

# Resources for Diabetes



THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

Diabetes resources are listed in alphabetical order to help in your information search. Most cover topics to help patients or family members with all types of diabetes.

## **American Diabetes Association**

Toll Free: 1-800-DIABETES (1-800-342-2383)

Email: [askada@diabetes.org](mailto:askada@diabetes.org)

Website: [www.diabetes.org](http://www.diabetes.org)

Find information on the many issues faced by people with diabetes. These include managing signs, advice on a healthy diet and exercise, as well as diabetes care at school and work.

## **American Dietetic Association**

Toll Free: 1-800-877-1600

Website: [www.eatright.org](http://www.eatright.org)

This is the world's largest professional group working with nutrition. Find information about making food choices, and developing positive eating and physical activity behaviors.

## **American Heart Association: Diabetes**

Toll Free: 1-800-AHA-USA1 (1-800-242-8721)  
1-888-474-8483

Website: [www.heart.org/diabetes](http://www.heart.org/diabetes)

The diabetes section of this site focuses on the ways diabetes can affect heart and blood vessel disease. Find advice on healthy eating, exercise, and medicines. This site has a glucose tracking log and quiz to help determine your risk of developing heart problems.

## **Centers for Disease Control and Prevention (CDC)**

Toll Free: 1-800-CDC-INFO (1-800-232-4636)

TTY: 1-888-232-6348

Website: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

This site offers basic information on the effects of diabetes as well as advice on healthy eating. It provides links to other government resources on the topic.

## **Central Ohio Diabetes Association**

Phone: 614-884-4400

Toll Free in Ohio: 1-800-422-7946

Email: [coda@diabetesohio.org](mailto:coda@diabetesohio.org)

Website: <http://diabetesohio.org>

The Central Ohio Diabetes Association serves Franklin County (Columbus) and the 10 counties forming Central Ohio. They help people living with diabetes learn about and manage their condition. Classes, case management, and nutrition support are offered.

## Children with Diabetes

Website: [www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

This online community focuses on children with diabetes, but also provides information for adults with diabetes and families living with diabetes. Question and answer pages on many diabetes topics, chat sessions, podcasts, conference information, and parent support networks are also available.

## Juvenile Diabetes Research Foundation International

Toll Free: 1-800-533-CURE (2873)

Email: [info@jdrf.org](mailto:info@jdrf.org)

Website: [www.jdrf.org](http://www.jdrf.org)

This site offers information for children, teens, and their parents on the many issues faced by young people with Type 1 diabetes. Topics, such as facts on diagnosis, managing diabetes in school and at home and when traveling, are shared. There is also information on clinical trials, research, and funding raising events.

## MedlinePlus: Diabetes

Website: [www.nlm.nih.gov/medlineplus/diabetes.html](http://www.nlm.nih.gov/medlineplus/diabetes.html)

This is a service of the National Library of Medicine and National Institutes of Health. It gives basic information about diabetes, living with diabetes, and ways to reduce a person's risk for the disease. It features tutorials, available in both English and Spanish, and advice for children, teens, and adults with diabetes.

## National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

Toll Free: 1-800-860-8747

TTY: 1-866-569-1162

Email: [ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)

Website: <https://www.niddk.nih.gov/health-information/diabetes>

NIDDK is a service of the National Institutes of Health. The website has booklets and brochures on diagnosis, treatment, and managing diabetes. Fact sheets, research, referrals to health professionals, and other resources are in English and Spanish.

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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail [health-info@osu.edu](mailto:health-info@osu.edu).