

Resources for 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 primarily serve health care professionals. This is not a complete list of every program that is available – there may be others that provide related services and programs.

Main Headings:

I. U.S. Government Programs

- Department of Health and Human Services (HHS)
 - National Institutes of Health
 - Centers for Disease Control and Prevention
 - Other HHS Agencies
- Other Federal Agencies
 - U.S. Department of Agriculture
 - U.S. Department of Education

II. Non-Governmental Organizations

- University Based Diabetes Centers
- Professional Organizations
- Other Organizations and Foundations

III. Resources for Diabetes Risk Factors

- Nutrition
- Physical Activity

IV. Special Population Programs

- African Americans
- Hispanic/Latino Americans
- Asian Americans and Pacific Islanders
- American Indians

I. UNITED STATES GOVERNMENT PROGRAMS

Department of Health and Human Services (HHS)

National Institutes of Health

- **National Institute of Diabetes and Digestive and Kidney Diseases**

Building 31, Room 9A06
31 Center Drive, MSC 2560 Bethesda, MD 20892-2560
Phone: (301) 496-3583
Email: inquiries@niddk.nih.gov
Website: <http://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) and the Weight-control Information Network (WIN). The NIDDK houses the National Diabetes Information Clearinghouse, the distributor for NIDDK health education materials.

- ***National Diabetes Education Program***

1 Diabetes Way
Bethesda, MD 20814-9692
Phone: 1-800-860-8747
Email: ndep@mail.nih.gov
Website: 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, Alaska Natives, Asian Americans, and Pacific Islanders. The Diabetes in Children and Adolescents Work Group has developed materials about diabetes control and prevention among youth, ranging from tip sheets for kids and teens in English and Spanish to materials for health care providers. More information can be found at <http://ndep.nih.gov/diabetes/youth/youth.htm>.

- ***Weight-control Information Network***

1 WIN Way
Bethesda, MD 20892

Phone: 1-877-946-4627
Fax: (202) 828-1028
Email: win@info.niddk.nih.gov
Website: <http://win.niddk.nih.gov/>

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 offers educational materials, including fact sheets and brochures about the benefits of healthy eating and regular physical activity to parents, kids and, teens in English and Spanish. WIN also produces a quarterly newsletter, *WIN Notes*, 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.

○ ***National Diabetes Information Clearinghouse***

1 Information Way
Bethesda, MD 20892-3560
Toll-free: 1-800-860-8747
Fax: 703-738-4929
Email: ndic@info.niddk.nih.gov
Website: <http://diabetes.niddk.nih.gov/about/index.htm>

The National Diabetes Information Clearinghouse (NDIC) works closely with NIDDK's Diabetes Research Centers; the National Diabetes Education Program (NDEP); professional, patient, and voluntary associations; Government agencies; and State health departments to identify and respond to informational needs about diabetes and its management. NDIC provides publications, referrals to healthcare providers, responds to inquiries, and presents at national meetings.

○ ***Diabetes Research Centers***

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

The NIDDK-supported Diabetes Research Centers (DRCs) provide increased, cost effective collaboration among multidisciplinary groups of investigators at institutions with an established, comprehensive research base in diabetes. DRCs are intended to improve the quality and multidisciplinary nature of research on diabetes by providing shared access to specialized technical resources and expertise. DRCs are also intended to facilitate progress in research with the goal of developing new methods to treat, prevent and ultimately cure diabetes mellitus and its complications.

There are several DRCs across the country:

- Albert Einstein College of Medicine, Bronx, NY
- Baylor College of Medicine, Houston, TX
- Boston Area, Boston, MA
- Columbia University, New York, NY
- Johns Hopkins University/ University of Maryland, Baltimore, MD
- Joslin Diabetes Center, Boston, MA
- UCSD/ UCLA, San Diego, CA
- University of Alabama at Birmingham, Birmingham, AL

- University of Chicago, Chicago, IL
- University of Michigan, Ann Arbor, MI
- University of Pennsylvania, Philadelphia, PA
- University of Washington, Seattle, WA
- Vanderbilt University, Nashville, TN
- Washington University, St. Louis, MO
- Yale University, New Haven, CT

- ***Centers for Diabetes Translation Research***

Website: <http://www.diabetes-translation.org/centers.html>

The Centers for Diabetes Translation Research (CDTR) serve as a key component of the NIDDK-supported research program to translate efficacious research findings into practice and the community to improve the health of Americans with, or at risk for, diabetes. CDTRs will enhance scientific progress and improve the uptake of research by providing support and expertise for rigorous translation research aimed at prevention and improved treatment of diabetes (type 1, type 2 and gestational) and related conditions. To meet these goals, CDTRs will provide core services and consultation locally, regionally, and nationally in areas relevant to the NIDDK translation research agenda. Some, but not all, CDTRs specifically address issues concerning children with diabetes.

There are several CDTRs across the country:

- Center for American Indian and Alaska Native Diabetes Translational Research
- Center for Diabetes Translation Research, Washington University
- Chicago Center for Diabetes Translation Research, University of Chicago
- HMORN, UCSF Center for Diabetes Translation Research, KPNC Research
- Michigan Center for Diabetes Translation Research, University of Michigan
- UNC Center for Diabetes Translation Research to Reduce Health Disparities
- Vanderbilt Center for Diabetes Translation Research, Vanderbilt University

- **National Eye Institute**

National Eye Health Education Program

National Institutes of Health

31 Center Drive MSC 2510

Bethesda, MD 20892-2510

Phone: (301) 496-5248

Email: 2020@nei.nih.gov

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

The National Eye Institute (NEI) was established by Congress in 1968 to protect and prolong the vision of the American people. NEI research leads to sight-saving treatments, reduces visual impairment and blindness, and improves the quality of life for people of all ages. NEI-supported research has advanced our knowledge of how the visual system functions in health and disease.

- **National Heart, Lung, and Blood Institute Information Center**

P.O. Box 30105

Bethesda, MD 20824-0105

Phone: 301-592-8573

Fax: (301) 592–8563

Email: NHLBIinfo@nhlbi.nih.gov

Website: <http://www.nhlbi.nih.gov/health/infectr>

Publications, articles, and patient education materials from the National Heart, Lung, and Blood Institute (NHLBI) Information Center focus primarily on diseases of the heart, lungs, and blood, obesity, and the importance of physical activity.

NHLBI's [We Can!--Ways to Enhance Children's Activity and Nutrition](#) is a national program designed for families and communities to help children maintain a healthy weight by focusing on improving food choices, increasing physical activity, and reducing screen time. The website also provides information for young adults on controlling blood pressure through the *Prevent and Control High Blood Pressure: Mission Possible campaign*.

- ***Eunice Kennedy Shriver* National Institute of Child Health and Human Development**

NICHD Information Resource Center

P.O. Box 3006, Rockville, MD 20847

Toll-free: 1-800-370-2943

Fax: 1-866-760-5947

Email: NICHDInformationResourceCenter@mail.nih.gov

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

The *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD) conducts and supports laboratory, clinical, and epidemiologic research on the reproductive, neurobiological developmental, and behavioral processes that determine and maintain the health of children, adults, families, and populations. The NICHD Information Resource Center provides information on health issues within the NICHD research domain to the public and access to trained information specialists, health information, related resources, and publication ordering.

- **National Library of Medicine**

National Institutes of Health

8600 Rockville Pike

Bethesda, MD 20894

Phone: 1-888-346-3656

Fax: 301-402-1384

PubMed Search Engine: <http://www.ncbi.nlm.nih.gov/pubmed>

NLM Homepage: <http://www.nlm.nih.gov>

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 Institute of Dental and Craniofacial Research Special Care Resources**

1 NOHIC Way Bethesda, MD 20892-3500

Phone: 301-402-7364

TTY: 301-656-7581

Fax: 301-480-4098

Email: nidcrinfo@mail.nih.gov

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

The National Institute of Dental and Craniofacial Research Special Care Resources (NIDCR) website 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. The website brings together information from many sources, including voluntary health organizations, educational institutions, Government agencies, and industry and provides a variety of services to help patients and professionals obtain information. Patient education materials (diabetes dental tips), literature searches, and an annual newsletter are accessible from this webpage. Featured children's resources include Open Wide and Trek Inside for kids aged 1-2 years and other youth related information.

Centers for Disease Control and Prevention

- Centers for Disease Control Main Office
1600 Clifton Road
Atlanta, GA 30333
Phone: (800) 311-3435
Fax: (404) 639-3311
Website: www.cdc.gov

1-800- CDC-INFO (232-4636) or send an email to cdcinfo@cdc.gov.
 - Division of Adolescent and School Health
 - Division of Diabetes Translation Division of Nutrition, Physical Activity, and Obesity

For all CDC Divisions listed below, please call:

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, one of CDC's 11 centers, is comprised of eight divisions, three of which are concerned with diabetes and children:

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**
National Center for Chronic Disease Prevention and Health Promotion, CDC
4770 Buford Highway NE, Mailstop K-10
Atlanta, GA 30341-3717
Phone: 770-488-5000
Fax: 770-488-8211
Website: <http://www.cdc.gov/diabetes>

CDC's Division of Diabetes Translation (DDT) sponsors projects, coordinates conferences, develops resources, and publishes research articles related to diabetes. *The Eagle's Nest* section of the DDT website provides information specifically for children with diabetes and complements the Eagle Books series that give tips for kids on healthy eating, physical activity, and diabetes prevention and control. There is an associated Teacher's Guide for using this book series in the classroom or community.

- **Division of Adolescent and School Health**

Website: <http://www.cdc.gov/HealthyYouth/about/index.htm>

CDC's Division of Adolescent and School Health (DASH)'s website includes sections dedicated to childhood overweight, physical activity in schools, and school nutrition. The website provides school health program guidelines, school health strategies, planning guides, program evaluation information and related resources and tools. The Youth Risk Behavior Surveillance System (YRBSS) survey and results are available through the DASH website and provide useful epidemiological information on health threats to children and adolescents in the U.S.

- **Division of Nutrition, Physical Activity, and Obesity**

Website: <http://www.cdc.gov/nccdphp/dnpa>

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

- *[BAM! Body and Mind](#)* is an online destination for kids 9-13 years old that provides the information they need to make healthy lifestyle choices. The site uses kid-friendly lingo, games, quizzes, and other interactive features to address health topics.
- *[Kids Walk-to-School](#)* is a community-based program that aims to increase opportunities for daily physical activity by encouraging children to walk to and from school in groups accompanied by adults.
- CDC's State-Based Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases may also provide specific information for children and adolescents. Visit http://www.cdc.gov/nccdphp/dnpa/obesity/state_programs/index.htm to find out more about the activities conducted by each specific state program.

Other U.S. Health and Human Services Agencies

- **Indian Health Service**

Division of Diabetes Treatment and Prevention
5300 Homestead Road, NE
Albuquerque, NM 87110
Email: diabetesprogram@ihs.gov
Phone: 505-248-4182
Fax: 505-248-4188
Website: <http://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 Division of Diabetes Treatment and Prevention is to develop, document, and sustain a public health effort to prevent and control diabetes in these communities. The Division creates fact sheets, reports, and recommendations for diabetes prevention and control in children and adolescents, all available through the website.

- **Agency for Healthcare Research and Quality**

540 Gaither Road
Suite 2000
Rockville, MD 20850
Phone: 301-427-1364
Website: <http://www.ahrq.gov/browse/diabetes.htm>

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. The diabetes section of the website provides standards of care information for health care professionals, information on translating science into practice, and relevant research findings, along with other resources.

- **Health Resources and Services Administration**

Maternal and Child Health Bureau
Parklawn Building Room 18-05
5600 Fishers Lane
Rockville, Maryland 20857
Phone: 301-443-2170
Fax: 301-443-1797
Website: <http://mchb.hrsa.gov/>

HRSA's Maternal and Child Health Bureau houses a number of programs designed to promote and improve the health of mothers, infants, children, and adolescents, including low-income families, those with diverse racial and ethnic heritages, and those living in rural or isolated areas without access to care. The *Bright Futures for Infants, Children, and Adolescents* program, a collaborative effort with the American Academy of Pediatrics, is a health promotion program focused on new health challenges facing today's infants and children, including diabetes. *Bright Futures* materials include pocket guides, anticipatory guidance cards, an activity book for children and families, videos, and interdisciplinary model curricula.

- **Office on Women’s Health**

200 Independence Avenue, S.W.
Washington, DC 20201
Phone: 1-800-994-9662 TDD: -888-220-5446
Website: <http://www.womenshealth.gov/>

The Office on Women's Health (OWH), part of the [U.S. Department of Health and Human Services](#) (HHS), works to improve the health and sense of well-being of all U.S. women and girls. OWH serves as the focal point for women's health activities across HHS offices and agencies and leads HHS efforts to ensure that all women and girls achieve the best possible health. [Body Works](#) is a program designed to help parents and caregivers of adolescents improve family eating and activity habits. Available in English and Spanish, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

- **President’s Council on Physical Fitness and Sports**

Department of Health and Human Services
1101 Wootton Parkway, Suite 560
Rockville, MD 20852
Phone: 240-276-9567
Fax: 240-276-9860
Email: fitness@hhs.gov
Website: <http://www.fitness.gov>

The President’s Council is an advisory committee of volunteer citizens who advise the President through the Secretary of Health and Human Services about physical activity, fitness, and sports in America. Through its programs and partnerships with the public, private and non-profit sectors, the Council serves as a catalyst to promote health, physical activity, fitness, and enjoyment for people of all ages, backgrounds and abilities through participation in physical activity and sports. The Council website hosts the *President’s Challenge* fitness program that allows participants to log hours of exercise, earn points, and work towards fitness goals. There are separate *Challenge* sites for kids and teens.

Other Federal Agencies

U.S. Department of Agriculture

- **Center for Nutrition Policy and Promotion**

U.S. Department of Agriculture
3101 Park Center Drive
10th Floor Alexandria, VA 22302-1594
Phone: (703) 305-7600
Fax: (703) 305-3300
Email: infocnpp@cnpp.usda.gov
Website: <http://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 seventh edition of *Dietary Guidelines for Americans*, and MyPlate , 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 108
Beltsville, MD 20705-2351
Phone: (301) 504-5414
Fax: (301) 504-6409
Email: fnic@ars.usda.gov
Website: <http://fnic.nal.usda.gov>

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.

- **Let's Move!**

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

Let's Move! is a comprehensive initiative, launched by First Lady Michelle Obama, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Let's Move! gives kids, parents, schools, and health care professionals helpful information

and fosters environments that support healthy choices like providing healthier foods in schools, ensuring that families have access to healthy, affordable food, and helping kids become more physically active.

- **Food and Nutrition Service**
U.S. Department of Agriculture
3101 Park Center Drive, Room 926
Alexandria, VA 22302-1594
Phone: (703) 305-2026
Fax: (703) 305-1117
Website: <http://www.fns.usda.gov/>

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.

- Eat Smart. Play Hard.™ Healthy Lifestyle!
Website: <http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/>
Provides information, resources, games, activities, and tools for healthy eating and physical activity for parents and caregivers of children.
- Nutrition.gov
Website: <http://www.nutrition.gov/>
Provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.
- Choosemyplate.gov
Websites: <http://www.choosemyplate.gov/> or <http://www.choosemyplate.gov/kids/>
The USDA's food guidance system is comprised of the new MyPlate symbol and other materials to help Americans make healthy food choices and to be active every day. MyPlate Kids' Place offers games, activities, videos, and songs to encourage healthy eating.
- Economic Research Service:
Website: <http://www.ers.usda.gov/Briefing/ChildNutrition/>
Child Nutrition Programs includes research on school nutrition programs and their effects on child health.

U.S. Department of Education

- **Educational Resources Information Center**
655 15th St. NW, Suite 500 Washington, DC 20005
Phone: 800-LET-ERIC (800-538-3742)

Email: info@ericsp.org

Website: <http://www.eric.ed.gov>

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. It's 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.

- **U.S. Department of Education**

400 Maryland Avenue, SW

Washington, DC 20202

Toll Free: 1-800-872-5327

TTY: 1-800-437-0833

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

The U.S. Department of Education's (ED) mission is to promote student achievement and preparation for global competitiveness by fostering educational excellence and ensuring equal access. ED's 4,200 employees and \$68.6 billion budget are dedicated to: Establishing policies on federal financial aid for education, and distributing as well as monitoring those funds; Collecting data on America's schools and disseminating research; Focusing national attention on key educational issues; and Prohibiting discrimination and ensuring equal access to education. The ED website has information for students, parents, teachers, and school administrators on a range of topics.

- **Office for Civil Rights (OCR)**

Phone: 1-800-421-3481

FAX: **202-453-6012**

Email: OCR@ed.gov

Website: <http://www.ed.gov/ocr>

- **Office of Special Education Programs (OSEP)**

Phone: 202-245-7468

Website: <http://www.ed.gov/about/offices/list/osers/osep/index.html?src=mr>

II. NON-GOVERNMENTAL ORGANIZATIONS

University Based Diabetes Centers

- **Joslin Diabetes Center**

One Joslin Place
Boston, MA 02215
Toll-free: 1-800-567-5461
Phone: (617) 309-2400
Email: diabetes@joslin.harvard.edu
Website: <http://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) 851-5494
Fax: (212) 851-5459
E-mail: diabetes@columbia.edu
Website: <http://www.nbdiabetes.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.

- **USDA/ARS Children's Nutrition Center**

Baylor College of Medicine
1100 Bates Street
Houston, TX 77030
Phone: (713-798-6767)
Fax: (713) 798-7098
Email: cnrc@bcm.tmc.edu
Website: <http://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**

373 Plantation Street, Suite 218
Worcester, MA 01605
Phone: (508) 856-3800
Email: dom@umassmed.edu
Website: <http://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

- **American Academy of Family Physicians**

11400 Tomahawk Creek Parkway
Leawood, KS 66211
Phone: 800-274-2237
Fax: 913-906-6075
Email: contactcenter@aafp.org
Website: <http://www.aafp.org>

The American Academy of Family Physicians (AAFP) 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. In addition, clinical guidelines are available on the AAFP website. The AAFP sponsors a separate website, *familydoctor.org* with health information for patients, including an entire section dedicated to diabetes.

- **American Association of Diabetes Educators**

200 W. Madison Street, Suite 800
Chicago, IL 60606
Phone: (800) 338-3633
Email: aade@aadenet.org
Website: <http://www.diabeteseducator.org>

The American Association of Diabetes Educators (AADE) is a multidisciplinary organization representing health professionals who provide diabetes education and care. The AADE website allows users to find local diabetes educators, along with resources for health care professionals from a variety of backgrounds. Visitors can stay up-to-date on diabetes-related policy through the legislative advocacy section of the website. AADE resources can help professionals manage diabetes in patients of all ages.

- **American Academy of Pediatrics**

141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098
Phone: (847) 434-4000
Fax: (847) 434-8000
Website: <http://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. The AAP website has specific sections dedicated to diabetes and obesity and overweight in children and adolescents and provides clinical guidelines and research for practitioners.

- **American Academy of Nurse Practitioners**

P.O. Box 12846
Austin, TX 78711
Phone: 512-442-4262
Fax: (512) 442-6469
Email: admin@aanp.org
Website: <http://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.

- **Academy of Nutrition and Dietetics**

120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
Toll-free: 1-800-877-1600
Email: info@eatright.org
Website: <http://www.eatright.org>

The Academy of Nutrition and Dietetics (AND) 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. The AND website provides extensive nutrition information written for health care professionals and patients, including tip sheets with meal and snack suggestions for kids. AND provides a list of recommended reading on the topic of diabetes. Additionally, AND sponsors National Nutrition Month in March and provides downloadable materials for interested participants. For dietitians, the organization gives access to research and practice information and publishes a peer-reviewed journal.

- **American Pharmaceutical Association**

2215 Constitution Avenue NW
Washington, DC 20037
Phone: 202.628.4410
Fax: 202.783.2351
Email: infocenter@aphanet.org
Website: www.pharmacist.com

The American Pharmaceutical Association (APhA) provides professional information and education for members of the pharmacy field, including students and professionals. The association offers professional education programs on diabetes control, weight management, and obesity and overweight. The APhA has created a number of useful fact sheets on diabetes for pharmacy professionals, available by searching for —diabetes on the website.

- **American Podiatric Medical Association**

9312 Old Georgetown Road
Bethesda, MD 20814
Phone: 301-581-9200
Website: 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. APMA provides a downloadable document with tips to keep feet healthy for people with diabetes.

- **American School Health Association**

4340 East West Highway
Suite 403
Bethesda, MD 20814 Phone: (301) 652-8072
Fax: (301) 652-8077
Email: asha@ashaweb.org
Website: <http://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. ASHA also developed a *Health in Action* kit on diabetes that includes lesson plans for the classroom, handouts, information for policymakers, and resources for students with diabetes. This kit is available for purchase on the ASHA website.

- **National Association of School Nurses**

1100 Wayne Avenue, Suite 925
Silver Spring, Maryland 20910 Toll-
Free: 1-866-627-6767
Fax: 1-301-585-1791
Email: nasn@nasn.org
Website: <http://www.nasn.org>

The National Association of School Nurses (NASN) is a nonprofit specialty nursing organization incorporated in 1979 that represents school nurses exclusively. Information about Helping Administer to the Needs of the Student with Diabetes in School (H.A.N.D.S.SM), a live continuing education program created by NASN, is available on the website. The NASN publishes the monthly *NASN Newsletter* as well as the *Journal of School Nursing*.

- **Pediatric Endocrinology Nursing Society**

18000 W. 105th St.
Olathe, KS 66061
Phone: (913) 895-4628
Fax: (913) 895-4652
Email: pens@goAMP.com
Website: <http://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

- **American Diabetes Association**

1701 North Beauregard Street
Alexandria, VA 22311
Phone: 1-800-DIABETES (342-2383)
Website: <http://www.diabetes.org>

The American Diabetes Association (ADA's) mission is to prevent and cure diabetes and improve the lives of people with diabetes. Founded in 1940, the association conducts programs in all 50 states and the District of Columbia, reaching hundreds of communities across the country. The ADA is a nonprofit organization that provides diabetes research, information and advocacy. The association offers a variety of programs focused on young people with diabetes including:

- [School Staff Trainings](#) is intended for health care professionals to use to train school nurses and other school personnel on diabetes care tasks.
- “[Planet D](#)” which is a place where kids with diabetes can learn more about diabetes and connect with others who are also living with diabetes.
- [Everyday Wisdom Kit](#) for families of a child newly diagnosed with type 1 diabetes which includes two booklets - one for the child and one for the parent outlining everything you need to know about juggling food, insulin, and exercise.

Other Organizations and Foundations

- **Children with Diabetes**

8216 Princeton-Glendale Road, PMB 200

West Chester, OH 45069-1675

Online Feedback Form at: <http://www.childrenwithdiabetes.com/dteam/myquestion.htm>

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

The mission of Children with Diabetes is to promote understanding of the care and treatment of diabetes, especially in children; to increase awareness of the need for unrestricted diabetes care for children at school and daycare; to support families living with diabetes; and to promote understanding of research into a cure.

- **Diabetes Education and Camping Association**

Website: www.diabetescamps.org

Diabetes Education and Camping Association (DECA) promotes communication, provides education, shares resources and serves as a worldwide voice to advance diabetes camping programs that meet the needs of individuals and families. The Diabetes Camp Directory provides a list of diabetes camps arranged by country (and by state for U.S. camps) and includes several listings for youth with type 2 diabetes. Contact information is provided where available.

- **Disability Rights Education and Defense Fund**

3075 Adeline Street

Suite 210

Berkeley, CA 94703

Phone: 510-644-2555

Fax: 510-841-8645

Email: info@dredf.org

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

Disability Rights Education and Defense Fund (DREDF) is a national law and policy center dedicated to protecting and advancing the civil rights of people with disabilities through legislation, litigation, advocacy, technical assistance, and education and training of attorneys, advocates, persons with disabilities, and parents and children with disabilities. The website provides information on laws and policies relevant to children with disabilities in schools.

- **International Diabetes Foundation**

166 Chaussee de La Hulpe

B-1170 Brussels, Belgium

Phone: +32-2-538 55 11

Fax: +32-2-538 51 14

Email: communications@idf.org

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

The International Diabetes Federation (IDF) is an umbrella organization of over 200 national diabetes associations in over 160 countries. It represents the interests of the growing number of people with diabetes and those at risk. The Federation has been leading the global diabetes community since 1950. IDF's mission is to promote diabetes care, prevention and a cure worldwide.

- **JDRF**
26 Broadway
New York, NY 10004
Phone: 1-800-533-CURE (533-2873)
Fax: (212) 785-9595
Email: info@jdrf.org
Website: <http://www.jdrf.org>

JDRF is the leading charitable funder and advocate of type 1 diabetes research worldwide. The mission of JDRF is to find a cure for diabetes and its complications through the support of research. The JDRF website has information on recent research findings, along with extensive information on type 1 diabetes for families, doctors, researchers, and healthcare providers.

- **Lions Clubs International**
Program Development Department
300 West 22nd Street
Oak Brook, IL 60523-8842
Phone: (630) 571-5466
Fax: (630) 571-1692
Website: <http://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 more than 205 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: <mailto:info@kidney.org>
Website: <http://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**
1120 W. La Veta Ave Suite 760
Orange, CA 92868
Phone: (714) 509-8330
Fax: (714) 509-8398
Website: <http://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.

- **Starlight Children’s Foundation**
2049 Century Park East Suite 4320
Los Angeles, CA 90067
Phone: (310) 479–1212
Fax: (310) 479–1235
Email: <mailto:info@starlight.org>
Website: <http://www.starlight.org>

The Starlight Children’s 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.

III. RESOURCES FOR DIABETES RISK FACTORS

Nutrition

- **Food Research and Action Center**
1875 Connecticut Avenue, NW, Suite 540
Washington, DC 20009
Phone: (202) 986–2200
Fax: (202) 986–2525
Website: <http://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 malnutrition 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.

- **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
Website: <http://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' concerns about children and obesity, teen eating patterns, weight management, ways to help overweight children, and a practical guide on nutrition.

Physical Activity

- **Action for Healthy Kids**

600 West Van Buren Street, Suite #720
Chicago, IL 60607
Phone: 1-800-416-5136
Email: info@actionforhealthykids.org
Website: <http://www.actionforhealthykids.org>

This nonprofit organization was formed specifically to address the epidemic of overweight, undernourished and sedentary youth by focusing on changes at school. Action for Healthy Kids works in all 50 states and the District of Columbia to improve children's nutrition and increase physical activity, which will in turn improve their readiness to learn.

- **American Association for Physical Activity and Recreation**

1900 Association Drive
Reston, VA 20191
Toll-free: 1-800-213-7193
Phone: (703) 476-3430
Fax: (703) 476-9527
Website: <http://www.aahperd.org/aapar>

The American Association for Physical Activity and Recreation (AAPAR) seeks to increase public awareness, understanding, and support for lifelong physical activity and recreation programs and to serve the profession by disseminating guidelines, standards of practice and offering continuing education in different specialized areas of practice.

- **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) 746-9527
Website: <http://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 five 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 (ACE)**

4851 Paramount Drive

San Diego, CA 92123

Phone: 1-888-825-3636

Fax: 858-279-8064

Email: support@acefitness.org

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

The ACE is a nonprofit organization committed to enriching quality of life through safe and effective exercise and physical activity. As America's Authority on Fitness, ACE protects all segments of society against ineffective fitness products, programs and trends through its ongoing public education, outreach and research. The ACE website provides information on health and fitness, including a curriculum for schools to increase physical activity among students.

- **Insulin Independence**

249 S. Hwy 101, 8000

Solana Beach, CA 92075

Phone: (888) 912-3837

Email: info@insulindependence.org

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

Insulin Independence seeks to reduce the burden of diabetes in the United States through physical activity and peer support. Diabetes programs focused on physical activity and recreation cover each of the key functions of Peer Support, including assistance in daily management, social and emotional support, linkage to clinical care, and ongoing availability of support

- **National Association for Health and Fitness**

National Association for Health and Fitness

10 Kings Mill Court

Albany, New York 12205-3632 Phone: (518) 456-1058

Email: aerobic2@aol.com

Website: <http://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.

- **Parks and Recreation Youth Programs** where you live. Type the name of your town or city followed by parks and recreation youth programs into an online search engine.

- **The National Center on Physical Activity and Disability**

1640 West Roosevelt Road

Chicago, IL 60608

Phone: 1-800-900-8086

Fax: 312-355-4058

Email: email@nchpad.org

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

The National Center on Physical Activity and Disability (NCPAD) provides information about current research, local programs, adapted equipment, recreation and leisure facilities, and many other aspects of physical activity for persons with disabilities. The website includes information on exercises that are safe for people with diabetes.

- **Walkability America Checklist**

Website: www.walkableamerica.org/checklist-walkability.pdf

Find friendly places to walk in your community.

- **YMCA of the USA**

101 North Wacker Drive

Chicago, IL 60606

Toll-free: 1-800-872-9622

Email: fulfillment@ymca.net

Website: <http://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.

IV. SPECIAL POPULATION PROGRAMS

African Americans

- **International Society on Hypertension in Blacks**

157 Summit View Drive

McDonough, GA 30253

Phone: (770) 898.7910

Fax: (770) 898-7911

Email: ethndis@ishib.org

Website: <http://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.

Hispanic/Latino Americans

- **National Alliance for Hispanic Health**

1501 16th Street, NW
Washington, DC 20036
Phone: (202) 387-5000
Fax: (202) 797-4353
Email: alliance@hispanichealth.org
Website: <http://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 health news page and diabetes information.

- **National Council of La Raza**

Center for Health Promotion
Chronic Disease Program
1126 16th Street, N.W. Washington, DC 20036
Phone: (202) 785-1670
Fax: (202) 776-1792
Email: comments@nclr.org
Website: <http://www.nclr.org>

The National Council of La Raza (NCLR) is a private, nonprofit organization whose mission is to improve life opportunities for Hispanic Americans. It's 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**

1920 L St., NW, Suite 725
Washington, DC 20036
Phone: (202) 628–5895
Fax: (202) 628–5898
Email: nhma@nhmamd.org
Website: <http://www.nhmamd.org>

The National Hispanic Medical Association (NHMA), organized in 1994, addresses the interests and concerns of 36,000 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) 723-4728
Email: aperezcomas@pol.net
International Diabetes Federation Website: <http://www.idf.org>

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

- **Asociacion Puertorriqueña de Diabetes**
1452 Avenida Manuel Fernandez Juncos
Santurce, PR 00909
Toll-free: 1-800-281-0617
Phone: (787) 729-2210
Fax: (787) 729-2118
Email: informacion@diabetespr.org
Website: <http://www.diabetespr.org>

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

Asian American Pacific Islanders

- **Association of Asian Pacific Community Health Organizations (AAPCHO)**
300 Frank H. Ogawa Plaza
Suite 620
Oakland, CA 94612
Phone: (510) 272-9536
Fax: (510) 272-0817
Website: <http://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 (API) communities, improve the treatment and outcomes for APIs living with diabetes, promote early diagnosis, and, ultimately, prevent the onset of diabetes.

American Indians

- **Association of American Indian Physicians**
1225 Sovereign Row, Suite 103
Oklahoma City, OK 73108
Phone: (405) 946-7072
Fax: (405) 946-7651
Website: <http://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.

- **Running Strong for American Indian Youth**

8301 Richmond Highway, Suite 200 Suite 200

Alexandria, VA 22309

Phone: 703-317-9881

Fax: 703-317-9699

Email: minfo@indianyouth.org

Website: <http://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.

###

Last updated July 2013