

# Organizations and Websites

**Academy of Nutrition & Dietetics**  
(800) 877-1600  
<https://www.eatright.org/>

**American Diabetes Association**  
(800) 232-3472  
<https://www.diabetes.org/>

**American Heart Association**  
(503) 233-0100  
<https://www.heart.org/>

**Association of Diabetes Care and Education Specialists**  
[www.diabeteseducator.org](http://www.diabeteseducator.org)  
Health related websites compiled by ADCES at [www.DANAapps.org](http://www.DANAapps.org)

**Behavioral Diabetes Institute**  
(858) 336-8693  
[www.behavioraldiabetes.org](http://www.behavioraldiabetes.org)  
Pamphlets, booklets & info on emotions & diabetes, depression, etc.

**Calorie King**  
[www.calorieking.com](http://www.calorieking.com)  
searchable database of foods (app & pocket guide also available)

**Diabetes Food Hub**  
Recipes, meal planning, grocery lists, etc.  
[www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)

**The Goldring Center for Culinary Medicine** (Tulane University)  
[www.culinarymedicine.org](http://www.culinarymedicine.org)  
Select cooking resources from menu for handouts, recipes, meal planning, & shopping

**Instant Recess**  
Ten minute exercise sessions  
[https://www.youtube.com/watch?v=tMuZ0\\_Y7n4](https://www.youtube.com/watch?v=tMuZ0_Y7n4) (one example)  
[www.journeyworks.com](http://www.journeyworks.com) (DVDs available for purchase)

**International Diabetic Athletes Association**  
(800) 898-4322  
<http://www.diabetes-exercise.org/>

**Joslin Diabetes Center**  
(617) 732-2400  
[www.joslin.org](http://www.joslin.org)  
Search under clinic for Diabetes Info & Resources

**National Diabetes Education Program**  
(800) 438-5383  
[www.ndep.nih.gov](http://www.ndep.nih.gov)  
Search under health info for diabetes & weight management information

**Oregon Food Bank Food Finder**  
<https://foodfinder.oregonfoodbank.org/>

# Organizations and Websites

## **Providence Community Resource Desk**

Find assistance in the following areas: housing or rent, utility costs, food, clothing, transportation, jobs, children & infants, dental care, eye care, alcohol & drug recovery, tobacco cessation, education classes, counseling, health insurance

Visit <https://oregon.providence.org/our-services/p/providence-community-health-division/community-resource-desk/>

or call:

Providence Plaza 503-215-9488

PMG Gateway 503-215-4524

PMG Tanasbourne 503-216-9387

Providence Milwaukie 503-513-8366

Providence Vancouver 360-836-3341

Providence Seaside 503-717-7176

Providence Medford 541-732-703

## **Providence Health & Services (Health & Wellness Classes)**

(503) 574-6595

[www.providence.org/classes](http://www.providence.org/classes)

Smoking cessation, pain education, heart & vascular education and exercise classes

## **Traveling with Diabetes**

[www.sweettrip.org](http://www.sweettrip.org)

## **Type One Nation (Diabetes)**

Forums, resources, care kits and downloadable

toolkits. [www.typeonenation.org](http://www.typeonenation.org)

# Organizations and Websites