

Healthy Living: Diabetes Resources¹

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Figure 1. Many diabetes resources can be found online. To make sure that websites you visit are reliable, read the tips in this UF/IFAS Extension publication: <http://edis.ifas.ufl.edu/pdffiles/FY/FY10200.pdf>.

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For information on diabetes, or to be referred to a diabetes-health professional and/or a dietitian in your area, contact any of the following resources.

Centers for Disease Control and Prevention

800-CDC-INFO | 800.232.4636 | TTY:

888.232.6348

<http://www.cdc.gov/diabetes/>

National Diabetes Information Clearinghouse (NIH)

<http://diabetes.niddk.nih.gov/resources/index.aspx>

MedlinePlus (NIH)

<http://www.nlm.nih.gov/medlineplus/ency/article/001214.htm>

American Diabetes Association

800-DIABETES | 800.342.2383

<http://www.diabetes.org>

Find your local ADA office: <http://www.diabetes.org/in-my-community/local-offices/>

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Florida Offices of the American Diabetes Association

JACKSONVILLE

888-DIABETES | 904.730.7200

MIAMI

305.477.8999

FORT LAUDERDALE

954.772.8040

ORLANDO-MAITLAND

407.660.1926

TAMPA AND SOUTHWEST FLORIDA

813.885.5007

Florida Department of Elder Affairs

Elder Help Line: 800-96ELDER | TTY:
800.955.8771

Elder Helpline index by county

http://elderaffairs.state.fl.us/doea/elder_helpline.php

Consumer Resource Guide (by county)

http://elderaffairs.state.fl.us/doea/resource_county.php

NIH SeniorHealth

<http://nihseniorhealth.gov/diabetes/diabetes-defined/01.html>

UF/IFAS Extension Offices

Your local UF/IFAS Extension agent may offer diabetes prevention and/or management classes. Find the number for your local UF/IFAS Extension office in the blue pages of the phone book under Cooperative Extension Service. In Florida, locate your local UF/IFAS Extension office online at <http://www.solutionsforyourlife.ufl.edu/map>.



Figure 2. Information about diabetes is only a phone call away. Contact one of the agencies listed to get your questions answered.

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