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
Health related websites compiled by ADCES at www.DANAapps.org

Behavioral Diabetes Institute
(858) 336-8693
www.behavioraldiabetes.org
Pamphlets, booklets & info on emotions & diabetes, depression, etc.

Calorie King
www.calorieking.com
searchable database of foods (app & pocket guide also available)

Diabetes Food Hub
Recipes, meal planning, grocery lists, etc.
www.diabetesfoodhub.org

The Goldring Center for Culinary Medicine (Tulane University)
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=tMuZo_ - Y7n4 (one example)
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
Search under clinic for Diabetes Info & Resources

National Diabetes Education Program
(800) 438-5383
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
Smoking cessation, pain education, heart & vascular education and exercise classes

Traveling with Diabetes
www.sweettrip.org

Type One Nation (Diabetes)
Forums, resources, care kits and downloadable toolkits. www.typeonenation.org
Organizations and Websites

5.18.21 Providence Diabetes and Nutrition Education Services