

Diabetes Self-Management Support Resources

Use this list to support your self-care goals, as outlined on your **Diabetes Success Plan**.

This list is *in addition to* resources listed on pages 121-122 in your purple book, *Type 2 Diabetes Basics, 3rd Edition*.

Resources to Support Physical Activity and Healthy Eating:

Inova Health System classes, <http://www.inova.org/health-info-and-classes/index.jsp>.

Community health promotion and prevention classes, www.inovahealthsource.com/

- Senior Fitness Association's twice-monthly e-newsletter, *Experience!*
<http://www.seniorfitness.net/sfamaq.htm>
- Diabetes, Exercise and Sports Association (DESA) 1-800-898-4322
<http://www.diabetes-exercise.org/>
- College Video's Guide to Exercise Videos includes a description of the video and level of difficulty rated by people who have used them. 1-800-433-6769
- *Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging* Free. 1-800-222-2225 <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/>
- "Active at any Size", booklet, Weight-control Information Network 1-877-946-4627
[http://win.niddk.nih.gov/publications/active.htm#Active at Any Size](http://win.niddk.nih.gov/publications/active.htm#Active_at_Any_Size)
- Armchair Fitness Videos, CC-M Productions, 1-800-453-6280
- FitDay diet and weight loss journal, www.fitday.com
- USDA nutrition information and interactive tools, www.choosemyplate.gov
- Calorie King online nutrition information and analysis tools, www.calorieking.com
- Fitness Partner, information and tools to get and stay active,
<http://www.primusweb.com/fitnesspartner/>
- SparkPeople information and tools for fitness, nutrition, and weight loss,
www.sparkpeople.com.

Resources to Support Problem Solving:

Many products are available for use on an iPhone, PC, or PDA. Some include food databases as well as blood glucose management capabilities. Most meter manufacturers produce software for downloading their products. Contact the manufacturer for information and pricing.

Resources to Support Risk Reduction:

- Smoking cessation program, Inova Health Source classes: 703-750-8800 or www.inovahealthsource.com/.
- US government smoking cessation website, www.smokefree.gov.
- Quit for Life smoking cessation program, www.quitnow.net/program/.
- American Diabetes Association website, (see below):
www.diabetes.org/living-with-diabetes/complications/diabetes-phd/.

Resources to Support Healthy Coping:

- Insulin Pump Support Group at Inova Fairfax Hospital, Prosperity Ave. office. The second Monday every other month (Jan., March, May, July, Sept., Nov.). 7:00pm-8:30pm. Call 703-698-2500.
- Adult Diabetes Support Group meets 2nd Thursday evenings every other month, at the Fair Oaks Diabetes Center. Call 703-391-3746 for more information, or visit the website: www.inova.org/healthcare-services/diabetes/support-groups/index.jsp.
- The Capital Area Type 1 Diabetes Support Group. Group for families in the DC Metro area living with type 1 diabetes: www.yahoogroups.com, search: nvadm1 group.
- For more information about other diabetes support groups, call the local American Diabetes Association at 202-331-8303.
- Inova mind/body/spirit classes, at website below:
<http://www.inova.org/health-info-and-classes/classes/fitness-classes.jsp>.
- “Changing for Good”, by Prochaska, James O., Norcross, John C., and Diclemente, Carlo C., Avon Books, 1994, ISBN 0-380-72572-X.
- “Finding Serenity in the Age of Anxiety”, by Gerzon, Robert, Macmillan, 1997, ISBN 0-02-861599-9.
- “Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining Your Self-Esteem”, by McKay, Matthew, and Fanning, Patrick, 2nd Ed, New Harbinger Publications, 1992.
- “Stress Free for Good”, by Pelletier, Fred, and Lusking, Kenneth R. HarperOne, February 1, 2005.

Other diabetes self-management resources:

Local Resources

- Inova Health Source Doctor Referral, 571-423-5500 OR 855-694-6682; www.inova.org (upper right hand corner “find a physician”).

- DiabetesLocal, website listing local diabetes support resources, at the following website: <http://www.diabeteslocal.org/>.
- American Diabetes Association, Washington, DC area affiliate, 1211 Connecticut Avenue NW, Suite 501, Washington, DC, 20036, 202-331-8303, www.diabetes.org.
- Diabetes Research and Wellness Foundation, 1206 Potomac Street, NW, Washington, DC. 20007, 202-298-9211, www.diabeteswellness.net/.
- National Diabetes Information Clearinghouse, 1 Information Way, Bethesda, MD 20892, 301-654-3327, www.diabetes.niddk.nih.gov.
- National Eye Institute, 2020 Vision Place, Bethesda, MD 20892-3655 (301) 496-5248, www.nei.nih.gov/health/diabetic/.

General Diabetes Websites

You can learn a lot about diabetes on the internet, however, **please note** that not all information on the internet is accurate and safe. Please talk with your health care provider before making any changes to your diabetes management plan.

- American Association of Diabetes Educators self-care link, www.diabetesselfcare.org/.
- The American Dietetic Association, 1-800-877-1600, www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html.
- Partnership for Prescription Assistance, 1-888-477-2669, www.pparx.org.
- American Diabetes Association, www.diabetes.org.
- National Diabetes Education Program, *National Diabetes*, www.ndep.nih.gov.
- Weight Control Information Network, www.niddk.nih.gov/health/nutrit/nutrit.htm.
- Ask NOAH about: Diabetes: www.noah-health.org/en/endocrine/diabetes/.
- Canadian Diabetes Association: www.diabetes.ca.
- Centerwatch: listing of clinical trials and information on FDA drug approvals. See the section on diabetes, at www.centerwatch.com.
- National Institute of Diabetes and Digestive and Kidney Diseases: Research results, eye disease, statistics, questions to ask your doctor, and a directory of diabetes organizations, at <http://diabetes.niddk.nih.gov/>.
- TuDiabetes.org: “a community of people touched by diabetes, run by the **Diabetes Hands Foundation**”, at <http://www.tudiabetes.org/>.
- For Your Diabetes Life, at www.dlife.com.
- The Coalition for Safe Community Needle Disposal, at the following website: <http://www.safeneedledisposal.org/index.cfm?load=page&page=97>.

Publications

- *Diabetes Forecast*, American Diabetes Association, (703) 549-1500, <http://forecast.diabetes.org/>. Members of the American Diabetes Association (dues \$28.00) receive this monthly magazine.
- Diabetes Self-Management, (303) 678-0439, www.diabetesselfmanagement.com/. Six issues per year for \$18.00.
- Diabetes Health, 1-800-488-8468 or <http://www.diabeteshealth.com/>.
- Diabetes Wellness Letter, produced by the Diabetes Research and Wellness Foundation, (202) 298-9211, www.diabeteswellness.net.
Diabetes Helpline: 1-800-941-4635.

Resources for Children and Adolescents

- American Diabetes Association, <http://www.diabetes.org/family-link/home.jsp>.
- Children with Diabetes: online community for kids, families, and adults with type 1 diabetes, www.childrenwithdiabetes.com.
- Juvenile Diabetes Foundation, (202) 371-0044, www.idrf.org.

Resources to Support Weight Loss

- Inova Health Source classes, www.inovahealthsource.com/.
- Inova Health System medical weight loss program, (703) 391-3783, <http://www.inova.org/healthcare-services/medical-weight-loss/overview>.
- WeightManiaPro, www.weightmania.com.

Travel Resources

- International Association for Medical Assistance to Travelers, (716) 754-4883, www.iamat.org/.
- “The Diabetes Travel Guide”, 2nd edition, American Diabetes Association, 1-800-232-6733, <http://store.diabetes.org/mplate>.

1-877-511-GOAL (4625)

inova.org/diabetes