. The website is divided into several areas of interest such as educators, general nutrition, kids, health professionals, parents, and special dietary needs.

USDA/ARS Children's Nutrition Research Center

Baylor College of Medicine
1100 Bates Street

Houston, TX 77030
Phone: (713) 798-7000
Fax: (713) 798-7171
Email: cnrc@bcm.tmc.edu
www.bcm.tmc.edu/cnrc

The Children's Nutrition Research Center (CNRC) is a cooperative venture between the Baylor College of Medicine, Texas Children's Hospital, and the U.S. Department of Agriculture/Agricultural Research Service. CNRC researchers study nearly every aspect of children's nutrition, and data from the center's research are used to make dietary recommendations to improve the health of children. The center investigates the nutritional needs of pregnant and nursing women and children from conception through adolescence, establishes nutritional guidelines, and studies regulatory controls of children's body weight and body composition and childhood dietary habits that contribute to long-term health and prevention of diseases such as diabetes, based on changes in diet.

University of Massachusetts Medical School

Diabetes Division
55 Lake Avenue North
Worcester, MA 01655
Phone: (508) 856-8989 or (508) 856-2000 (public affairs)
or (508) 856-3213 (to order publications)
Fax: (508) 856-5327
Email: publicaffairs@umassmed.edu
www.umassmed.edu/diabetes/

The Diabetes Division of the University of Massachusetts Medical School teaches students, nurses, and physicians to provide the best possible care for patients with diabetes and to carry out research that will aid in preventing and curing this disease. Of particular interest on the website are two forms for parents of children with diabetes that may be printed out—one for the babysitter and one for the teacher. These forms are in an easy-to-follow format. They give parents guidelines to follow to inform caretakers that their child has diabetes, what that means, warning signs preceding insulin reactions, important phone numbers to call and what to do in an emergency, what snacks children should have and when, and other important information.

Professional Organizations

PHYSICIANS

American Academy of Family Physicians

11400 Tomahawk Creek Parkway
Leawood, KS 66211
Phone: (913) 906-6000
Fax: (913) 906-6075
Email: fp@aafp.org
www.aafp.org

The American Academy of Family Physicians (AAFP), formerly known as the American Academy of General Practice, is the national member association of family doctors. Its publications include a clinical journal, a monthly news publication, and a publication on practice management and socioeconomic issues. The AAFP website includes articles about the link between obesity and diabetes in children and how to help children lose weight. The growing problem of diabetes in children and adolescents is discussed at [www.aafp.org/assembly/1999/lectures/index.html].

American Academy of Pediatrics

141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098
Phone: (847) 434-4000
Fax: (847) 434-8000
www.aap.org

The American Academy of Pediatrics (AAP) is a professional membership organization that is committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. Numerous forums address diabetes, including the endocrinology section and the Committee on Native American Child Health. The AAP's website contains press releases and policy statements related to type 2 diabetes in children and adolescents. Also on the website is a fact sheet that addresses better health and fitness through physical activity. The official journal of the AAP publishes papers on diabetes in children and adolescents.

American Association of Clinical Endocrinologists

1000 Riverside Avenue, Suite 205
Jacksonville, FL 32204
Phone: (904) 353-7878
Fax: (904) 353-8185
www.aace.com

The goal of the American Association of Clinical Endocrinologists is to enhance the practice of clinical endocrinology. It also aims to represent the interest of patients and endocrinologists in socioeconomic and related matters with Government agencies, the insurance industry, organized medicine, health-related organizations, and others. The association conducts a diabetes initiative called "Patients First," dedicated to enhancing the standard of care for the treatment of diabetes in children and adults.

American College of Physicians/American Society of Internal Medicine

190 North Independence Mall West
Philadelphia, PA 19106-1572
Customer Service: 1-800-523-1546 x2600 or (215) 351-2600
www.acponline.org

The mission of the American College of Physicians is to enhance the quality and effectiveness of health care by fostering excellence and professionalism in the practice of medicine. The college's goals include being the foremost comprehensive education and information resource for all internists, and to advocate responsible positions on individual health and on public policy relating to health care for the benefit of the public, our patients,

the medical profession, and our members. On the ACP website, a searchable database of journal articles provides information on children with diabetes.

American Medical Association

515 North State Street
Chicago, IL 60610
Phone: (312) 464-5000
Fax: (312) 464-5842
www.ama-assn.org

The American Medical Association (AMA) is a national leader in promoting professionalism in medicine and setting standards for medical education, practice, and ethics. Serving as the voice of the American medical profession, AMA develops and promotes standards in medical practice, research, and education; serves as an advocate on behalf of physicians and patients; and provides timely information on health matters. Abstracts of articles related to children with diabetes are available on the AMA website. These articles cover topics such as adolescent type 2 diabetes, latex hypersensitivity, and clinical management of children and teenagers with diabetes.

Endocrine Society

4350 East West Highway, Suite 500
Bethesda, MD 20814-4410
Phone: (301) 941-0200
Fax: (301) 941-0259
Email: endo-staff@endo-society.org
www.endo-society.org

The mission of the Endocrine Society is to promote the understanding of hormonal communication at the molecular, cellular, and systems level to prevent, diagnose, and treat disease, and improve the quality of life. The society disseminates new knowledge leading to the prevention, treatment, and cure of diseases including diabetes. The society publishes four major peer-reviewed journals about endocrinology and metabolism. In partnership with the American Association of Diabetes Educators, the society has produced an interactive satellite broadcast, available on its website, that updates medical professionals on the latest breakthroughs in diabetes management. The society's website offers several articles on children and type 2 diabetes.

Lawson Wilkins Pediatric Endocrine Society (LWPES)

867 Allardice Way
Stanford, CA 94305
Phone: (650) 302-0940
Fax: (650) 494-3133
Email: secretary@lwpes.org
www.lwpes.org

The Lawson Wilkins Pediatric Endocrine Society works to promote the acquisition and distribution of knowledge of endocrine and metabolic disorders in children. The website provides links to numerous diabetes and endocrine information websites.

National Medical Association

1012 Tenth Street, NW

Washington, DC 20001

Phone: (202) 347-1895

Fax: (202) 842-3293

Email: pnorman@nmanet.org

www.natmed.org

NMA has launched a new program, NMA-PHYSicians Locator Service, to assist consumers who are seeking African American physicians.

NURSING**American Academy of Nurse Practitioners**

Suite 200

1912 West Stassney Lane

Austin, TX 78745

Phone: (512) 442-4262

Fax: (512) 442-6469

Email: admin@aanp.org

www.aanp.org

The American Academy of Nurse Practitioners (AANP) is a full-service professional organization that serves as a resource for nurse practitioners, their patients, and other health care consumers. The AANP publishes a highly acclaimed peer-reviewed practice and research-based monthly professional journal and an academy update that offers news of importance to health professionals. The AANP website provides links to a variety of resources to assist health practitioners and patients find information about children and adolescents with diabetes.

National Association of School Nurses

Eastern Office

P.O. Box 1300

Scarborough, ME 04070-1300

Toll-free: 1-877-627-6476

Phone: (207) 883-2117

Fax: (207) 883-2683

Email: nasn@nasn.org

www.nasn.org

Western Office

1416 Park Street, Suite A

Castle Rock, CO 80104

Toll-free: 1-866-627-6767

Phone: (303) 663-2329

Fax: (303) 663-0403

Email: nasn@nasn.org

www.nasn.org

The National Association of School Nurses (NASN) is a nonprofit specialty nursing organization incorporated in 1979 that represents school nurses exclusively. NASN has over 10,000 members and 50 School Nurse Association affiliates. A major focus of NASN and school nursing services is the prevention of illness, disability, and the early detection and correction of health problems. Other areas of concern include management of children with special health care needs in the school setting and support of their families, lack of health care to noninsured and under-insured children, and homeless children.

Pediatric Endocrinology Nursing Society

P.O. Box 2933

Gaithersburg, MD 20886-2933

All contact is through mail or email.

Email: through website under Contact PENS

www.pens.org

The Pediatric Endocrinology Nursing Society (PENS) is a nonprofit professional nursing organization with the goal of advancing pediatric endocrine nursing. The society sponsors continuing education and research grants for its members. The website has several articles on diabetes-related topics, including use of insulin pump therapy by children and teens, development of a pediatric diabetes education program for home health nurses, and obesity in children. These articles can be accessed online at [www.pens.org/articles]. The society's Education Committee [www.pens.org/education] promotes patient/family education, teaching tools, and identification of resources. PENS provides a 40-page list of resources for the endocrine nurse, patient, and family that is updated every 2 years. A nursing resource manual includes information for the professional on specific endocrine diagnoses, including diabetes insipidus, hypoglycemia, and childhood obesity.

ALLIED HEALTH

American Association of Diabetes Educators

100 West Monroe Street, Suite 400

Chicago, IL 60603

Phone: 1-800-TEAM-UP4

Fax: (312) 424-2427

www.aadenet.org

The American Association of Diabetes Educators (AADE) is a multidisciplinary organization representing more than 10,000 health professionals who provide diabetes education and care. The AADE website [www.aadenet.org] provides diabetes links including information about diabetes in children and adolescents, and publications and products. Professional publications include *A Core Curriculum for Diabetes Education*, *Practical Guide to Diabetes Management*, and a journal. Patient products include an 8-page low-fat diet guide, nutrition posters, and a coloring book.

American Dietetic Association

216 West Jackson Boulevard

Chicago, IL 60606-6995
Toll-free: 1-800-877-1600
Consumer referral: 1-800-366-1655
Phone: (312) 899-0040
Fax: (312) 899-4845
Email: info@eatright.org
www.eatright.org

The American Dietetic Association (ADA) is a member organization for registered dietitians and registered technicians representing special interests including public health, sports nutrition, medical nutrition therapy, diet counseling for weight control, cholesterol reduction, and diabetes. ADA's Diabetes Care and Education practice group promotes quality nutrition care and education for people with diabetes and their families by helping to translate current diabetes nutrition science into practice and helping to promote a healthy lifestyle. ADA's toll-free consumer referral number provides information on registered dietitians and nutritionists. The website [www.eatright.org] contains position papers on medical nutrition therapy for managing diabetes, weight management, and nutrition services for children with special health needs. The website also offers articles on diabetes and children and teen nutrition, an exercise starter kit, several cookbooks for people with diabetes, and a nutrition reading list for parents. A few of these resources also are available in Spanish. A peer-reviewed newsletter, The Courier, is published three times a year. The fall 2001 issue of the newsletter focuses on pediatrics and includes articles on children with both type 1 and 2 diabetes.

American Pharmaceutical Association

2215 Constitution Avenue, NW
Washington, DC 20037-2985
Phone: (202) 628-4410
Fax: (202) 783-2351
Email: webmaster@mail.aphanet.org
www.aphanet.org

The American Pharmaceutical Association (APhA) provides professional information and education for pharmacists and health care advocates. The association offers professional education programs and materials about diabetes care through a series of continuing education monographs, a certification training program, and articles in its professional journal. The APhA also publishes two fact sheets that may be helpful to children with diabetes and their families.

American Podiatric Medical Association

9312 Old Georgetown Road
Bethesda, MD 20914
Phone: (301) 571-9200
www.apma.org

The American Podiatric Medical Association (APMA) is the national organization that represents podiatric physicians from across the United States. These specialists provide the majority of foot care services in the country. The group's goal is to increase awareness of the importance of foot health by providing educational information to the general public and

other health professionals. The website offers answers to frequently asked questions about feet and diabetes.

American School Health Association

7263 State Route 43

P.O. Box 708

Kent, Ohio 44240

Phone: (330) 678-1601

Fax: (330) 678-4526

Email: asha@ashaweb.org

www.ashaweb.org

The mission of the American School Health Association (ASHA) is to protect and improve the well being of children and youth by supporting comprehensive school health programs. ASHA publishes the *Journal of School Health*, which includes topical packages on diet and nutrition, diseases of childhood and adolescence, and physical fitness. A special issue of the journal is dedicated to dietary and physical activity assessment in school-age children. The association also produces a book for school nurses and families on managing school-age children with chronic health conditions.

Voluntary Organizations

American Diabetes Association

1701 North Beauregard Street

Alexandria, VA 22311

Toll-free: 1-800-DIABETES or 1-800-342-2383

Phone: (703) 549-1500

Fax: (703) 549-6995

Email: customerservice@diabetes.org

www.diabetes.org

The American Diabetes Association (ADA) is a nonprofit organization dedicated to diabetes research, information, and advocacy. It develops and disseminates diabetes standards of care and guidelines. ADA has published a consensus statement on type 2 diabetes in children and adolescents. The ADA's professional journals include articles on treating children and adolescents with diabetes. In addition, the online bookstore offers books for professionals, parents, children, and adolescents. The toll-free number and website provide information to professionals and people with diabetes and their families on diabetes and related issues such as heart disease and stroke, nutrition, self-esteem problems, obesity, weight loss, and physical activity. A parent's guide includes information on what to tell the child, sitter, and school, and on what to expect during the child's developmental stages. Some materials are available in Spanish.

The Association offers referrals to ADA-recognized local diabetes programs and services that include educational classes, youth programs, counseling and support groups, and advocacy programs supporting children with diabetes in the schools. Also available through the toll-free line is the **Wizdom Kit**, given only to children diagnosed with diabetes. The kit includes information needed to achieve good diabetes management. The website includes

roundtable forums where children and parents can contact others around the world who have diabetes. Families also are offered a magazine with information on diabetes research, treatments and practical tips, and a children's newsletter. ADA sponsors summer camps for children with diabetes.

Diabetes Action Research and Education Foundation

426 C Street, NE
Washington, DC 20002
Phone: (202) 333-4520
www.diabetesaction.org

The Diabetes Action Research and Education Foundation (DAREF) is a nonprofit organization that supports education and research to enhance the quality of life for all people affected by diabetes, with an emphasis on nutritional therapies for prevention and treatment. The foundation can provide referrals to organizations that use DAREF grants to sponsor summer camps for children with diabetes.

Juvenile Diabetes Research Foundation International

120 Wall Street, 19th Floor
New York, NY 10005-4001
Toll-free: 1-800-JDF-CURE (1-800-533-2873)
Phone: (212) 785-9500
Fax: (212) 785-9595
E-mail: info@jdrf.org
www.jdrf.org

The mission of the Juvenile Diabetes Research Foundation (JDRF) International is to find a cure for diabetes and its complications through the support of research. More than 110 chapters and affiliates worldwide serve as central resources for information about type 1 diabetes and the local diabetes community. The website lists local chapters, posts information about clinical trials on type 1 diabetes, and provides educational materials. A website for children [<http://jdrf.org/kids>] offers educational tools to help children ages 6 to 17 learn about diabetes and ways to cope with the disease, and connect and share creative ideas with other children who have diabetes. The JDRF publishes books for children and adolescents about diabetes, nutrition, and exercise as well as guides for parents. The website offers a series of fact sheets about living with diabetes, including several about children with diabetes. A quarterly magazine is a source of information on diabetes research findings and current treatment strategies for medical professionals and general readers.

Lions Clubs International

Program Development Department
300 West 22nd Street
Oak Brook, IL 60523-8842
Phone: (630) 571-5466
Fax: (630) 571-1692
www.lionsclubs.org

Lions Clubs International is a service organization that is committed to making a difference in the lives of people throughout the world. It is particularly recognized for its work to help

blind and visually impaired people. There are more than 44,500 Lions Clubs in over 185 countries and geographical areas, and many sponsor youth activities related to diabetes. Some clubs support recreational camps for children with diabetes. Traditionally, these camps have been geared toward children with type 1 diabetes; however, some are now including children with type 2 diabetes.

National Kidney Foundation

30 East 33rd Street, Suite 1100

New York, NY 10016

Toll-free: 1-800-622-9010

Phone: (212) 889-2210

Fax: (212) 689-9261

Email: info@kidney.org

www.kidney.org

The National Kidney Foundation (NKF) is a voluntary health organization that seeks to prevent kidney and urinary tract diseases, improve the health and well-being of individuals and families affected by these diseases, and increase the availability of all organs for transplantation. The foundation's website includes a fact sheet and press release about the findings from studies indicating an increase in diabetes among children and adolescents.

PADRE Foundation

455 South Main Street

Orange, CA 92868

Phone: (714) 532-8330

Fax: (714) 532-8398

Email: padrefdn@earthlink.net

www.padrefoundation.org

The Pediatric Adolescent Diabetes Research and Education (PADRE) Foundation was established to provide educational programs and clinical and scientific research of juvenile diabetes. PADRE also sponsors the Pediatric Education for Diabetes in Schools (P.E.D.S.) program, which is a curriculum for Diabetes care in the schools.

Starbright Foundation

11835 West Olympic Boulevard, Suite 500

Los Angeles, CA 90064

Toll-free: 1-800-315-2580

Phone: (310) 479-1212

Fax: (310) 479-1235

www.starbright.org

The Starbright Foundation is a nonprofit organization dedicated to creating projects that help children and teens to address the psychosocial challenges that accompany chronic illnesses. A diabetes CD-ROM targeted to children and teens ages 5 to 18 is available (in English and Spanish) free of charge to children with diabetes and their parents.

Resources for Diabetes Risk Factors

Obesity

American Obesity Association

1250 24th Street, N.W, Suite 300

Washington, DC 20037

Toll-free: 1-800-98-OBESE (1-800-986-2373)

Phone: (202) 776-7711

Fax: (202) 776-7712

www.obesity.org

The American Obesity Association (AOA) is a nonprofit organization dedicated to promoting education, research, and community action that can improve the quality of life for people with obesity. The association offers public and professional education about obesity and its role in causing illness and unnecessary deaths, provides assistance to professionals in caring for people with obesity, supports efforts to prevent obesity especially in children, conducts advocacy, and supports research. The association publishes newsletters, brochures, and a childhood obesity resource list. A two-page fact sheet on obesity in youth is available at [www.obesity.org/Obesity_Youth.htm]. The association's newsletter includes articles on children and obesity and related risk factors.

American Society of Bariatric Physicians

5453 East Evans Place

Denver, CO 80222-5234

Phone: (303) 770-2526

Fax: (303) 779-4834

www.asbp.org

The American Society of Bariatric Physicians (ASBP) is a nonprofit medical specialty society of physicians and allied health professionals who offer comprehensive programs in the medical treatment of overweight, obesity, and associated conditions, including diabetes. The ASBP offers accredited CME programs yearly, including courses on children and obesity and a symposium on obesity and associated conditions. The ASBP provides members with practice guidelines that include suggestions for initial workup and follow-up of patients and appropriate counseling on nutrition, diet, exercise, and behavior modification. ASBP offers manuals that explain how the various components of medical weight-loss programs work, including suggestions for lifestyle changes and other techniques that can lead to successful weight loss. For example, Manual LM5 helps parents learn how to keep their obese child from becoming an obese adult and includes tips on how to increase a child's physical activity and improve food preparation.

American Society for Bariatric Surgery

7328 West University Avenue, Suite F

Gainesville, FL 32607

Phone: (352) 331-4900

Fax: (352) 331-4975

E-mail: info@asbs.org

www.asbs.org

The American Society for Bariatric Surgery provides information on obesity, gastric surgery, and related topics to the public. It also provides names and contact information of doctors who perform bariatric surgery.

Nutrition

Food Research and Action Center

1875 Connecticut Avenue, NW, Suite 540

Washington, DC 20009

Phone: (202) 986-2200

Fax: (202) 986-2525

Email: webmaster@frac.org

www.frac.org

The Food Research and Action Center (FRAC) is a nonprofit national research and policy center working to improve public policies to eradicate hunger and undernutrition in the United States. The FRAC serves as a clearinghouse on Federal food programs. Although not specifically geared to children with diabetes, FRAC can supply information for low-income families who have children with diabetes about food resources available through Federal food programs. This information can help the family locate local services for the child's special nutritional needs.

HCF Nutrition Foundation, Inc.

P.O. Box 22124

Lexington, KY 40522

Phone: (859) 268-6020

Email: hcfnutrit@aol.com

www.hcf-nutrition.org

The HCF Nutrition Foundation is a nonprofit, public foundation that promotes nutrition as a choice for better health and advocates for a healthful lifestyle that includes regular exercise, abstinence from smoking, and stress management. An HCF Nutrition Plan helps in the prevention and treatment of conditions such as diabetes, high cholesterol, heart disease, high blood pressure, obesity, and cancer by increasing fiber in the diet. The Foundation disseminates information through seminars, public forums, and personal contacts.

International Food Information Council

1100 Connecticut Avenue, NW, Suite 430

Washington DC 20036

Phone: (202) 296-6540

Fax: (202) 296-6547

Email: foodinfo@ific.org

www.ific.org

The International Food Information Council (IFIC) is a nonprofit organization whose purpose is to bridge the gap between science and communications by collecting and disseminating scientific-based information on food safety, nutrition, and health to health and nutrition professionals, educators, government officials, journalists, and consumers. The IFIC website provides articles for professionals on ways to reach minority audiences, physical activity for children and adolescents, insulin resistance, and nutrition for children and teens. Other articles geared to parents concern children and obesity, teen eating patterns, weight management, ways to help overweight children, and a practical guide on nutrition.

Physical Activity

American Association for Active Lifestyles and Fitness

1900 Association Drive

Reston, VA 20191

Toll-free: 1-800-213-7193

Phone: (703) 476-3430

Fax: (703) 476-9527

E-mail: aaalf@aahperd.org

www.aahperd.org/aaalf

The goal of the American Association for Active Lifestyles and Fitness is to promote active lifestyles and fitness for all populations, including children and adolescents, through support of research, development of leadership, and dissemination of current information.

American Alliance for Health, Physical Education, Recreation and Dance

1900 Association Drive

Reston, VA 20191-1599

Toll-free: 1-800-213-7193

Phone: (703) 476-3400

Fax: (703) 476-9527

www.aahperd.org

The American Alliance for Health, Physical Education, Recreation and Dance is the largest organization of professionals supporting and assisting those involved in physical education, leisure, fitness, dance, health promotion and education, and all specialties related to achieving a healthy lifestyle. The Alliance is comprised of six national associations, six district associations and a research consortium all designed to provide members with a comprehensive resources, support, and programs to improve their skills and so further the health and well-being of the American public.

American Council on Exercise

4851 Paramount Drive

San Diego, CA 92123

Toll-free: 1-800-825-3636

Phone: (858) 279-8227

Fax: (858) 279-8064

www.acefitness.org

The American Council on Exercise (ACE) is a nonprofit organization that is committed to promoting active, healthy lifestyles and their positive effects on the mind, body, and spirit. The ACE Native American Diabetes Prevention Program is designed to develop fitness leaders on reservations throughout North America. A kit for tribes that want to participate in the program includes a fact sheet for American Indians on exercise and type 2 diabetes and information on how type 2 diabetes is affecting the health of native tribes in North America. ACE also offers several programs for youth that promote physical fitness and provides access to fitness facilities at nominal cost to children who would otherwise have no such access. The ACE website includes a variety of fact sheets with information specific to diabetes.

American Running Association

4405 East West Highway, Suite 405

Bethesda, MD 20814

Toll-free: 1-800-776-2732

Phone: (301) 913-9517

Fax: (301) 913-9520

Email: run@americanrunning.org

www.americanrunning.org

The American Running Association (ARA) is a nonprofit educational association for runners and health professionals that provides information and support programs for people interested in running as a practical way of achieving physical fitness. The association has information on training, nutrition, sports medicine, and fitness. Educational materials include articles, exercise and sports books, and software. The ARA website has information geared to parents, with information on healthy eating habits, sports for kids, and quality physical education.

Diabetes Exercise and Sports Association

P.O. Box 1935

Litchfield Park, AZ 85340

Toll-free: 1-800-898-4322

Phone: (623) 535-4593

Fax: (623) 535-4741

Email: desa@diabetes-exercise.org

www.diabetes-exercise.org

The Diabetes Exercise and Sports Association (DESA) is a nonprofit service organization dedicated to enhancing the quality of life for people with diabetes through exercise. The organization's education programs include workshops and conferences. Educational materials include a quarterly newsletter that provides role models of athletes who have diabetes, and brochures that give information on how people with diabetes can safely incorporate a physical activity regimen into their diabetes control efforts. A pamphlet is designed to inform physical education teachers, trainers, and coaches about diabetes and physical activity.

National Association for Health and Fitness

The Network of State and Governors' Councils

401 W. Michigan Street

Indianapolis, IN 46202-3233

Phone: (317) 955-0957

Fax: (317) 634-7817

E-mail: info@physicalfitness.org

www.physicalfitness.org

The National Association for Health & Fitness (NAHF) is a nonprofit organization whose mission is to improve the quality of life for individuals in the United States through the promotion of physical fitness, sports, and healthy lifestyles. The association fosters and supports state governors' councils on physical fitness and sports in every state and U.S. territory. Currently, 29 states and one U.S. territory have active councils that promote physical fitness for persons of all ages and abilities. The NAHF website includes a link to the *Surgeon General's Report on Physical Activity and Health*.

National Center on Physical Activity and Disability

1640 West Roosevelt Road

Chicago, IL 60608

Toll-free: 1-800-900-8086

Phone: (312) 355-4537

Fax: (312) 355-4058

E-mail: ncpad@nic.org

www.ncpad.org

The National Center on Physical Activity and Disability (NCPAD) gathers information on current research, local programs, adapted equipment, recreation and leisure facilities, and many other aspects of physical activity for persons with disabilities, including children and adolescents with diabetes. NCPAD organizes and summarizes this information in various ways to make it available to the public through its website, toll-free telephone, TTY, fax, or email.

YMCA of the USA

101 North Wacker Drive

Chicago, IL 60606

Toll-free: 1-800-872-9622

Phone: (312) 977-0031

Fax: (312) 977-9063

www.ymca.net

YMCA of the USA is the national resource office for the nation's YMCAs. Located in Chicago, with satellite offices across the country, the YMCA of the USA exists to serve YMCAs and meet the health and social services needs of men, women, and children. Most local YMCAs offer health and fitness programs, aquatics programs, and sports programs for children and adolescents. Youth health and fitness programs include preschool movement, youth fitness, teen fitness and kids' gyms. The aquatics programs include infant-parent

classes, preschool classes, classes for people with disabilities, and classes for teens. To identify a local YMCA office, call 888-333-YMCA, or visit the website.

Special Population Programs

American Diabetes Association

www.diabetes.org

The American Diabetes Association (ADA) promotes three programs geared towards different ethnic groups including African Americans, American Indians, and Hispanic/Latino Americans. To access information on these programs, simply go to www.diabetes.org, click on “Community and Resources,” then “Outreach and Support,” then the group. Each section contains a community forum for visitors to share their thoughts about diabetes, as well as information on specific problems associated with that population.

- **African Americans: “The African American Program”**—This community-based program was developed to address the challenge of diabetes in the African American community. One community activity started by the ADA is “Diabetes Sunday,” which uses the setting of African American churches to promote a grassroots diabetes awareness program.
- **American Indians: “Awakening the Spirit: Pathways to Prevention & Control”**—This program focuses on the importance of choosing a healthy lifestyle, including physical activity and healthy eating habits, in the present generation and the generations that will follow. This program is aimed at American Indians, Alaska Natives, and Native Hawaiians.
- **Hispanic/Latino Americans: “Diabetes Among Latinos (DAR)”**—This program offers general diabetes information, as well as information specific to the Hispanic/Latino population. The ADA also offers a new cookbook, [Latin Flavor in the Kitchen](#), which is a bilingual recipe sampler that includes Latin recipes that are good for the whole family.

National Diabetes Education Program

www.ndep.nih.gov

The NDEP is supported by several work groups that help direct and develop NDEP components focused on particular audiences, including African Americans, Hispanic/Latino Americans, American Indians, and Asian Americans and Pacific Islanders. The NDEP American Indian work group, for example, has developed a series of “Move It and Reduce Your Risk of Diabetes” posters targeted to American Indian and Alaska Native Youth. To access NDEP’s minority population resources, go to www.ndep.nih.gov, and under “Conduct Awareness Campaigns and Programs,” click on “Control Your Diabetes. For Life. Campaign”. Then, scroll down to “Media Kits,” and from there you can access media kits for minority populations.

African Americans

International Society on Hypertension in Blacks

2045 Manchester Street, NE

Atlanta, GA 30324

Phone: (404) 875-6263

Fax: (404) 875-6334

www.ishib.org

The International Society on Hypertension in Blacks (ISHIB) is a nonprofit medical membership society devoted to improving the health and life expectancy of ethnic populations. ISHIP conducts patient and community education programs that help young people reduce risk factors related to hypertension. *Ethnicity & Disease*, the official peer-reviewed journal of ISHIB, provides information on disease patterns in ethnic populations. Recent articles include “Body Image and Weight Concerns Among Southwestern American Indian Preadolescent Schoolchildren,” “Obesity and Other Risk Factors in Children,” and “Multiple Race Reporting for Children in a National Health Survey.”

Sisters Together: Move More, Eat Better

www.niddk.nih.gov/health/nutrit/sisters/sisters.htm

Part of National Institute of Diabetes and Digestive and Kidney Diseases’s Weight-control Information Network (WIN) program, Sisters Together is a national media-based program that encourages African American women age 18 and older to maintain a healthy weight, become more physically active, and eat healthier foods.

Hispanic/Latino Americans

Interamerican College of Physicians and Surgeons

1101 Eye Street, NW, Suite 820

Washington DC 20005

Toll-free: 1-800-225-7084.

Phone: (202) 467-4756

Fax: (202) 467-4758

Email: icps@icps.org

www.icps.org

The Interamerican College of Physicians and Surgeons (ICPS) is a nonprofit association that promotes cooperation among Hispanic physicians while advancing their professional and educational needs. Its goals are to improve the health of the Hispanic community, reduce the incidence of preventable diseases, improve educational and leadership opportunities for Hispanic physicians, and encourage Hispanic youths to pursue careers in the health care field. The September and November 2000 issues of the association’s professional journal, *MEDICO Interamericano*, were dedicated entirely to diabetes and can be found on the website.

National Alliance for Hispanic Health

1501 16th Street, NW
Washington, DC 20036
Phone: (202) 387-5000
Fax: (202) 797-4353
Email: alliance@hispanichealth.org
www.hispanichealth.org

The National Alliance for Hispanic Health (formerly the National Coalition of Hispanic Health and Human Services Organizations—COSSMHO) provides online and print health information to the Hispanic community. The Alliance also conducts educational programs and research on Hispanic community needs. Online resources include a news page and a link to the HealthFinderKids website [www.healthfinder.gov/kids], which includes a fact sheet on Hispanics and diabetes.

National Council of La Raza

Center for Health Promotion
Chronic Disease Program
1111 19th Street, NW, Suite 1000
Washington, DC 20036
Phone: (202) 785-1670
NCLR Distribution Center: (301) 604-7983
Fax: (202) 776-1792
Email: info@nclr.org
www.nclr.org ([general council page](#))

The National Council of La Raza (NCLR) is a private, nonprofit organization whose mission is to improve life opportunities for Hispanic Americans. Its Center for Health Promotion targets chronic diseases such as diabetes through education and awareness programs and advocacy and by acting as a clearinghouse to provide culturally relevant bilingual material on diabetes-related health topics, including nutrition and physical activity. The council publishes a storybook in Spanish called “*Día a Día con la Tía Betes*” that helps explain to children how they can live day to day with diabetes. Also available on the website is updated information on new publications or programs. The website also provides a link to the website for the National Latino Diabetes Initiative, which can be read in English or Spanish.

National Hispanic Medical Association

1411 K Street, NW, Suite 200
Washington, DC 20005
Phone: (202) 628-5895
Fax: (202) 628-5898
home.earthlink.net/~nhma

The National Hispanic Medical Association (NHMA), organized in 1994, addresses the interests and concerns of 26,000 licensed physicians and 1,800 full-time Hispanic medical faculty dedicated to teaching medical and health services research. NHMA provides policymakers and health care providers with expert information and support in strengthening health service delivery to Hispanic communities across the nation.

Puerto Rican Association of Diabetes Educators

1452 Ashford Avenue, Suite 310

San Juan, Puerto Rico 00907

Phone: (787) 723-4728

Fax: (787) 724-8538

Email: aperezcomas@pol.net

The Puerto Rican Association of Diabetes Educators is part of the International Diabetes Federation. The association supports the following organizations that have educational programs for children with diabetes:

Diabetes Pediatric Center

260 Convento Street

Second floor

San Juan, PR 00912

Phone: (787) 633-6373 or (787) 727-1000, ext. 4187

The Diabetes Pediatric Center (Centro Pediatrico de Diabetes) is sponsored by the Pavia Health Diabetes Foundation for Children. The center offers free seminars and courses to children with diabetes and their relatives.

Asociacion Puertorriqueña de Diabetes

Edificio La Euskalduna

56 Calle Navarro

Hato Rey, PR 00918

Toll-free: 1-800-281-0617

Phone: (787) 282-0617

Fax: (787) 281-7175

Email: diabetes@coqui.net

The Puerto Rican Diabetes Association (Asociacion Puertorriqueña de Diabetes) offers seminars and diabetes camps for children.

Asian Americans and Pacific Islanders

Association of Asian Pacific Community Health Organizations (AAPCHO)

439 23rd Street

Oakland, CA 94612

Phone: (510) 272-9536

Fax: (510) 272-0817

Email: info@aapcho.org

www.aapcho.org

The Association of Asian Pacific Community Health Organizations (AAPCHO) is dedicated to improving the health status and access to health care of Asian Americans, Native Hawaiians, and Pacific Islanders within the United States and its territories. AAPCHO's Building Awareness Locally and Nationally Through Community Empowerment (BALANCE) Program for Diabetes seeks to increase the awareness of diabetes in Asian and

Pacific Islander (AAPI) communities, improve the treatment and outcomes for AAPIs living with diabetes, promote early diagnosis, and, ultimately, prevent the onset of diabetes.

American Indians

American Council on Exercise

www.acefitness.org

The American Council on Exercise (ACE) Native American Diabetes Prevention Program is designed to develop fitness leaders on reservations throughout North America. The ACE website provides information on the importance of physical activity to health. See listing under Physical Activity for more details.

Association of American Indian Physicians

1225 Sovereign Row, Suite 103

Oklahoma City, OK 73108

Toll Free: 1-877-943-4299

Phone: (405) 946-7072

Fax: (405) 946-7651

E-mail: aaip@aaip.com

www.aaip.com

The mission of the Association of American Indian Physicians (AAIP) is to pursue excellence in American Indian health care by promoting education in the medical disciplines, honoring traditional healing practices, and restoring the balance of mind, body, and spirit. The AAIP website contains information about diabetes, AAIP conferences, activities, programs, fact sheets, and links to related sites. The website contains a section for student activities.

Indian Health Service (see main listing under the Department of Health and Human Services)

www.ihs.gov/MedicalPrograms/Diabetes

National Indian Health Board

1385 South Colorado Boulevard, Suite A-707

Denver, CO 80222

Phone: (303) 759-3075

Fax: (303) 759-3674

E-mail: jgrimm@nihb.org

www.nihb.org

The National Indian Health Board (NIHB) supplies important administrative information to health care providers of American Indian children and adolescents with diabetes. The NIHB is governed by a board of directors comprised of representatives from each of the 12 Indian Health Service areas. This nonprofit organization conducts research, policy analysis, program assessment and development, national and regional meeting planning, project management, and training and technical assistance programs.

Running Strong for American Indian Youth

8815 Telegraph Road

Lorton, VA 22079

Phone: (703) 550-2123

Fax: (703) 550-2473

Email: info@indianyouth.org

www.indianyouth.org

The mission of Running Strong for American Indian Youth is to help American Indian people meet their immediate survival needs while implementing and supporting programs designed to create opportunities for self-sufficiency and self-esteem, particularly for tribal youth. The organization provides funding for programs on American Indian reservations that address the problem of diabetes in youth. Programs range from education and prevention to treatment of diabetes, including dialysis clinics. The organization can provide information about programs that it is funding at specific American Indian reservations.

Programs for Youth

Wizdom Youth Zone

American Diabetes Association

www.diabetes.org/wizdom

The American Diabetes Association's Wizdom Youth Zone offers information to help children stay in control of their diabetes. Sections on "diabetes basics," a roundtable discussion, and a special section for parents are included.

The K.I.D.S. Program

American Diabetes Association

www.diabetes.org/main/community/outreach/education/or/kids.jsp

The K.I.D.S. Program, Knowledge and Information About Diabetes in Schools, was developed by the American Diabetes Association to support children with diabetes at school and in the classroom. Services include resources, education, and referrals.

KidsCorner

Naomi Berrie Diabetes Center

<http://nbdiabetes.org>

The Naomi Berrie Diabetes Center (NBDC) children's programs include a pediatric insulin pump support group and a teen/children's diabetes class. Also, there's the Kid's Corner at the NBDC website.

Girl Power! Campaign Headquarters

11426 Rockville Pike

Rockville, MD 20852

Phone: 1-800-729-6686

En Español: 1-877-767-8432

TDD: 1-800-487-4889

www.health.org/gpower

Girl Power! is a national public education campaign sponsored by the U.S. Department of Health and Human Services to help encourage and motivate 9- to 14-year-old girls by reinforcing positive attitudes about health. Girl Power! includes “BodyWise,” a section that helps girls learn to take care of their bodies, providing information on nutrition and physical fitness[www.girlpower.gov/girlarea/bodywise/index.htm]. Colorful fact sheets, tips, quizzes, games, and resource lists are included.