



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 and its risk factors and/or child and adolescent health. Some of these organizations offer educational materials and support to people with diabetes and the general public, while others serve primarily health care professionals.

U.S. Government Programs

Department of Health and Human Services

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 children, older adults, African Americans, Asian Americans and Pacific Islanders, Hispanic/Latino Americans, American Indians.

In addition to this web-based directory, NDEP has several resources specifically related to diabetes and children.

Tip sheets for kids with type 2 diabetes.

Helping the Student with Diabetes Succeed: A Guide for School Personnel

Diabetes in Children and Adolescents Fact Sheet

Annotated Bibliography

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National Institute of Diabetes and Digestive and Kidney Diseases

Building 31, Room 9A04
31 Center Drive
MSC 2560
Bethesda, MD 20892-2560
Phone: (301) 496-3583
Fax: (301) 496-7422
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) www.nkdep.nih.gov. 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
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: (202) 828-1025
Fax: (202) 828-1028
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. Publications related to children include a guide for adults to help their overweight children and a handbook for teenagers on leading a healthy life. A national media-based program, Sisters Together: Move More, Eat Better, 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.

University of Chicago DRTC

University of Chicago
Howard Hughes Medical Institute
5841 South Maryland Avenue, MC 1028
Room N-216
Chicago, IL 60637
Phone: (773)702-6217
Fax: (773) 702-4292

Many University of Chicago DRTC (UCDRTC) programs focus on improving the quality of care and outcomes for people with diabetes who are poor and who belong to ethnic minorities. University of Chicago faculty from the medical and social sciences collaborate to design and implement diabetes programs that can work in diverse settings. Programs designed for young people with diabetes include "In Control," a patient education program for 9- to 12-year-olds with diabetes and their parents and "Choices," a problem-solving curriculum to meet the special needs of adolescents with diabetes management problems.

University of Michigan DRTC

University of Michigan Medical School
1331 E. Am, Room 5111, Box 0580
Ann Arbor, MI 48109-0580
Phone: (734) 763-5730
Fax: (734) 647-2307

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) 936-1649
Fax: (615) 936-1250

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 to therapy 3) clinical interventions 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
Division of Health Behavior Research
4444 Forest Park Avenue, Suite 6700
St. Louis, MO 63108
Phone: (314) 286-1900
Fax: (314) 286-1919

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
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
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
Fax: (301) 907-8830
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.

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

TTY: (404) 639-3312

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/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 Prevention and 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 Prevention and Control Programs (DPCPs) 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, school and community guidelines, and brochures for parents, teachers, and principals promoting increased physical activity among youth.

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

VERB Campaign

www.VERBnow.com

CDC manages the national multimedia, multicultural campaign VERB. It's what you do. The campaign is designed to:

- Encourage, motivate, and inspire children and teenagers to get physically active and involved - and to have fun doing so
- Reach children from different socioeconomic and ethnic backgrounds, including African Americans, Asian Americans/Pacific Islanders, American Indians, and

Hispanics/Latinos

- Offer "how-to" instruction and "why-don't-you?" inspiration through the interactive web site, www.VERBnow.com

BAM! (Body and Mind)

www.BAM.gov

CDC, along with teachers, students, scientists, and communications professionals developed BAM!, an interactive site designed to answer kids' questions on health issues and recommend ways to make their bodies and minds healthier, stronger, and safer. BAM! also serves as an aid to teachers, providing them with interactive activities to support health and science curricula that are educational and fun.

Other HHS Agencies

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.

Steps to a HealthierUS Initiative

U.S. Department of Health and Human Services
Office of Disease Prevention and Health Promotion
Office of Public Health and Science
200 Independence Avenue, SW
Hubert H. Humphrey Building, Room 738G
Washington, DC 20201
Phone: 202-401-6295
Fax: 202-690-7054
www.healthierus.gov

Steps to a HealthierUS is an initiative of the Department of Health and Human Services (HHS) that advances President George W. Bush's HealthierUS goal of helping Americans live longer, better, and healthier lives.

With a strong emphasis on proven interventions and existing science, Steps promotes the following:

- Health promotion programs to motivate and support responsible health choices.
- Community initiatives to promote and enable healthy choices.
- Health care and insurance systems that put prevention first by reducing risk factors and complications of chronic disease.
- State and federal policies that invest in the promise of prevention for all Americans.
- Cooperation among policy makers, local health agencies, and the public to invest in disease prevention instead of spending resources to treat diseases after they occur.

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) 251-2160
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

540 Gaither Road
Rockville, MD 20850
Toll-free: 1-800-358-9295 (clearinghouse)
Phone: 301-427-1364
Fax: 301-427-1873
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.ask.hrsa.gov

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
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
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

2277 Research Blvd, 6M
Rockville, MD 20850
Toll-free: 1-800-538-3742
Phone: (301) 519-5157
Fax: (301) 519-6760
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. 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
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.

Office for Civil Rights

400 Maryland Avenue, SW
Washington, DC 20202
Toll-free: 1-800-421-3481
TTY: 1-877-521-2172
Fax: (202) 205-9862
www.ed.gov/ocr

Office of Special Education Programs (OSEP)

400 Maryland Avenue, SW

Washington, DC 20202

Phone: (202) 205-5507

TTY: (202) 205-5637

www.ed.gov/offices/OSERS/OSEP

Non-Federal Government Programs University-Based Diabetes Centers

Barbara Davis Center for Childhood Diabetes

4200 East Ninth Avenue
Box B-140
Denver, CO 80262
Phone: (303) 315-8796
Fax: (303) 315-4124
www.barbaradaviscenter.org

The Barbara Davis Center for Childhood Diabetes, affiliated with the University of Colorado Health Sciences Center, is the largest diabetes and endocrine care program in Colorado with unique facilities and resources for clinicians, clinical researches, and basic biomedical scientists working to help patients with type 1 diabetes. The center provides state-of-the-art clinical diabetes care to a majority of children and many adults within the Rocky Mountain Region.

The Center for Health and Health Care in Schools

1350 Connecticut Ave. NW, Suite 505
Washington, DC 20036
Phone: (202) 466-3396
Fax: (202) 466-3467
www.healthinschools.org
chhcs@gwu.edu

The Center for Health and Health Care in Schools (CHHCS) is a policy and program resource center located at The George Washington University School of Public Health and Health Services. CHHCS was established to explore ways to strengthen the well-being of children and youth through effective health programs and health care services in schools. The CHHCS website is a comprehensive web-based resource that provides updates on school health news, grants, recent publications, and resources. A section of the site called "Keeping Kids Healthy" is devoted to reports, fact sheets, educational materials, and web links related to obesity, nutrition, and physical activity.

Joslin Diabetes Center

1 Joslin Place
Boston, MA 02215
Toll-free: 1-800-JOS-LIN1 (1-800-567-5461)
Phone: (617) 732-2400
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
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.

Tufts University Nutrition Navigator

The Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy
126 Curtis Street
Medford, MA 02155
Phone: (617) 627-6223
Fax: (617) 627-3681
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) 798-7068
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 (main number)

or (508) 856-3206 (for patient appointments)

Fax: (508) 856-5327

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.

Health Professional Organizations

Physicians

American Academy of Family Physicians

11400 Tomahawk Creek Parkway

Leawood, KS 66211

Toll-free: 1-800-274-2237

Phone: (913) 906-6000

Fax: (913) 906-6099

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.

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 College of Physicians

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.

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
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.

Endocrine Society

8401 Connecticut Avenue
Suite 900
Chevy Chase, MD 20815-5817
Phone: (301) 941-0200
Fax: (301) 941-0259
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) 494-3133

Fax: (650) 649-2615
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
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

P.O. Box 12846
Austin, TX 78711
Phone: (512) 442-4262
Fax: (512) 442-6469
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

1416 Park Street, Suite A
Castle Rock, CO 80109
Toll-free: 1-866-627-6767
Phone: (303) 663-2329
Fax: (303) 663-0403
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.

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.html] 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 (1-800-832-6874)

Fax: (312) 424-2427

www.diabeteseducator.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.diabeteseducator.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

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606-6995

Toll-free: 1-800-877-1600

Consumer referral: 1-800-366-1655

Phone: (312) 899-0040

Fax: (312) 899-4845

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.

American Pharmaceutical Association

2215 Constitution Avenue, NW
Washington, DC 20037-2985
Phone: (202) 628-4410
Fax: (202) 783-2351
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.

Education

American Association for Health Education (AAHE)

1900 Association Drive
Reston, VA 20191
Toll-free: 1-800-213-7193, ext. 437
www.aahperd.org/aahe

The AAHE serves health educators and other professionals who promote the health of all people through education and other systematic strategies. Programming focuses on health promotion in schools (K-12), health care, public and community agencies, business/industry, and professional preparation. AAHE is one of six national associations within the American Alliance for Health, Physical Education, Recreation and Dance.

American School Health Association (ASHA)

7263 State Route 43
P.O. Box 708
Kent, Ohio 44240
Phone: (330) 678-1601
Fax: (330) 678-4526
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.

National Association of Elementary School Principals (NAESP)

Linkages to Learning

1615 Duke Street

Alexandria, VA 22314

Toll-free: 1-800-38-NAESP (1-800-386-2377)

Fax: (800) 396-2377

www.naesp.org

The NAESP promotes advocacy and support for elementary and middle level principals and other education leaders in their commitment to all children.

National Association of Secondary School Principals (NASSP)

1904 Association Drive

Reston, VA 20191

Phone: (703) 860-0200

www.principals.org

The NASSP is a membership organization of middle level and high school principals, assistant principals, and aspiring school leaders from across the United States and around the world. NASSP's motto is "promoting excellence in school leadership," and the association provides members with various programs and services to guide them in administration, supervision, curriculum planning, and staff development to achieve that goal.

National Association of State Boards of Education (NASBE)

277 South Washington Street, Suite 100

Alexandria, VA 22314

Phone: (703) 684-4000

Fax: (703) 836-2313

www.nasbe.org

The NASBE is a nonprofit association that represents state and territorial boards of education. NASBE's principal objectives include strengthening state leadership in education policymaking, promoting excellence in the education of all students, advocating equality of access to education opportunity, and assuring continued citizen support for public education.

National Education Association (NEA) Health Information Network

1201 16th Street, NW

Suite 521

Washington, DC 20036-3290

Phone: (202) 833-4000

www.neahin.org

The NEA Health Information Network is the nonprofit health affiliate of the National Education Association, the nation's largest labor organization representing 2.3 million public school employees. The mission of the NEA Health Information Network is to ensure that all public school employees, students, and their communities have the health information and skills to achieve excellence in education.

Voluntary Organizations

Action for Healthy Kids

4711 West Golf Road
Suite 806
Skokie, IL 60076
Phone: 1-800-416-5136
www.ActionForHealthyKids.org

Action for Healthy Kids (AFHK) is a nationwide initiative addressing the epidemic of overweight, obesity, and sedentary lifestyles among youth by focusing on better nutrition and physical activity in schools. An outgrowth of the 2002 Healthy Schools Summit, AFHK is comprised of 51 state teams and a national coordinating and resource group. AFHK fosters sharing and collaboration among diverse stakeholders to facilitate meaningful change in schools.

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
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. For information about ADA's training curriculum for school personnel:
www.diabetes.org/schooltraining.

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 Wisdom 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.

Children with Diabetes

5689 Chancery Place
Hamilton, OH 45011
www.childrenwithdiabetes.org

Children with Diabetes is an online resource with comprehensive information for children with diabetes and their families. 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 Camping Association

P.O. Box 385
Huntsville, AL 35804
Phone: (256) 883-2556
www.diabetescamps.org

The Diabetes Camping Association (DCA) provides leadership and education to better enable diabetes camps to fulfill their purpose. Diabetes camps help people affected by diabetes to lead healthier, happier and more productive lives through good diabetes management.

Juvenile Diabetes Research Foundation International

120 Wall Street
New York, NY 10005-4001
Toll-free: 1-800-JDF-CURE (1-800-533-2873)
Phone: (212) 785-9500
Fax: (212) 785-9595
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. 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
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
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.), a curriculum on diabetes care in the schools.

Starbright Foundation

11835 West Olympic Boulevard, Suite 500
Los Angeles, CA 90025
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, NW, Suite 300
Washington, DC 20037
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/subs/fastfacts/obesity_youth.shtml]. 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
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
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
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
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
www.aahperd.org/aaalf/template.cfm

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 20191-1598
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 array of resources, support, and programs to improve their skills and to 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
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

8001 Montcastle Drive
Nashville, TN 37221
Toll-free: 1-800-898-4322
Fax: (615) 673-2077
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

c/o New York State Physical Activity Coalition
65 Niagara Square, Room 607
Buffalo, NY 14202
Phone: (716) 583-0521
Fax: (716) 857-4309
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
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

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 ISHIP, 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
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.

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 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.

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.

Indian Health Service

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

www.ihs.gov/MedicalPrograms/Diabetes

National Diabetes Education Program and Association of American Indian Physicians

(see main listings for these groups)

www.ndep.nih.gov and www.aaip.com

The NDEP American Indian work group has developed a series of "Move It and Reduce Your Risk of Diabetes" posters targeted to American Indian and Alaska Native Youth.

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.

[Back to Diabetes in Children and Adolescents page](#)