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### NF92-64 Diabetes Resources

Linda S. Boeckner

University of Nebraska--Lincoln, [lboeckner1@unl.edu](mailto:lboeckner1@unl.edu)

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## Diabetes Resources

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*Linda Boeckner, Extension Nutrition Specialist*

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Control of diabetes requires a great deal of education for people with diabetes as well as their families and friends. When diabetes is diagnosed, the educational process starts with the medical team — the doctor, dietitian, nurse and social worker. Because on-going research leads to medical discoveries related to diabetes, continuing education about diabetes and overall health is essential for the best control of the disease.

This publication contains a list of agencies and organizations that provide education and other services for people with diabetes. For more complete information contact the Nebraska Diabetes Control Program listed below.

### **National/State Diabetes Programs**

#### ***Nebraska Diabetes Control Program***

*Nebraska State Department of Health and Human Services*

*301 Centennial Mall South*

*P.O. Box 95044*

*Lincoln, Nebraska 68509-95044*

*402-471-2648*

*Fax: 402-471-0913*

The program strives to educate the diabetic for a long, healthy, productive life, and to educate health professionals to work with and train diabetics and their families. It maintains a coordinated effort to collect, develop, and update training materials, and to work cooperatively with other organizations and institutions involved in diabetes. A nurse-nutritionist team is available to assist with presentations for professional organizations and institutions involved in diabetes. The program also has an agreement with the Centers for Disease Control, DHHS, to implement a demonstration project to reduce morbidity and mortality of diabetes.

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***American Diabetes Association, Great Plains Region***

7101 Newport Ave., #207  
Omaha, Nebraska 68152  
402-572-3747  
800-342-2383

The state affiliate of the national American Diabetes Association provides professional and patient education seminars and courses. The bimonthly magazine, *Forecast*, is available by subscription or through membership in the Nebraska affiliate. Educational pamphlets and a list of local chapters throughout Nebraska are available upon request.

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***American Diabetes Association***

*National Service Center  
1660 Duke Street  
Alexandria, Virginia 22314  
800-232-3472*

This national nonprofit health organization supports research into the treatment, prevention and cure for diabetes. The Association sponsors diabetes education for people with diabetes, their families and the health professionals who care for them. Professional journals and a monthly magazine are published by the Association.

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***International Diabetes Center***

*Park Nicollet Medical Foundation  
5000 West 39th Street  
Minneapolis, Minnesota 55416  
612-927-3393*

***International Diabetes Center***

*Ridgedale Office Center  
13911 Ridgedale Drive  
Minnetonka, Minnesota 55343  
800-876-6540  
614-541-0239*

The International Diabetes Center provides an intensive one-week course for diabetics, their families and health professionals in a clinical and classroom setting. Educational materials, slide sets and medical supplies pertaining to diabetes are available through the Diabetes Center, Inc. Ridgedale Office Center.

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***Diabetes Research and Training Center***

*Washington University School of Medicine  
Diabetes Education Center  
33 South Euclid - 2nd Floor  
St. Louis, Missouri 63108  
314-454-4808*

The Diabetes Education Center is the closest of seven Diabetes Research and Training Centers. These centers are funded by the National Institutes of Health. Their function is to perform research in diabetes and its management, to train professionals in diabetes patient care and research, and to establish model demonstration projects linking research to teaching.

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

*World Wide Web: <http://www.niddk.nih.gov/>*

A sampling of public information brochures produced by the National Institute of Diabetes and Digestive and Kidney Diseases is now available on-line. WWW users can read the NIDDK publications on the screen or print all or part of the documents using their own computer.

**Selected Nebraska Diabetes Education Programs**

***Bryan Diabetes Center***

*Bryan Memorial Hospital  
1600 South 48th Street  
Lincoln, Nebraska 68506  
402-483-3055*

Bryan Diabetes Center offers a comprehensive program that includes the following: educational classes, gestational diabetes, pediatric, nutrition/diet, insulin pump, insulin initiation and monitoring. The Center is an affiliate of Diabetes Treatment Centers of America.

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***International Diabetes Center — Clarkson***

*4239 Farnam Street, Suite 609  
Omaha, Nebraska 68131  
402-552-6111*

International Diabetes Center — Clarkson offers a two day Type II Diabetes class that helps individuals with non-insulin dependent diabetes understand their disease. They also have an ambulatory insulin and gestational diabetes program and offer one-to-one counsel. This Center is an affiliate of International Diabetes Center.

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***Midlands Diabetes Education Center***

*639 Doctors Building, South Tower  
4239 Farnam Street  
Omaha, Nebraska 68131  
402-558-8060*

The Diabetes Education Center offers a five-day diabetes education program to meet the needs of diabetics and their families. Many health insurance plans cover much of the tuition. Family members are encouraged to attend at no additional charge.

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### ***Stepping Toward Control***

*Department of Education and Staff Development*

*Lincoln General Hospital*

*2300 South 16th*

*Lincoln, Nebraska 68502*

*402-473-5369*

This is a diabetes education program consisting of four classes led by nurses, a pharmacist, dietitian, social worker, and physical therapist. Sessions include discussion, demonstrations, question and answer periods and sharing of feelings.

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*Note: Check your own local hospital to see if there are similar educational programs in your area.*

### **Programs Specific for Children and Youth**

#### ***Juvenile Diabetes Foundation, International***

*Editorial/Executive Office*

*423 Park Avenue South*

*New York, New York 10016-8013*

*212-889-7575*

*800-223-1138*

This is a national organization to raise funds for diabetes research. It also serves as a support group to families with Type I (juvenile) diabetes.

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#### ***Juvenile Diabetes Foundation — Lincoln Chapter***

*121 S. 13th, Suite 303*

*P.O. Box 94625*

*Lincoln, Nebraska 68509*

*402-435-7663*

*Fax: 402-435-7718*

#### ***Juvenile Diabetes Foundation — Omaha/Council Bluffs Chapter***

*P.O. Box 241209*

*Omaha, Nebraska 68124*

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#### ***Camp Floyd Rogers***

*P.O. Box 31536*

*Omaha, Nebraska 68131-0536*

*402-341-0866*

Camp Floyd Rogers is a two-week camp that helps diabetic children care for themselves while under

medical supervision.

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***Nebraska Services for Medically Handicapped Children***

*Nebraska Department of Health and Human Services*

*301 Centennial Mall South*

*P.O. Box 95026*

*Lincoln, Nebraska 68509-5026*

*402-471-3121*

This program provides several major services throughout Nebraska including diagnosis, hospitalization and after-care to single children under 21 years of age who are eligible for services.

**Library and Clearinghouse Services**

***Nebraska Library Commission***

*Talking Book and Braille Service*

*1200 "N" Street, Suite 120*

*Lincoln, Nebraska 68508-2023*

*402-471-4038*

*800-307-2665*

Resources available include talking books (records and cassettes), Braille and large print.

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**National Diabetes Information Clearinghouse**

1 Information Way

Bethesda, Maryland 20892-3562

301-654-3327

The Clearinghouse is a service of the National Institute of Arthritis, Metabolism, and Digestive Disease. It collects and gives out information about programs and materials for patient, public, and professional diabetes education. It serves Diabetes Research and Training Centers, local and national diabetes organizations, professional groups, state departments of health and other federal or state agencies.

**University of Nebraska Cooperative Extension** in your area can provide you with general nutrition and health publications as well as information about local agencies that have diabetes information.

*Source:* Kathy Goddard, Nebraska Diabetes Control Program

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