DIABETES IN ALASKA

This Alaska resource guide provides a listing of resources for individuals with diabetes and for professionals providing services and support to them.

Prepared by
State of Alaska
Department of Health and Social Services
Division of Public Health

Alaska Diabetes Prevention and Control Program
Section of Chronic Disease Prevention and Health Promotion
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RESOURCE FOR DIABETES HEALTH CARE

Statewide Organizations

Alaska Diabetes Prevention and Control Program
A primary mission of this statewide program is to provide Alaskans with information about diabetes. The Alaska Diabetes Prevention and Control Program (AKDPCP) program has been funded by the Centers for Disease Control since 1986. Activities supported by the AKDPCP include surveillance, coordination, technical assistance, and public awareness.

AKDPCP Section of Chronic Disease Prevention and Health Promotion
Division of Public Health
3601 C Street, Suite 722
Anchorage, AK 99503
phone: (907) 269-8035
web: www.hss.state.ak.us/dph/chronic/diabetes

American Diabetes Association, Alaska Area
The mission of this organization is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. To fulfill this mission, the American Diabetes Association funds research, publishes scientific findings, and provides information and other services to people with diabetes, their families, health care professionals, and the public.

801 W. Fireweed Lane, Suite 103
Anchorage AK, 99503
phone: (907) 272-1424
web: www.diabetes.org

Recognized Diabetes Education Programs and Educators

Educators with the designations of Certified Diabetes Educator (CDE) are certified by the National Certification Board of Diabetes Educators. Educators with the designations AADE and AKADE are current members of the American Association of Diabetes Educators or the Alaska Association of Diabetes Educators, professional organizations committed to successful self-management of diabetes. Programs listed with a Program ID# are those recognized by the American Diabetes Association (ADA) and meet the national standards for excellence in diabetes education.

ANCHORAGE

Alaska Diabetes Prevention and Control Program, State of Alaska
Stillwater, Barbara, RN, PhD
3601 C St., Suite 722
Anchorage, AK 99503
phone: (907) 269-8035
email: barbara.stillwater@alaska.gov

Alaska Native Medical Center
Thompson, Judy, PharmD, BCPS
4315 Diplomacy Dr.
Anchorage, AK 99508
phone: (907) 729-2164
fax: (907) 729-2119
email: jbthompson@anmc.org
Alaska Regional Hospital
Health Management Center
Ursin, Mary L., RN, CDE  
Fisher, Young, RD, LD, CDE 
2801 DeBarr Rd.  
Anchorage, AK 99508  
phone: (907) 264-1383  
fax: (907) 264-1379

American Diabetes Association  
Cassano, Michelle  
891 W. Fireweed Ln., #103  
Anchorage, AK 99503  
phone: (907) 272-1424  
fax: (907) 272-1428  
email: mcassano@diabetes.org

Anchorage Neighborhood Health Clinic  
Diabetes Control Program  
Plotnik, Julia, RN, CDE 
1217 E. 10th Ave.  
Anchorage, AK 99501  
phone: (907) 257-4600

Diabetes and Lipid Clinic of Alaska  
Moberly, DJ, MPH, RD, LD, CDE 
2841 DeBarr Rd., Bldg. A, Suite 43 
Anchorage, AK 99508  
phone: (907) 274-7847  
fax: (907) 274-7845  
email: dj@diabetesalaska.com

Providence Alaska Medical Center  
Diabetes and Nutrition Center, ADA Program ID#: 002415 
Tomazevic, Mindy, BSN, RN, CDE  
Long, Barbara, RN, CDE  
Urbanus, Amy, RD, CDE 
3760 Piper St., Suite 2040,  
Anchorage, AK 99508  
Director  
Education  
phone: (907) 212-6580  
fax: (907) 212-7981  
email: firstname.lastname@providence.org

Southcentral Foundation  
Lentz, Patricia L., RD, LD, CDE 
4501 Diplomacy Dr.  
Anchorage, AK 99508  
phone: (907) 729-2689  
email: pllentz@scf.cc

Salmon, Cindy, AADE  
fax: (907) 452-6488  
phone: (907) 457-6688  
email: cindysalmon@gci.net

BARROW  
Samuel Simmonds Memorial Hospital  
Valdez, Angela, AADE, CDE 
P.O. Box 827  
Barrow, AK 99723  
phone: (907) 852-4611  
fax: (907) 852-2163  
email: angela.valdez@arcticslope.org
Resouces For Diabetes Health Care

**BETHEL**
Yukon-Kusokwim Health Corporation
Coyle, Annette (Phyllis), DE  
Eischen, Kathleen, RN  
P.O. Box 528  
Bethel, AK 99559  
phone: (907) 543-6000  
fax: (907) 543-6143  
email: annette_coyle@ykhc.org  
email: kathleen_eischen@ykhc.org

**DILLINGHAM**
Bristol Bay Area Health Corporation  
Lois K. Schumacher, APRN, CDE, BC-ADM  
Diabetes Self- Management Education Program, ADA Program ID#: 003242  
6000 Kanakanak Rd., Box 103  
Dillingham, AK 99576  
phone: (907) 842-9293

**FAIRBANKS**
Fairbanks Memorial Hospital  
Fairbanks Diabetes Center, ADA Program ID# 005116  
1919 Lathrop St., Suite 122  
Fairbanks, AK 99701  
phone: (907) 458-6400

UAF Interior Aleutians Campus  
Tribal Management Nutrition Faculty  
Patterson–O’Dell, Madeline, AADE  
4280 Geist Rd.  
Fairbanks, Alaska 99709  
phone: (907) 474-1562

**HOMER**
Seaman, Bette, AADE, CDE  
phone: (907) 235-2158  
fax: (907) 226-3472  
email: betteseaman@gci.net

**JUNEAU**
Bartlett Regional Hospital  
Diabetes Education Program, ADA Program ID#: 005488  
Nickerson, Cynthia G., RN, CMC, CDE, AADE, AKADE  
3260 Hospital Dr.  
Juneau, AK 99801  
phone: (907) 796-8649  
fax: (907) 796-8673  
email: cnickerson@bartletthospital.org

SouthEast Alaska Regional Health Consortium (SEARHC)  
Juneau Medical Center  
Christian, Peter, RN, CDE  
3245 Hospital Dr.  
Juneau, AK 99801  
phone: (907) 463-4082
KETCHIKAN
Ketchikan General Hospital
Diabetes Education Services, Program ID#: 004511
Hanna, Janet, CDE, AADE, AKADE
3100 Tongass Ave.
Ketchikan, AK 99901
phone: (907) 228-7685
fax: (907) 442-7245

Ketchikan Health Center
McClory, Emily, AKADE
3054 Fifth Ave.
Ketchikan, AK 99901
phone: (907) 225-4350
fax: (907) 247-0978
email: emily_mcclory@alaska.gov

KODIAK
Diabetes and Lipid Clinic of Alaska-Kodiak
Michalski, Tracy, MSN, FNP-BC, ANP
814 E. Rezanof Dr.
Kodiak, AK 99615
phone: (907) 486-8899
fax: (907) 486-4787
email: tracy@diabeteskodiak.com

Kodiak Island Health Care Foundation
Solesbee, Gayle, RN, AADE
Diabetes Education & Case Management
1911 E. Rezanof Dr.
Kodiak, AK 99615
phone: (907) 481-2481
fax: (907) 481-3476
email: rnwellness@gmail.com

Providence Kodiak Island Medical Center
Fisher, Michele L., BSN, RN, AADE
Hayhurst, Rhonda, MS, RD, LD,
Nutrition Counseling Manager
Preece, Heather, MHSc, RD, CSP, LD,
Nutrition Services
1915 E. Rezanof Dr.
Kodiak, AK 99615
email: Michele.fisher@provak.org
email: rhonda.hayhurst@provak.org
email: heather.preece@provak.org
phone: (907) 481-2477
fax: (907) 481-2466

KOTZEBUE
Manilaq Association
Blood, Kimberley, AADE
Lord, Darlene, AADE
Warwick, Bruce, AADE, CDE
P.O. Box 43
Kotzebue, AK 99752
email: Kimberley.blood@maniilaq.org
email: Darlene.thomas@maniilaq.org
email: bwarwick@maniilaq.org
phone: (800) 478-3312
Resouces For Diabetes Health Care

PALMER-WASILLA
Mat-Su Regional Medical Center
Diabetes Basics Program, Program ID#: 003220
2500 S. Woodworth Loop
Palmer, AK, 99645
phone: (907) 861-6624
web: www.valley-hosp.com

Adonai Diabetes & Endocrinology Center
Abbate, Samuel L., MD, CDE
950 E. Bogard Rd., Suite 207
Wasilla, AK 99654
phone: (907) 357-2332
fax: (907) 357-2344

SOLDOTNA
Central Peninsula Hospital
Diabetes Care Center, Program ID#: 004631
250 Hospital Place
Soldotna, AK 99669
phone: (907) 714-4726

Physicians and Advanced Practitioners

ANCHORAGE
Bonnar, Jeanne R., MD, Endocrinology/Internal Medicine
Alaska Kidney and Diabetes Associates
3260 Providence Dr., Suite 523
Anchorage, AK 99508
phone: (907) 569-1049
fax: (907) 563-4564

Gitomer, Jeremy J., MD, Nephrology
Kidney & Hypertension Clinic of Alaska
3300 Providence Dr., Suite 2
Anchorage, AK 99508
phone: (907) 375-5200
fax: (907) 325-5201

Koval, Janice MD, Adult Endocrinology
2841 De Barr Rd., Suite 50
Anchorage, AK 99508
phone: (907) 276-2811
fax: (907) 258-7217

Lau, Linda G., BSN, MSN, RN, ANP, CDE
Children's Hospital of Providence
Pediatric Sub Specialty Clinic
3200 Providence Dr.
Anchorage, AK 99508
phone: (907) 261-4824
fax: (907) 261-4831
email: llau@provak.org
Mayer, AnnMarie, NP, MPH
Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508
phone: (907) 729-1127
e-mail: amayer@anmc.org

Raymer, Terry, MD
Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508
phone: (907) 729-1126
e-mail: twraymer@anmc.org

Schraer, Cynthia D., MD, Family Practice
Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508
phone: (907) 729-1124
fax: (907) 729-1129
e-mail: cdschraer@anmc.org

Southworth, Molly B., MD, MPH, Internal Medicine/Endocrinology
Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508
phone: (907) 729-3928
fax: (907) 729-1129
e-mail: mbsouthworth@anmc.org

Tanner, J. Ross, DO, Diabetology/Lipidology
Fenger, Jesse, MS, PA-C
Diabetes and Lipid Clinic of Alaska
2841 DeBarr Rd., Bldg. A., Suite 43
Anchorage, AK 99508
phone: (907) 274-7847
fax: (907) 274-7845
e-mail: drt@diabetesalaska.com

Thompson, Judy, PharmD, BCPS
Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508
phone: (907) 729-2164
e-mail: jthompson@anmc.org

Tomera, Kevin M., MD, Urology
1200 Airport Heights Rd., Suite 210
Anchorage, AK 99508
phone: (907) 276-8529
fax: (907) 274-8529

Treat, Carol, MS, RD, CDE
Alaska Native Medical Center
4315 Diplomacy Dr.
Anchorage, AK 99508
phone: (907) 729-1128
e-mail: ctreat@anmc.org

EAGLE RIVER
Resouces For Diabetes Health Care

Skala, Robert D., DO
Skala, Patricia, DO
True North Medicine, LLC
11431 Business Blvd #601
Carrs Shopping Center
Eagle River, AK 99577
phone: (907) 696-8783
fax: (907) 696-8738
email: info@truenorthmedicine.com

FAIRBANKS
Steiner, Charles, MD, Family Practice
101 Noble St.
Fairbanks AK, 99701
phone: (907) 459-3511
fax: (907) 459-3553
email: chsteiner@tvcclinic.com

KODIAK
Kodiak Island Medical Associates
Perry, Sam, RN
1818 E. Rezanof Dr.
Kodiak, AK 99615
phone: (907) 486-6065
fax: (907) 486-2248

Other Health Care Team Members
Other important health care services include podiatry, optometry and ophthalmology, and dental.

Podiatrists

ANCHORAGE
Alaska Podiatry Associates—Alliance Foot and Ankle
2741 DeBarr Rd., Bldg. C, Suite 315
Anchorage, AK 99508
Medicare, Medicaid Accepted
phone: (907) 562-4958
fax: (907) 562-5195
web: www.alaskapodiatry.com

The Traveling Foot Doctor, P.C.
Donna Klecka, DPM
Travels to your home to treat long thick and/or ingrown toenails, skin conditions, callouses, corns, heel pain, etc., especially for those with diabetes or are on blood thinners. Can make custom orthotics, and treat other ailments of the foot and ankle.
P.O. Box 772394
Eagle River, AK 99577
Reasonable charges
phone: (907) 223-3900
fax: (907) 694-7942

Alaska VA Health Care System (Statewide)
2925 DeBarr Rd, Anchorage, AK 995
phone: (907) 257-4854

Elmendorf Air Force Base 3rd Medical Group
5955 Zeamer Avenue, Elmendorf AFB, AK 99506
phone: (907) 580-2778
Matt A. Heilala, DPM, FACFAS
Jennifer R. Jansma, DPM
Patrick K. Briggs, DPM, FACFAS
Alaska Foot and Ankle Specialists
4100 Lake Otis Pkwy Ste 312
Anchorage, Alaska 99508
950 E. Bogard Rd Ste 238
Wasilla 99654

phone: (907) 569-3668
fax: (907) 569-3669

SOLDOTNA
Harry Cotler, DPM
Affiliated Foot & Ankle Care
35670 Kenai Spur Hwy Ste 102
Soldotna, Alaska 99669

phone: (907) 260-3668
web: www.hcotler.com

JUNEAU
Ankle Center
7691 Glacier Hwy
Juneau, Alaska 99801

phone: (907) 789-5518
Optometrists/Ophthalmologists

**STATEWIDE**

Eye Care of America—see Eye Care under “Diabetes Medications And Supplies”

Lions Club Eye Plan Program — see Eye Care under “Diabetes Medications And Supplies”

**ANCHORAGE**

**Adventures in Eye Care**  
Russian Jack Plaza  
6311 Debarr Rd., Suite D  
Anchorage, AK 99504  
phone: (907) 333-6040  
web: www.adventuresineyecare.com  
Medicaid Accepted

**Alaska Eye Care Centers**  
1345 W 9th Ave.  
Anchorage, AK 99501  
phone: (907) 272-2557  
Medicare, Medicaid, Denali Kid Care Accepted

**Alaska Retinal Consultants**  
3500 LaTouche, Suite 250  
Anchorage, AK 99508  
phone: (907) 561-1530  
Medicare, Medicaid, Payment Plan Options Accepted

**Anchorage Eye Associates**  
4007 Old Seward Hwy., Suite 1100  
Anchorage, AK 99503  
phone: (907) 563-1918

**Denali Vision Clinic**  
3401 Denali St., Suite 204  
Anchorage, AK 99503  
phone: (907) 561-8120  
web: www.denalivision.com

**National Vision**  
2000 W. Dimond Blvd  
Anchorage, AK 99515  
phone: (907) 333-6960

**Northern Lights Eye Care and Wear**  
401 E. Northern Lights, Suite 102  
Anchorage, AK 99503  
phone: (907) 276-3937  
Medicare, Medicaid, Denali Kid Care, Tricare, Veteran’s Administration Accepted

**Southside Eyecare and Optical**  
9350 Independence Dr.  
Anchorage, AK 99502  
phone: (907) 561-1167  
web: www.nyboer.com  
Medicare, Medicaid Accepted
Resouces For Diabetes Health Care

**ADAK**
Adak Medical Center
PO Box 2105, Adak, AK 99546
(907) 592-8383 • Fax: (907) 592-4287
www.easternaleutiantribes.com

**AKUTAN**
Anesia Kudrin Memorial Clinic
PO Box 113, Akutan, AK 99553
(907) 698-2208 • Fax: (907) 698-2280
www.easternaleutiantribes.com

**ALAKANUK**
Alakanuk Clinic
PO Box 167, Alakanuk, AK 99554
(907) 238-3210 • Fax: (907) 238-3210
www.ykhc.org

**ALATNA**
Alatna Clinic
PO Box 49, Alatna, AK 99720
(907) 968-2314 • Fax: (907) 968-2305
www.tananachiefs.org

**ALLAKAKET CITY**
Allakaket Clinic
PO Box 10, Allakaket City, AK 99720
(907) 968-2248 • Fax: (907) 968-2214
www.tananachiefs.org

**AMBLER**
Ambler Health Clinic
PO Box 110, Ambler, AK 99786
(907) 445-2129 • Fax: (907) 445-4022
www.maniilaq.org

**ANCHORAGE**
Anchorage Neighborhood Health Center
1217 East 10th Avenue
Anchorage, AK 99501
(907) 257-4600 • Fax: (907) 277-7844
www.anhc.org

**ANGOON**
Angoon Health Center
PO Box 27, Angoon, AK 99820
(907) 788-3633 • Fax: (907) 788-3180
www.searhc.org

**ANIAK**
**FINDING AFFORDABLE CARE**

**COMMUNITY HEALTH CENTERS**

Community Health Centers provide excellent health care and case management services for persons with diabetes. In addition, CHCs offer payment fee schedules based on your income and ability to pay. Many Alaska Native health organization clinics have joined the federal CHC program and now also serve non-Native patients. Some clinics offer dental and optical care.

**Alaska Primary Care Association**

Good source for updated Community Health Center (CHC) information.

*phone: (907) 929-2722*  
*web: [www.alaskapca.org](http://www.alaskapca.org)*

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Clara Morgan Sub Regional Clinic  
PO Box 269, Aniak, AK 99557  
(907) 675-4556 • Fax: (907) 675-4560  
[www.ykhc.org](http://www.ykhc.org)

**ANVIK**  
Anvik Health Clinic  
PO Box 89, Anvik, AK 99558  
(907) 663-6334 • Fax: (907) 663-6326  
[www.ykhc.org](http://www.ykhc.org)

**ARCTIC VILLAGE**  
Arctic Village Clinic  
PO Box 30, Arctic Village, AK 99722  
(907) 587-5229 • Fax: (907) 587-5239  
[www.catg.org](http://www.catg.org)

**ATMAUTLUAK**  
Atmautluak Clinic  
PO Box 6588, Atmautluak, AK 99559  
(907) 553-5114 • Fax: (907) 553-5412  
[www.ykhc.org](http://www.ykhc.org)

**BEAVER**  
Beaver Clinic  
PO Box 24030, Beaver, AK 99724  
(907) 628-6228 • Fax: (907) 628-6228  
[www.catg.org](http://www.catg.org)

**BETHEL**  
Bethel Family Health Center  
PO Box 1908, Bethel, AK 99559  
(907) 543-3773 • Fax: (907) 543-3545  
[www.healthreachchc.org/Bethel](http://www.healthreachchc.org/Bethel)

**BREVIG MISSION**  
Brevig Mission Clinic  
PO Box 85058, Brevig Mission, AK, 99785  
(907) 642-4311 • (907) 642-2216  
[www.nortonsoundhealth.org](http://www.nortonsoundhealth.org)

**BUCKLAND**  
Buckland Clinic  
PO Box 9, Buckland, AK, 99727  
(907) 494-2122 • Fax: (907) 442-7072  
[www.maniilaq.org](http://www.maniilaq.org)

**CHALKYITSIK**  
Chalkyitsik Clinic  
PO Box 42, Chalkyitsik, AK 99788  
(907) 848-8215 • (907) 848-8696  
[www.catg.org](http://www.catg.org)

**CHEFORNAK**  
Chefornak Clinic  
PO Box 49, Chefornak, AK 99561  
(907) 867-8919 • (907) 867-8717  
[www.ykhc.org](http://www.ykhc.org)

**CHEVAK**  
Chevak Clinic  
PO Box 212, Chevak, AK 99563  
(907) 858-7029 • (907) 858-7027  
[www.ykhc.org](http://www.ykhc.org)

**CHIGNIK**  
Chignik Bay Sub Regional Clinic  
PO Box 90, Chignik, AK 99576  
(907) 749-2282 • (907) 749-2411  
[www.bbahc.org](http://www.bbahc.org)
Resouces For Diabetes Health Care

CHUATHBALUK
Chuathbaluk Clinic
PO Box CHU, Chuathbaluk, AK 99557
(907) 467-4114 • Fax: (907) 467-4317
www.ykhc.org

CIRCLE
Circle Clinic
PO Box 109, Circle, AK 99733
(907) 773-7425 • (907) 773-7425
www.catg.org

COLD BAY
Anna Livingston Medical Clinic
PO Box 65, Cold Bay, AK 99571
(907) 532-2000 • Fax: (907) 532-2001
www.easternaleutiantribes.com

CORDOVA
Ilanka Health Center
PO Box 2285, Cordova, AK 99574
(907) 424-3622 • Fax: (907) 424-3681
www.nativevillageofeyak.org

CROOKED CREEK
Crooked Creek Clinic
PO Box 49, Crooked Creek, AK 99575
(907) 432-2222 • Fax: (907) 432-2221
www.ykhc.org

DEERING
Deering Health Clinic
PO Box 23, Deering, AK 99736
(907) 363-2137 • Fax: (907) 442-7062
www.maniilaq.org

ELIM
Elim Clinic
PO Box 69, Elim, AK, 99739
(907) 890-3311 • Fax: (907) 890-2280
www.nortonsoundhealth.org

EMMONAK
Emmonak Clinic
PO Box 125, Emmonak AK, 99581
(907) 949-1428 • Fax: (907) 949-1511
www.ykhc.org

FAIRBANKS
Interior Community Health Center
1606 23rd Ave., Fairbanks, AK 99701
(907) 455-4567 • Fax: (907) 458-1580
www.myhealthclinic.org

FALSE PASS
False Pass Clinic
PO BOX 49, False Pass AK 99583
(907) 548-2241 • Fax: (907) 548-2247
www.easternaleutiantribes.com

FORT YUKON
Yukon Flats Health Center
PO Box 309, Fort Yukon, AK 99740
(907) 662-2460 • Fax: (907) 662-2709
www.catg.org

FORT YUKON
Birch Creek Health Clinic
PO Box KBC, Fort Yukon, AK 99740
(907) 221-2537
www.catg.org

GALENA
Edgar Nollner Health Center
PO Box 77, Galena, AK 99741
(907) 656-1366 • Fax: (907) 656-152
www.nortonsoundhealth.org

GAMBELL
Bessie Kaningok/Gambell Clinic
PO Box 190, Gambell, AK 99742
(907) 985-5012 • Fax: (907) 985-5085
www.nortonsoundhealth.org

GLENNALLEN
Cross Road Medical Center
PO Box 5, Glennallen, AK 99588
(907) 822-3203 • Fax: (907) 822-5805
www.crossroadmc.org

GOLOVIN
Golovin Clinic
PO BOX 62039, Golovin, AK 99762
(907) 779-3311 • Fax: (907) 779-2239
www.nortonsoundhealth.org
Alaska Diabetes

**GOODNEWS BAY**
Goodnews Bay Clinic  
General Delivery,  
Goodnews Bay, AK 99589  
(907) 967-8128 • **Fax:** (907) 967-8928  
www.bbahc.org

**GRAYLING**
Grayling Clinic  
General Delivery, Grayling, AK 99590  
(907) 453-5120 • **Fax:** (907) 453-5119  
www.ykhc.org

**HAINES**
Lynn Canal Medical Center  
PO Box 1549, Haines, AK 99827  
(907) 766-2521 • **Fax:** (907) 766-2675  
www.myhealthclinic.org

**HEALY**
Interior Community Health Center, Healy  
PO Box 246, Healy, AK 99743  
(907) 683-2211 • **Fax:** (907) 683-2112  
www.searhc.org

**HOLY CROSS**
Theresa Demientieff Health Clinic  
PO Box 95, Holy Cross, AK 99602  
(907) 476-7174 • **Fax:** (907) 476-7193  
www.ykhc.org

**HOMER**
Seldovia Village Tribe Health Center  
880 East Road, Homer, AK 99603  
(907) 226-2228  
www.svt.org

**HOOPER BAY**
Hooper Bay Clinic  
PO Box 49, Hooper Bay, AK 99604  
(907) 758-4711 • **Fax:** (907) 758-4065  
www.ykhc.org

**HUGHES**
Hughes Clinic  
PO Box 45049, Hughes, AK 99745  
(907) 889-2211 • **Fax:** (907) 889-2231  
www.tananachiefs.org

**HUSLIA**
Edgar Nollner Huslia Clinic  
City of Galena  
PO Box 90, Huslia, AK 99746  
(907) 829-2204 • **Fax:** (907) 829-2203

**HYDABURG**
Hydaburg Clinic  
PO Box 333, Hydaburg, AK 99922  
(907) 285-3462 • **Fax:** (907) 285-3464  
www.searhc.org

**IGIUGIG**
Igiugig Health Clinic  
PO Box 4030, Igiugig, AK 99613  
(907) 533-3207 • **Fax:** (907) 533-3225  
www.bbahc.org

**ILIAMNA**
Nilavena Subregional Clinic  
101 Airport Way, Iliamna, AK 99606  
(907) 571-1383 • **Fax:** (907) 571-1560  
www.scf.cc

**JUNEAU**
Front Street Clinic  
3245 Hospital Dr., Juneau, AK 99801  
(907) 463-4201 • **Fax:** (907) 463-6617  
www.searhc.org

**KAKE**
Kake Health Center  
PO Box 605, Kake, AK 99830  
(907) 785-3333 • **Fax:** (907) 785-3136  
www.searhc.org

**KALTAG**
Edgar Nollner Kaltag Clinic  
PO Box 148, Kaltag, AK 99748  
(907) 534-2209 • **Fax:** (907) 534-2216

**KENAI**
Aspen Dental Center  
395 Main Street Loop, Kenai, AK 99611  
(907) 283-7759 • **Fax:** (907) 283-4883  
www.cphchealth.org
RESOURCES FOR DIABETES HEALTH CARE

KIANA
Kiana Health Clinic
PO Box 130, Kiana, AK 99749
(907) 475-2199 • Fax: (907) 442-7052
www.maniilaq.org

KING COVE
King Cove Medical Clinic
PO Box 9, King Cove, AK 99612
(907) 497-2311 • Fax: (907) 497-2310
www.easternaleutiantribes.com

KIVALINA
Kivalina Clinic
PO Box 8, Kivalina, AK 99750
(907) 645-2141 • Fax: (907) 645-2181
www.maniilaq.org

KLAWOCK
Alicia Roberts Medical Clinic
PO Box 69, Klawock, AK 99925
(907) 755-4800 • Fax: (907) 755-4806
www.searhc.org

KLUKWAN
Kluwan Clinic
PO Box 690, Klukwan, AK 99827
(907) 767-5592 • Fax: (907) 767-5599
www.searhc.org

KOBUK
Kobuk Clinic
PO Box 3, Kobuk, AK 99751
(907) 948-2218 • Fax: (907) 442-7012
www.maniilaq.org

KODIACK
Kodiak Community Health Center
PO Box 8712, Kodiak, AK 99615
(907) 481-2484 • Fax: (907) 481-2476

KOTLIK
Kotlik Clinic
PO Box 20035, Kotlik, AK 99620
(907) 899-4511 • Fax: (907) 899-4414
www.ykhc.org

KOYUK
Koyuk Village Clinic
PO Box 53070, Koyuk, AK 99753
(907) 963-3311 • Fax: (907) 963-3610
www.nortonsoundhealth.org

KOYUKUK
Edgar Nollner Koyukuk Clinic
PO Box 30, Koyukuk, AK 99754
(907) 927-2221 • Fax: (907) 927-2221

LIME VILLAGE
Lime Village Clinic
PO Box LVD, Lime Village, AK 99627
(907) 526-5113 • Fax: (907) 526-5235
www.ykhc.org

LITTLE DIOMEDE
Little Diomede Clinic
PO Box 7059, Little Diomede, AK 99762
(907) 686-3311 • Fax: (907) 686-2181
www.nortonsoundhealth.org

MANOKOTAK
Manokotak Health Clinic
PO Box 129, Manokotak, AK 99628
(907) 289-1077 • Fax: (907) 289-2015
www.bbahc.org

MARSHALL
Theresa Elia Memorial Clinic
PO Box 10, Marshall, AK 99559
(907) 679-6226 • Fax: (907) 679-6659
www.ykhc.org

MCGRATH
McGrath Health Center
PO Box 10, McGrath, AK 99627
(907) 524-3299 • Fax: (907) 524-3805
www.scf.cc

MEKORYUK
Mekoryuk Clinic
PO Box 7, Mekoryuk, AK 99630
(907) 827-8145 • Fax: (907) 827-8351
www.ykhc.org
Resouces For Diabetes Health Care

**MOUNTAIN VILLAGE**
Mountain Village Clinic
PO Box 3207, Mountain Village, AK 99632
(907) 591-2255 • Fax: (907) 591-2576
www.ykhc.org

**NAKNEK**
Camai Community Health Center, Inc.
PO Box 189, Naknek, AK 99633
(907) 246-6155 • Fax: (907) 246-6158
www.theborough.com

**NELSON LAGOON**
Nelson Lagoon Clinic
PO Box 40, Nelson Lagoon, AK 99571
(907) 989-2202 • Fax: (907) 989-2245
www.easternaleutiantribes.com

**NENANA**
Nenana Clinic
PO Box 160, Nenana, AK 99760
(907) 832-5247 • Fax: (907) 832-5585
www.tananachiefs.org

**NIGHTMUTE**
Nightmute Clinic
PO Box 90011, Nightmute, AK 99690
(907) 647-6312 • Fax: (907) 647-6945
www.ykhc.org

**NOATAK**
Noatak Health Clinic
PO Box 90, Noatak, AK 99761
(907) 485-2162 • Fax: (907) 485-2241
www.maniilaq.org

**NOORVIK**
Noorvik Health Clinic
PO Box 189, Noorvik, AK 99763
(907) 636-2103 • Fax: (907) 442-7002
www.maniilaq.org

**NULATO**
Edgar Nollner Nulato Clinic
PO Box 65010, Nulato, AK 99765
(907) 898-2209 • Fax: (907) 898-2304

**PELICAN**
Pelican Health Center
PO Box 101, Pelican, AK 99832
(907) 735-2250 • Fax: (907) 735-2550
www.searhc.org

**PILOT STATION**
Pilot Station Clinic
PO Box 5089, Pilot Station, AK 99660
(907) 549-3127 • Fax: (907) 549-3738
www.ykhc.org

**PITKAS POINT**
Pitka’s Point Clinic
PO Box 229, Pitkas Point, AK 99658
(907) 438-2546 • Fax: (907) 438-2317
www.ykhc.org

**PLATINUM**
Platinum Village Clinic
General Delivery, Platinum, AK 99651
(907) 979-8100 • Fax: (907) 979-8101
www.bbahc.org

**POINT HOPE**
Point Hope Clinic
PO Box 49, Point Hope, AK 99766
(907) 368-2234 • Fax: (907) 368-2569
www.maniilaq.org

**RAMPART**
Rampart Clinic
PO Box 67049, Rampart, AK 99767
(907) 358-3129 • Fax: (907) 358-3139
www.catg.org

**RUBY**
Edgar Nollner Ruby Clinic
PO Box 74, Ruby, AK 99768
(907) 468-4433 • Fax: (907) 468-4411

**SAND POINT**
Sand Point Medical Clinic
PO Box 172, Sand Point, AK 99661
(907) 383-3151 • Fax: (907) 383-5688
www.easternaleutiantribes.com
<table>
<thead>
<tr>
<th>Location</th>
<th>Clinic Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Fax Number</th>
<th>Website Link</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SAVOONGA</strong></td>
<td>Savoonga Clinic</td>
<td>PO Box 151, Savoonga, AK 99769</td>
<td>(907) 984-6513 ● Fax: (907) 984-6068</td>
<td><a href="http://www.nortonsoundhealth.org">www.nortonsoundhealth.org</a></td>
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<tr>
<td><strong>SCAMMON BAY</strong></td>
<td>Scammon Bay Clinic</td>
<td>PO Box 150, Scammon Bay, AK 99662</td>
<td>(907) 558-5511 ● Fax: (907) 558-5705</td>
<td><a href="http://www.ykhc.org">www.ykhc.org</a></td>
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<tr>
<td><strong>SELAWIK</strong></td>
<td>Selawik Clinic</td>
<td>PO Box 180, Selawik, AK 99770</td>
<td>(907) 484-2199 ● Fax: (907) 442-7082</td>
<td><a href="http://www.maniilaq.org">www.maniilaq.org</a></td>
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<tr>
<td><strong>SHAGELUK</strong></td>
<td>Shageluk Clinic</td>
<td>PO Box 54, Shageluk, AK 99665</td>
<td>(907) 473-8231 ● Fax: (907) 473-8213</td>
<td><a href="http://www.ykhc.org">www.ykhc.org</a></td>
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<td><strong>SHAKTOOLIK</strong></td>
<td>Shaktoolik Clinic</td>
<td>PO Box 9, Shaktoolik, AK 99771</td>
<td>(907) 955-3311 ● Fax: (907) 955-2342</td>
<td><a href="http://www.nortonsoundhealth.org">www.nortonsoundhealth.org</a></td>
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<tr>
<td><strong>SHELDON POINT</strong></td>
<td>Sheldon Point Clinic (Nunam Iqua)</td>
<td>PO Box 29, Sheldon Point, AK 99666</td>
<td>(907) 498-4228 ● Fax: (907) 498-4844</td>
<td><a href="http://www.ykhc.org">www.ykhc.org</a></td>
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<td><strong>SHISHMAREF</strong></td>
<td>Katherine Miksruaq Olanna Health Clinic</td>
<td>PO Box 133, Shishmaref, AK 99772</td>
<td>(907) 649-3311 ● Fax: (907) 649-2083</td>
<td><a href="http://www.nortonsoundhealth.org">www.nortonsoundhealth.org</a></td>
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<tr>
<td><strong>SHUNGNAK</strong></td>
<td>Shungnak Clinic</td>
<td>PO Box 80, Shungnak, AK 99773</td>
<td>(907) 437-2138 ● Fax: (907) 442-7032</td>
<td><a href="http://www.maniilaq.org">www.maniilaq.org</a></td>
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<tr>
<td><strong>SKAGWAY</strong></td>
<td>Dahl Memorial Clinic</td>
<td>PO Box 415, Skagway, AK 99840</td>
<td>(907) 983-2297</td>
<td><a href="http://www.skagway.org">www.skagway.org</a></td>
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<tr>
<td><strong>SLEETMUTE</strong></td>
<td>Sleetmute Clinic</td>
<td>PO Box 43, Sleetmute, AK 99668</td>
<td>(907) 449-4222 ● Fax: (907) 449-4219</td>
<td><a href="http://www.ykhc.org">www.ykhc.org</a></td>
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<tr>
<td><strong>SOLDOTNA</strong></td>
<td>Cottonwood Health Center</td>
<td>230 E. Marydale, Soldotna, AK 99669</td>
<td>(907) 260-7300 ● Fax: (907) 262-9290</td>
<td><a href="http://www.cphchealth.org">www.cphchealth.org</a></td>
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<tr>
<td><strong>ST. GEORGE ISLAND</strong></td>
<td>St. George Health Clinic</td>
<td>PO Box 934, St George Island, AK 99591</td>
<td>(907) 859-2254 ● Fax: (907) 859-2252</td>
<td><a href="http://www.easternaleutiantribes.com">www.easternaleutiantribes.com</a></td>
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<tr>
<td><strong>ST. MARYS</strong></td>
<td>John Afcan Memorial Clinic</td>
<td>PO Box 310, St Marys, AK 99658</td>
<td>(907) 438-2105 ● Fax: (907) 438-2049</td>
<td><a href="http://www.ykhc.org">www.ykhc.org</a></td>
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<tr>
<td><strong>ST. MICHAEL</strong></td>
<td>St. Michael Clinic</td>
<td>PO Box 59094, St Michael, AK 99659</td>
<td>(907) 923-3311 ● Fax: (907) 923-2287</td>
<td><a href="http://www.nortonsoundhealth.org">www.nortonsoundhealth.org</a></td>
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<tr>
<td><strong>ST. PAUL ISLAND</strong></td>
<td>St Paul Health Clinic</td>
<td>PO Box 148, St Paul Island, AK 99660</td>
<td>(907) 546-2310 ● Fax: (907) 546-2268</td>
<td><a href="http://www.apiai.com">www.apiai.com</a></td>
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<tr>
<td><strong>STEBBINS</strong></td>
<td>Stebbins Clinic</td>
<td>PO Box 50, Stebbins, AK 99671</td>
<td>(907) 934-3311 ● Fax: (907) 934-3312</td>
<td><a href="http://www.nortonsoundhealth.org">www.nortonsoundhealth.org</a></td>
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</tr>
</tbody>
</table>
RESOURCES FOR DIABETES HEALTH CARE

STEVENS VILLAGE
Stevens Village Clinic
PO Box 74030, Stevens Village, AK 99774
(907) 478-7215 • Fax: (907) 478-7216
www.catg.org

STONY RIVER
Stony River Clinic
PO Box SRV, Stony River, AK 99557
(907) 537-3228 • Fax: (907) 537-3227
www.ykhc.org

TALKEETNA
Sunshine Community Health Center
PO Box 787, Talkeetna, AK 99676
(907) 733-2273 • Fax: (907) 733-1735
www.sunshineclinic.org

TELLER
Teller Clinic
PO Box 545, Teller, AK99778
(907) 642-3311 • Fax: (907) 642-2046
www.nortonsoundhealth.org

TENAKEE SPRINGS
Tenakee Springs Health Clinic
PO Box 52, Tenakee Springs, AK 99841
(907) 736-2347
www.searhc.org

THORNE BAY
Thorne Bay Health Clinic
120 Freeman Street, Thorne Bay, AK 99919
(907) 828-8848 • Fax: (907) 828-3409
www.searhc.org

TOGIAK
Togiak Sub Regional Health Clinic
PO Box 128, Togiak, AK 99678
(907) 493-5511 • Fax: (907) 493-5311
www.bbahc.org

TOKSOOK BAY
Toksook Bay Clinic
PO Box 37028, Toksook Bay, AK 99637
(907) 427-7810 • Fax: (907) 427-7380
www.ykhc.org

TWIN HILLS
Twin Hills Health Clinic
PO Box TWA, Twin Hills, AK 99678
(907) 525-4326 • Fax: (907) 525-4325
www.bbahc.org

UNALAKLEET
Euksavik Clinic
PO Box 189, Unalakleet, AK 99684
(907) 624-3535 • Fax: (907) 624-3692
www.nortonsoundhealth.org

UNALASKA
Iliuliuk Family & Health Services, Inc
PO Box 144, Unalaska, AK 99685
(907) 581-1202 • Fax: (907) 581-3331

UPPER KALSKAG
Catherine Alexie Clinic
PO Box 9, Upper Kalskag, AK 99607
(907) 471-2276 • Fax: (907) 471-2283
www.ykhc.org

VENETIE
Myra Roberts Clinic
PO Box 81060, Venetie, AK 99781
(907) 849-8712 • Fax: (907) 849-8915
www.catg.org

WALES
Wales Clinic
PO Box 530, Wales, AK 99783
(907) 664-3311 • Fax: (907) 664-2135
www.nortonsoundhealth.org

WASILLA
Mat-Su health Services, Inc.
1363 W. Spruce Avenue, Wasilla, AK 99654
(907) 376-2411 • Fax: (907) 352-3363
www.matsuhealthservices.org

WHITE MOUNTAIN
White Mountain Clinic
PO Box 84029, White Mountain, AK 99784
(907) 638-3311 • Fax: (907) 638-2007
www.nortonsoundhealth.org
WHITTIER
Whittier Health Clinic
PO Box 727, Whittier, AK, 99693
(907) 472-2303 • Fax: (907) 472-2339
www.easternaleutiantribes.com

WILLOW
Willow Clinic
Sunshine Community Health Center
11203 N. Nancy Lane, Willow, AK 99688
(907) 733-2273 • Fax: (907) 733-1735
www.sunshineclinic.org

WRANGLELL
Alaska Island Community Services
PO Box 1615, Wrangell, AK 99929
(907) 874-2373 • Fax: (907) 874-2576
www.wrangellservices.org

YAKUTAT
Yakutat Community Health Center
PO Box 418, Yakutat, AK 99689
(907) 784-3932 • Fax: (907) 784-3595
Health Insurance

Alaska Division of Insurance
In Alaska, state law allows health insurance companies to turn people down for individual health insurance coverage based on the status of their health. In most cases, diabetes is considered an “uninsurable” condition. Even though you can be turned down for an individual policy in Alaska, you can not be declined health insurance that is offered through an employer. If you are having a problem with your state-regulated health plan and you are unable to resolve it with the plan directly, file a complaint with the Division of Insurance. They may be able to provide you with assistance in reaching a conclusion.
Anchorage (907) 269-7900 Juneau (907) 465-2515

Alaska Medicaid & Chronic Acute Medical Assistance
This program is available to anyone who meets income and eligibility criteria. Besides meeting the income criteria, you must also fall into one of the eligibility categories in order to qualify. Contact your state Medicaid program for more information.
Toll free: 1(800) 780-9975 Anchorage (907) 339-1932
web: www.hss.alaska.gov

Denali Kid Care
Denali Kid Care is the children’s health insurance program designed to provide health insurance to children, teens up to age 18, and some pregnant women.
Toll free: 1(888) 318-8890 Anchorage (907) 269-6529
web: www.hss.state.ak.us/dhcs/DenaliKidCare

Alaska Comprehensive Health Insurance Association
The Alaska Comprehensive Health Insurance Association (ACHIA) allows individual health insurance policies to be sold to people who might otherwise be considered “uninsurable” because of a chronic illness. Premiums may be high, and a pre-existing condition period may apply.
Toll free: 1(888) 290-0616 web: www.achia.com

Social Security Disability Insurance (SSDI)
If you have diabetes and are unable to work due to a diabetes-related disability, you may be entitled to SSDI benefits. To receive these benefits, you must have worked at least five of the 10 years immediately before the disability and paid FICA taxes. The disability or impairments must be expected to last for at least 12 months.
Toll free: 1 (800) 772-1213 TTY 1 (800) 325-0778
web: www.ssa.gov
RESOURCES FOR DIABETES HEALTH CARE

QUESTIONS TO ASK YOUR HEALTH CARE PROVIDER

✓ What are the best targets for my A1c, eAG, blood pressure, cholesterol, and weight?
✓ What can help me reach my A1c/eAG targets?
✓ When is my next A1c/eAG check?
✓ What can help me reach my blood pressure target?
✓ What can help me reach my cholesterol targets?
✓ What can help me reach and/or maintain my weight goal?
✓ How can I get help with making an exercise and nutrition plan?
✓ How do I examine my feet and how often should it be done?
✓ How often should my eyes be examined by an optometrist/ophthalmologist?
✓ How often should my kidneys be tested?
✓ What vaccines should I have?
✓ How can I learn more about taking care of my diabetes?
Smoking Cessation Programs

STATEWIDE
Alaska Tobacco Quit Line: 888-842-7848
Funded by the Alaska Division of Public Health, the Quit Line provides free one-on-one telephone counseling and information on how to quit tobacco and live tobacco-free. A trained Quit Coach answers the telephone and provides individual assistance to each caller that includes:

✓ An assessment of readiness to quit
✓ A customized quit plan
✓ Motivation and problem solving advice
✓ Up-to-date information on cessation aids and referral services
✓ A free Tobacco Quit Guide with helpful “how to” guides and resources
✓ Skill building and problem-solving
✓ Relapse prevention

Smoking Cessation Medication
Pfizer, Inc., a major pharmaceutical company, offers the smoking cessation medication Chantix (and cessation program) at low or no cost.
Toll free: 1 (866) 706-2400  web: www.pfizerhelpfulanswers.com

BETHEL
Yukon Kuskokwim Health Corporation
700 Chief Eddie Hoffman Hwy
Bethel, AK 99559
Toll free: 1-800-478-3321
phone: (907)543-6312
web: www.ykhc.org

DILLINGHAM
Bristol Bay Area Health Corp
6000 Kanakanak Rd./Box 130
Dillingham, AK 99576
Toll free: (800) 478-5201 ext. 6292
phone: (907) 842-9292
web: www.bbahc.org

FAIRBANKS
Tanana Chiefs Conference
122 First Avenue, Ste. 600
Fairbanks, AK 99701
phone: (907) 452-8251
Toll free in Alaska: 1(800) 478-6822
Toll free out of Alaska: 1(800) 770-8251
phone: (907) 452-8251
web: www.tananachiefs.org
JUNEAU
Bartlett Regional Hospital  
3260 Hospital Dr.  
Juneau, AK 99801  
phone: (907) 796-8422

SouthEast Alaska Regional Health Consortium (SEARHC), Juneau Medical Center  
3245 Hospital Dr.  
Juneau, AK 99801  
phone: (907) 364-4440  
web: www.searhc.org

KODIAK
Kodiak Area Native Association  
3449 East Rezanof Drive  
Kodiak, AK 99615  
Toll free: 1.800.478.5721  
phone: 907.486.9800  
Fax: 907.486.9898  
web: www.kanaweb.org

KOTZEBUE
Maniilaq Health Center  
P.O. Box 43, #436 5th Avenue  
Kotzebue, AK 99752  
Toll-free: 1 (800) 431-3321  
web: www.maniilaq.org

Kikiktagruk Inupiat Corporation  
373A Second Ave  
Kotzebue, AK 99752  
phone: (907) 442-3165  
Fax: (907) 442-2165  
web: www.kicorp.org

NOME
Norton Sound Health Corporation  
PO Box 966  
Nome, AK 99762  
phone: (907) 443-3311  
Fax: (907) 443-313  
web: http://nortonsoundhealth.org

Other Alaska programs  
Other programs may be listed at Alaska 2-1-1 (www.alaska211.org) or by phone by dialing 211 or 1-800-478-2221.
Low-Cost Exercise and Weight Loss Programs

Club Ped
Track your daily steps online at the American Diabetes Association website! Everyone agrees walking can be the best way to maintain or achieve a healthy mind and body—no matter your age, fitness level, or physical condition.

web: www.diabetes.org

Weight Loss Matters
Weight Loss Matters is an American Diabetes Association program that will help you lose weight and take care of your diabetes. After talking with your health care provider about losing weight, Weight Loss Matters will help you get started.

web: www.diabetes.org

Obesity Education Initiative (OEI)
The overall purpose of OEI is to provide information to reduce overweight, obesity, and physical inactivity in order to lower the risk, and overall morbidity and mortality from coronary heart disease as well as Type 2 diabetes. Information about the OEI’s programs as well as health information for professionals and patients is available online.

phone: (301) 592-8573  
web: www.nhlbi.nih.gov/about/oei

President’s Council on Physical Fitness and Sports
The President’s Council on Physical Fitness and Sports serves as a catalyst to encourage and motivate Americans of all ages to become physically active and participate in sports. The President’s Council initiates and administers programs, often in partnership with other groups, that reach individuals in schools, homes, workplaces and communities. Fact sheets, reports and resources are available.

phone: (202) 690-9000  
web: www.fitness.gov  
web: www.presidentschallenge.com

Weight-Control Information Network (WIN)
WIN is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). WIN was established in 1994 to provide health professionals and consumers with science-based information on obesity, weight control, and nutrition. A variety of materials and publications are available.

Toll-free: 1 (877) 946-4627  
phone: (202) 828-1025  
web: http://win.niddk.nih.gov
Low-Cost Nutrition Programs and Food Bank Pantries

Alaska Food Stamp Program
Food stamps are available through the Alaska Division of Public Assistance. Call toll-free 1-800-221-5689 to find the nearest office and to determine eligibility.

Food Bank of Alaska
The Food Bank of Alaska believes that no one deserves to be hungry. Since 1979, they have been securing donated food for nonprofit agencies to distribute to hungry Alaskans. The agency’s website lists the many statewide partners and food distribution sites. Information is also available by phone.

2121 Spar Avenue
Anchorage, AK 99501

phone: (907) 272-3663
web: www.foodbankofalaska.org

Family Nutrition Services, State of Alaska/DHSS/OCS
Women, Infants and Children Program (WIC) and Farmer’s Market Nutrition Program (FMNP)

phone: (907) 465-3100

Commodity Supplemental Food Program (CSFP)

Anchorage Neighborhood Health Clinic
Nutrition and cooking classes are available. Call 907-257-4611 for more information.

Other Resources
Contact your local hospital, community health center or Alaska Native health organization for nutrition and/or cooking class information.

Low-Cost Diabetes Medications and Supplies

ANCHORAGE
Salvation Army Family Emergency Services
Provides assistance with prescription medications in Anchorage.

1712 A Street
Anchorage, AK 99501

phone: (907) 277-2593
web: www.salvationarmy.org/alaska
Lutheran Social Services
Provides assistance with prescription medications in Anchorage.
1303 West 33rd Street
Anchorage, AK 99503
phone: (907) 272-0643
web: www.lssalaska.org

STATEWIDE
Fred Meyer/Postal Prescription Services (PPS)
Fred Meyer offers $4 30-day supply and $10 90-day supply of certain generic prescriptions (typical dosage only.) PPS is the Fred Meyer mail order pharmacy and has been serving Alaska since 1997. PPS accepts most insurance plans and offers very competitive cash pricing, including free and low-cost shipping rates.
web: www.ppsrx.com

Directory of Prescription Drug Patient Assistance Programs
The Pharmaceutical Research and Manufacturers of America (PhRMA) member companies created this directory of programs that are provided for patients in need. This site assists with aiding patients who are qualified to get the medicine they need if they do not have prescription coverage. This directory provides lists of company programs that provide drugs to physicians whose patients could not otherwise afford them. Only PhRMA member companies are listed in this directory.
Toll-free: 1 (888) 477-2669
web: www.helpingpatients.org

Medicare and You
This PDF file can be found online and is printable from the web address below. Diabetes care issues are on pages 10, 12, 13, 15, 24, and 34. This document includes information on Medicare Part D.
web: www.medicare.gov/Publications/Pubs/pdf/10050.pdf

Medicare Coverage of Diabetes Supplies and Services
This PDF file can be found online and is printable from the web address below.
web: www.medicare.gov/Publications/Pubs/pdf/11022.pdf

Medicare Preventive Services
Diabetes Screening, Supplies, and Self Management Training
web: www.medicare.gov/Health/Diabetes.asp
NeedyMeds.com
This site provides information for patients as well as physicians who can purchase a manual from the site if desired. A list is provided on this site of patient assistance programs for prescription drugs. The information is directly from the drug manufacturers and is updated frequently.

phone: (215) 625-9609  
web: www.needymeds.com

NonprofitWarehouse.com
Nonprofit Warehouse.com is an online service that provides products for nonprofit organizations. Their goal is to bring nonprofit manufacturers and selected low-cost suppliers together with nonprofit organizations in a common place for the mutual benefit of the people they serve. Included among a variety of products and programs is the free Prescription Drug Discount Card that provides a 50% discount on generic drugs and a 15% discount on branded drugs at more than 65,000 pharmacies nationwide. The card must be printed from the website.

phone: (770) 541-7777  
web: www.nonprofitwarehouse.com

Partnership for Prescription Assistance
PPA helps low-income, uninsured Alaska residents get free or discounted brand-name medicines. The Partnership for Prescription Assistance brings together America’s pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that’s right for them. Many will get them free or nearly free. Its mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible. Through its website, the Partnership for Prescription Assistance offers a single point of access to more than 475 public and private patient assistance programs, including more than 180 programs offered by pharmaceutical companies.

Toll-free 1 (888) 477-2669  
web: www.pparx.com

RxAssist
RxAssist provides physicians and other health care providers with the information they need to access patient assistance programs offered through pharmaceutical manufacturers. Providers can search programs by company, brand name, generic name, and drug class. Downloadable information is also available for patients describing options for prescription assistance. The site also links to state programs and drug discount card programs.

phone: (401) 729-3284  
web: www.rxassist.org

Abbott Diabetes Care
Toll-free 1 (866) 246-2683  
web: www.abottdiabetescare.com

Liberty Medical
Toll-free 1 (800) 503-6623  
web: www.Diabetic-Testing-Supplies.com

Bayer Diabetes Care
Toll-free 1 (800) 348-8100  
web: www.bayerdiabetes.com
**Resources For Diabetes Health Care**

**Lilly Cares**  
Toll-free 1 (800) 545-6962  
web: www.lillycares.com

**Novo Nordisk**  
Toll-free 1 (866) 310-7549  
web: www.novonordisk-us.com

**Takeda Patient Assistance**  
Toll-free 1 (800) 830-9159  
web: www.tpna.com

**Sanofi-Aventis**  
Toll-free 1 (800) 221-4025  
web: en.sanofi-aventis.com

**Xubex Pharmaceuticals**  
Toll-free 1 (866) 699-8239  
web: www.xubex.com

**Express Scripts**  
Toll-free 1 (800) 769-3880  
web: www.express-scripts.com

**RxHope**  
RxHope is the largest independent web-based patient assistance resource site in the U.S. Their professional team functions as an advocate for patients dedicated to making the patient assistance process as easy as possible for the patient, the healthcare provider and the pharmaceutical company. This site provides information about programs offered by State and Federal governments and by pharmaceutical companies.  
P.O. Box 5836  
Somerset, NJ 08875  
phone: (732) 507-7400  
fax: (732) 507-7600  
web: www.rxhope.com

**The Medicine Program.com**  
This program offers a unique free discount prescription drug program. There are no criteria to qualify — everyone is eligible. The plan is absolutely free of charge and is available to anyone that is looking to lower the cost of their prescriptions.  
web: www.themedicineprogram.com

**Wal-Mart Prescriptions Program**  
Wal-Mart offers a 30-day supply ($4) and a 90-day supply ($10) on many generic medications and over-the-counter drugs. A full listing of included medications can be found on the website. Wal-Mart offers ReliOn Diabetes Management products, including meters and test strips. A1C tests are also offered at the low cost of 9.  
web: www.walmart.com

**BLOOD TESTS**

**ALASKA**  
**Alaska Health Fairs**  
Low cost blood testing is available at Alaska Health Fairs across the state. Schedule and locations available on website or by phone.  
phone: (907) 278-0234  
web: www.alaskahealthfair.org
FOOT CARE

NATIONAL
Low cost shoe inserts and shoes are available at Foot Solutions.
Toll-free: 1-888-348-3668  web: www.footsolutions.com

EYE CARE

ALASKA
Alaska Center for the Blind & Visually Impaired
This program helps Alaskans participate as fully as possible in personal, family and community activities even with vision loss. It provides resources for non-optical aids, help with home organization and safety, support groups, and offers a low vision clinic (covered by Medicare & Medicaid) that helps individuals make the most of their vision. The Center partners with Lions Club programs (see below).
Toll-free: 1-800-770-7517  phone: (907) 248-7770
web: www.alaskabvi.org  fax: 907-248-7517

Lions Club Eye Plan Program (Joint Sight Alaska)
To find Alaska club locations:  web: www.lionsclubs.org
In Anchorage:  web: www.anchoragelions.org
For self-referral vision needs, call 566-1597 to schedule an interview.

NATIONAL
Diabetes-Sight.org
Diabetes-Sight.org, sponsored by Prevent Blindness America, is designed to help both patients and health care professionals find the information and resources they need for the prevention of vision loss from diabetes. Prevent Blindness America is the nation’s leading volunteer eye health and safety organization with the sole mission of preventing blindness and preserving sight.
Toll-free: 1 (800) 331-2020  web: www.preventblindness.org
web: www.diabetes-sight.org

Eye Care America’s Diabetes Eye Care Program (DEP)
Eye Care America provides the Diabetes Eye Care Program (DEP) service which enhances awareness about diabetic eye disease. (Annually, the DEP promotes for individuals with diabetes dilated eye exams and free educational material concerning diabetic eye disease, and facilitates access to eye care.) Those eligible to receive care through the program may get medical eye exams and up to one year of treatment.
Diabetes Help Line:
Toll-free: 1 (800) 391-3937  web: www.eyecareamerica.org
DENTAL CARE

Donated Dental Services
Also known as the DDS program, this program provides dental care to Alaska’s developmentally disabled, chronically mentally ill and elderly. Preference is provided to the developmentally disabled. The program is administered by the National Foundation of Dentistry for the Handicapped. Contact them by phone or email for participating dentists in Alaska communities.

National Foundation of Dentistry for the Handicapped
1800 15th Street, Suite 100
Denver, CO 80202
phone: (303) 534-5360
web: www.nfdh.org

LEGAL ASSISTANCE

Disability Law Center of Alaska
The mission of the Disability Law Center of Alaska is to promote and protect the legal and human rights of individuals with physical and or mental disabilities.

ANCHORAGE
3330 Arctic Blvd., Suite 103
Anchorage, AK 99503
Toll-free: 1-800-478-1234
phone/TTY: (907) 565-1002
web: www.dlcak.org

BETHEL
PO Box 2303
Bethel, AK 99559
Toll-free: 1-888-557-3357
phone: (907) 543-3357

FAIRBANKS
1949 Gillam Way, Suite H
Fairbanks, AK 99701
phone: (907) 456-1070

JUNEAU
230 South Franklin St., Suite 206
Juneau, AK 99801
phone: (907) 586-1627
PREVENTION AND EDUCATION PROGRAMS

— ALASKA —

Alaska Diabetes Prevention and Control Program
As noted previously under the “Resources” section, a program mission is to provide Alaska with information about diabetes. Activities supported by the AKDPCP include surveillance, coordination, technical assistance, and public awareness.

AKDPCP Section of Chronic Disease Prevention and Health Promotion
Division of Public Health
3601 C St., Suite 722
Anchorage, AK 99503

American Diabetes Association, Alaska Area
The mission of this organization is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. To fulfill this mission, the American Diabetes Association funds research, publishes scientific findings, and provides information and other services to people with diabetes, their families, health care professionals, and the public.

801 W. Fireweed Lane #103
Anchorage AK, 99503
Alaska Toll-free: 1-888-DIABETES
National Toll-free: 1-800-DIABETES
phone: (907) 272-1424

fax: (907) 272-1428
web: www.diabetes.org/communityprograms-and-localevents/whatslocal.jsp

Alaska Kidney Patients Association
The AKPA provides education, support, and advocacy on behalf of all kidney patients.
325 East Third Ave., Suite 201
phone: (907) 333-2257
Anchorage, AK 99501

American Diabetes Association Recognized Support Groups

ANCHORAGE
This support group for persons with diabetes and their families meets the second Thursday of the month from 7:00 to 8:30 PM at the Anchorage Senior Center, 1300 East 19th Ave. Guest speakers present information on a different topic each month. The meetings are free and open to the public. For more information contact Stephanie Felix at (907) 272-1424.

FAIRBANKS
For more information on Fairbanks support groups for persons with diabetes, contact Courtney Bedoya at (907) 457-1557.
JUNEAU
“Learning to Live Healthy with Diabetes” meets on the second Tuesday of the month from 7:00 to 9:00 PM in the SEARHC Juneau Medical Clinic, 3245 Hospital Dr. For more information call (907) 364-4457.

The “Senior Support Group” meets on the second Monday of the month from 1:00 to 2:00 PM at the Juneau Senior Center. Guest speakers present on a regular basis. For more information call (907) 796-8649.

HOMER
For more information on support groups for persons with diabetes in the Homer area, contact Marilyn Shroyer, RN, at Bartlett Hospital, (907) 235-0306.

KETCHIKAN
The Public Health Center provides a diabetes support group on the 2nd Thursday of the month from 6:30 to 8:00 PM at Holy Name Catholic Church Parish Hall, Jackson St. Contact Janet Hanna, RN, CDE at (907) 228-7685 for more information.

PETERSBURG
The educational diabetes support group meets in the conference room of the Petersburg Medical Center. Contact Millie Tuccillo, RN at (907) 772-4291, extension 500, for information about upcoming meetings for the group.

SITKA
This diabetes support group meets the fourth Tuesday of the month from 6:30 to 7:30 PM in the Community Room of the Monastery Street Apartments, 414 Hollywood Way. For more information contact Irene Larson, RD, CDE at (907) 966-8836.

— NATIONAL —

FOR INDIVIDUALS WITH DIABETES
American Diabetes Association (See Alaska Area above)
In addition to other resources, ADA publishes an annual Resource Guide in the January issue of its Diabetes Forecast magazine. It provides a comprehensive listing of diabetes products and services including: continuous blood glucose monitors, insulin pumps, testing kits, the newest type 2 drugs, treatments for low blood glucose and more.

National Office Toll-free: (800) 342-2383 phone: (907) 272-1424
Alaska Office Toll-free: (888) 342-2383 web: www.diabetes.org

La Diabetes y Los Latinos — Asociación Americana de Diabetes
American Diabetes Association’s website for Spanish speakers web: www.diabetes.org/espanol
Everyday Choices for a Healthier LIFE
This website, sponsored by the American Cancer Society, American Diabetes Association and American Heart Association, encourages people to improve their health through everyday choices.
[web: www.everydaychoices.org]

Feet Can Last a Lifetime: Foot Care Kit for Diabetes
This kit is a foot care campaign from the National Diabetes Education Program. Materials available include a kit for healthcare professionals and one for patients. Exam room flyers, tip sheets, and other materials are also available.
[web: ndep.nih.gov/resources/feet]

National Diabetes Education Program
The National Diabetes Education Program provides a wide variety of materials for both providers and patients many of which are available for non-English speaking persons. Special campaigns sponsored through this site include: Control Your Diabetes For Life, Small Steps, Big Rewards, Prevent Type 2 Diabetes, Be Smart About Your Heart — Control the ABCs of Diabetes and the new publication 4 Steps to Control Your Diabetes For Life.
[Toll-free: 1 (800) 438-5383] [web: www.ndep.nih.gov]

New 4 Steps publications
Control Your Diabetes For Life campaign is available in Chinese, Cambodian, Korean, Samoan, Thai, Tongan, Tagalog and Vietnamese:
http://ndep.nih.gov/campaigns/ControForLife/ControlForLife_index.htm
These downloadable booklets are also written in Lao, Indonesian, Japanese, Gujarti, and Hindi.

National Alliance for Hispanic Health
The National Alliance for Hispanic Health focuses on improving the health and well-being of Hispanics. Su Familia, a National Alliance for Hispanic Health Program, offers Hispanic consumers free reliable and confidential health information in Spanish and English and helps navigate callers through the health system. Staffed by bilingual health information specialists, the helpline provides basic information on a wide range of health topics.
Su Familia Helpline (bilingual) [Toll-free: 1-866-783-2645] [web: www.hispanichealth.org]

National Fruit and Vegetable Program
The National Fruit and Vegetable Program is a nutrition campaign to encourage Americans to eat more fruits and vegetables for better health. A variety of public education materials and research information is available.
[web: www.fruitsandveggiesmatter.gov]
National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
The NIDDK is part of the National Institutes of Health. They conduct and support biomedical research, and disseminate research findings to the public. A variety of consumer information resources are available in easy-to-read English and Spanish formats (available on line).

**Toll-free:** 1-800-860-8747  
**web:** [www.niddk.nih.gov](http://www.niddk.nih.gov)

Nutrition Education for New Americans Project
Although the Nutrition Education for New Americans Project has lost its funding from the USDA, nutrition and diabetes handouts in 30 different languages are still available from its website*. Written with the refugee and immigrant community in mind, all of the materials are copyright free and can be downloaded and distributed freely. The Diabetes Handouts contain the following educational information:

1. What is Diabetes?
2. How can I Eat Healthy?
3. How to eat from all the food groups.
4. Grains, Beans and Starchy Vegetables
5. Vegetables
6. Fruits
7. Milk and Yogurt Foods
8. Meat, Poultry, Fish, Dry Beans, Eggs and Nuts
9. Fats, Oils and Sweets

*The website is still available but the phone number is no longer valid.  
**web:** [http://monarch.gsu.edu/multiculturalhealth](http://monarch.gsu.edu/multiculturalhealth)

Proctor and Gamble Dental Care
This website offers a wide range of patient education materials, including information sheets on diabetes and periodontal disease, plaque, tartar control, and brushing/flossing instructions. Materials are available in multiple languages.

**web:** [www.dentalcare.com](http://www.dentalcare.com)

SeniorHealth.gov
SeniorHealth.gov makes aging-related health information easily accessible for family members and friends seeking reliable, easy-to-understand online health information. This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH). SeniorHealth.gov features authoritative and up-to-date health information from Institutes and Centers at NIH. In addition, the American Geriatrics Society provides expert and independent review of some of the material found on this website. Each health topic includes general background information, open-captioned videos, quizzes, and frequently asked questions (FAQs). New topics are added to the site on a regular basis.

**web:** [http://nihseniorhealth.gov](http://nihseniorhealth.gov)
INFORMATION FOR HEALTH CARE PROVIDERS

American Association of Diabetes Educators (AADE)
The AADE is dedicated to assisting patients with diabetes and related conditions in reaching their goals of successful self-management. The association is made up of qualified health care professionals across the country and includes several members in Alaska.

Toll-free: 1-800-338-3633  web: www.diabeteseducator.org

Alaska Association of Diabetes Educators (AKADE)
The AKADE is the Alaska chapter of the American Association of Diabetes Educators (AADE). Diabetes educators that are current members of AKADE will hold the designation within their title.

Nickerson, Cynthia G., RN, CMC, CDE, AADE
President Elect
phone: (907) 796-8649
P.O. Box 5155
Ketchikan, AK 99901

Hanna, Janet, CDE, AADE
Treasurer
phone: (907) 523-9727

American Dietetic Association
The American Dietetic Association is an organization for registered dietitians and other professionals providing nutrition care and education services. The association publishes the monthly Journal of the American Dietetic Association. The Diabetes Care and Education (DCE) Practice Group develop guidelines for the nutritional management of diabetes and maintain a network of practicing dietitians available for consultation. The DCE Practice Group publishes two newsletters, Newsflash and On the Cutting Edge. Other materials are available for professionals and patients.

Toll-free: 1-800-877-1600  web: www.eatrightalaska.org

American Dietetic Association’s Diversity Resource List
This resource list is designed to assist in the location of nutrition education resources for various population groups, as well as to help increase awareness and understanding of diversity.

web: www.eatright.org/cps/rde/xchg/ada/hs.xsl/CADE_3207_ENU_HTML.htm

Community Guide to Preventative Services
This guide provides evidence-based recommendations for programs and policies to promote population health. A variety of topics are covered including diabetes, nutrition, and oral health. The Community Guide is sponsored by the Centers for Disease Control and Prevention’s National Center for Health Marketing and the Community Guide partners.

web: http://thecommunityguide.org
Prevention and Education Programs

Diabetes Prevention Program
The DPP was the first nationwide research study designed to determine whether type 2 diabetes can be better prevented through diet and physical activity, or medication. The DPP study, sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases (part of the National Institutes of Health), was administered at 27 medical centers across the country. In addition to information on the study and the results, diabetes information fact sheets for specific populations and statistical summaries are available from the website.


Feet Can Last a Lifetime: Foot Care Kit for Diabetes
This kit is a foot care campaign from the National Diabetes Education Program. Materials available include a kit for healthcare professionals and one for patients. (See previous section.)

web: www.ndep.nih.gov/resources/feet/

Making System Changes for Better Diabetes Care
This website, from the National Diabetes Education Program, provides information, models, links, resources, and tools to help health care professionals assess needs for systems change, develop strategic plans, implement tools for action, and evaluate the systems change process.

web: www.betterdiabetescare.nih.gov

National Certification Board for Diabetes Educators (NCBDE)
The purpose of the NCBDE certification program is to conduct certification activities in a manner that upholds standards for competent practice in diabetes self-management education. The Certified Diabetes Educator (CDE) credential demonstrates that the certified health care professional possesses distinct and specialized knowledge, thereby promoting quality care for persons with diabetes.

phone: (847) 228-9795  web: www.ncbde.org

National Cholesterol Education Program (NCEP)
NCEP offers publications aimed at raising awareness and understanding about high blood cholesterol as a risk for coronary heart disease and the benefits of lowering cholesterol levels. A wide variety of publications may be downloaded and/or printed materials may be ordered.

phone: (301) 592-8573  web: www.nhlbi.nih.gov/about/ncep
email: nhlbiinfo@nhlbi.nih.gov
Prevention and Education Programs

**National Diabetes Education Initiative**
The NDEI is an online, multi-component educational program on type 2 diabetes designed for healthcare professionals. The NDEI develops programs that address the spectrum of type 2 diabetes and also provides healthcare professionals with updated diabetes data and research information through a variety of mediums.

**Toll-free:** 1-800-471-7745  
**web:** [www.ndei.org](http://www.ndei.org)  
**email:** feedback@ndei.org

**National Diabetes Education Program (NDEP)**
The NDEP is a federally funded program sponsored by the U.S. Department of Health and Human Services’ National Institutes of Health and the Centers for Disease Control and Prevention and includes over 200 partners at the federal, state, and local levels, working together to reduce the morbidity and mortality associated with diabetes.

**phone:** (301) 496-3583  
**web:** [www.ndep.nih.gov](http://www.ndep.nih.gov)

**National Eye Health Education Program (NEHEP)**
This program, developed by the National Eye Institute, promotes public and professional awareness of the importance of early diagnosis and treatment of diabetic eye disease.

**phone:** (301) 496-5248  
**web:** [www.nei.nih.gov/nehep](http://www.nei.nih.gov/nehep)

**National High Blood Pressure Education Program (NHBPEP)**
NHBPEP is administered and coordinated by the National Heart, Lung, and Blood Institute (NHLBI). The goal of the NHBPEP is to reduce death and disability related to high blood pressure through programs of professional, patient, and public education.

**phone:** (301) 592-8573  
**web:** [www.nhlbi.nih.gov/about/nhbpep](http://www.nhlbi.nih.gov/about/nhbpep)

**National Kidney Disease Education Program (NKDEP)**
NKDEP is a program of the National Institutes of Health to reduce the deaths and disabilities from kidney disease and its complications. Kidney disease information is available for both patients and health professionals.

**Toll-free:** 1-866-454-3639  
**web:** [www.nkdep.nih.gov](http://www.nkdep.nih.gov)  
**email:** nkdep@info.niddk.nih.gov

**Multi-Cultural Resources**
**American Indian Health National Library of Medicine**
This web resource on Native American health, sponsored by the National Library of Medicine, is designed to bring together health and medical resources pertinent to the Native American population including policies, consumer health information, and research. Links are provided to an assortment of documents, websites, databases, and other resources.

Prevention and Education Programs

**Association of Asian Pacific Community Health Organizations**
This website is designed to serve as a vehicle to access the information related to the health needs of Asian Americans, Native Hawaiians and Pacific Islanders.

**phone:** (501) 272-9536 ext. 102  
**web:** www.aapcho.org

**Babel Fish Translation**
Translate text or entire websites from English to another language with the Babel Fish translation tool.

**web:** http://babelfish.altavista.com/translate.dyn

**California Project LEAN**
California Project LEAN provides a variety of resources, evaluations, articles, and materials for promoting healthy eating and physical activity.

**phone:** (916) 522-9907  
**web:** www.californiaprojectlean.org

**Center for Cross-Cultural Health**
The Center for Cross-Cultural Health is a Minnesota-based organization providing education and tools that ensure diverse populations receive culturally competent and sensitive education materials.

**phone:** (651) 209-8999  
**web:** www.crosshealth.com

**Free Translation Services**
FreeTranslation.com is one of the most popular websites of its kind, with more than 2 million visitors per week. FreeTranslation.com allows users to obtain free translations of both text and web pages. The translation is generated by a computer and displayed instantly.

**web:** www.freetranslation.com

**Health Information Translations**
This site is a collaborative initiative to improve health education for limited English proficiency patients and is intended to serve as a valuable resource to help health care professionals teach health education to those patients with limited English skills. By leveraging the combined skills and experience of three of Central Ohio’s largest health care organizations, this project produces some of the most valuable resources for health care education in diverse communities. This website currently translates health education materials into 13 different languages.

**phone:** (614) 293-3191  
**web:** www.healthinfotranslations.com
Prevention and Education Programs

Indian Health Services Division of Diabetes Treatment and Prevention (IHS)
An agency of the U.S. Public Health Service, Department of Health and Human Services, IHS develops, documents, and sustains a health effort to prevent and control diabetes in Alaska Natives and American Indian communities. Resources include information on nutrition and fitness, a diabetes resource catalog, and training/workshops on diabetes.
phone: (505) 248-4182  web: www.ihs.gov/medicalprograms/diabetes

Multicultural Diabetes Materials from Harborview Medical Center, Seattle
This website contains materials developed by Harborview Medical Center (Seattle, WA) for use in Multicultural Diabetes Classes for patients and family members. Class topics include basics of diabetes, nutrition, medicines, and glucose meters. The materials are available as easy-to-print PDFs and are translated into Amharic, Cambodian, Oromo, Somali, Spanish, Tigrean, and Vietnamese; each includes both target language and English). Several of the patient education handouts include audio narrations that require software for listening.

National Cancer Institute
This website provides a variety of educational materials on healthy eating geared toward African-American, Latino American, and Native American audiences, as well as the general public.
web: https://cissecure.nci.nih.gov/ncipubs/searchResults.asp?subject2=Nutrition

National Center for Cultural Competence (NCCC)
The mission of the NCCC is to increase the capacity of health and mental health programs to design, implement, and evaluate culturally and linguistically competent service delivery systems.
web: www11.georgetown.edu/research/gucchd/nccc

National Council of La Raza (NCLR)
NCLR’s health programs work to develop culturally-relevant bilingual health education and promotional materials for those in the Hispanic community not being reached by national, mainstream health education efforts, as well as to provide assistance in the form of model programs, consultation, and training.
phone: (202) 785-1670  web: www.nclr.org
National Hispanic/Latino Diabetes Initiative for Action (NLDI)
This program was developed to serve as a blueprint for the Centers for Disease Control and Prevention to frame interdisciplinary, culturally relevant approaches to control diabetes and its complications in the U.S. Hispanic/Latino community. The initiative is comprehensive in scope, serving as a long range “road map.”

Toll-free: 1-800-232-4636  

National Kidney Foundation, Inc.
The National Kidney Foundation offers their A to Z Health Guide publications in Spanish.  
web: www.kidney.org/atoz/atozTopic_sp.Cfm
RESOURCES FOR FAMILIES OF CHILDREN WITH DIABETES

— ALASKA —

Family Resource Network- American Diabetes Association, Alaska Area
The American Diabetes Association’s Family Resource Network (FRN) works to connect persons with other families dealing with diabetes. The FRN is run in communities by parent volunteers and provides information, services, programs, and special events for children of all ages with diabetes and their families. Family Resource Network serves persons with diabetes, their families, health care providers, schools, and communities.

Camp Kushtaka - American Diabetes Association, Alaska Area
The American Diabetes Association five-day residential camp on Kenai Lake is located in the community of Snug Harbor near Cooper Landing at the Camp Fire USA camp facility. The camp combines ongoing and informal diabetes management and education along with the fun of outdoor activities such as hiking, canoeing, crafts and swimming. There is an overnight campout for the older campers. Resident physicians, nurses and dietitians round out the regular Camp Fire staff.

Safe at School Program—American Diabetes Association, Alaska Area
Children with diabetes sometimes face additional challenges in schools and day care centers. Students with diabetes have a right to a “free, appropriate public education” without discrimination. These rights are guaranteed by federal civil rights and education laws. Children are protected by filing the appropriate plan with his or her school. For more information on Section 504, The Americans with Disabilities Act, and the Individuals with Disabilities Education Act (IDEA) please contact the Program Manager at the numbers below.

American Diabetes Association
ANCHORAGE
801 W. Fireweed Lane #103
Anchorage AK, 99503

FAIRBANKS
P.O. Box 80728
Fairbanks, AK 99708

Alaska toll free: 1-888-DIABETES
National Toll-free 1-800-DIABETES
phone: (907) 272 1424  fax: (907) 272-1428
phone: (907) 457-1557
web: www.diabetes.org/communityprograms-and-localevents/whatslocal.jsp
Grandfamilies Network Project
More and more grandparents are finding themselves in the role of primary parent for their grandchildren, but many do so without adequate resources of money, energy, or support systems. Throughout Alaska there are many opportunities to meet and connect with other grandparents raising grandchildren. This allows grandparents to share their stories, joys, struggles, successes, ideas, and support one another through both the easy and the hard times.

phone: (907) 522-9866    
Toll-free: 1 (822) 522-9866    
web: www.voaak.org

— NATIONAL —

Children with Diabetes, Inc.
The mission of Children with Diabetes, Inc. is to promote understanding of the care and treatment of diabetes, especially in children, by increasing awareness of the need for unrestricted diabetes care for children at school and daycare supporting families living with diabetes; and promoting understanding of research into a cure. Being diagnosed with diabetes is a life-changing event, and raising a child is an ongoing challenge made even more demanding when managing a chronic illness. The website is for families dealing with diabetes, a resource for parents of children with Type 1 diabetes, and is dedicated to helping families find the information and support needed in caring for a child with diabetes.

5689 Chancery Place    
Hamilton, OH 45011    
web: www.childrenwithdiabetes.com

Diabetes Camp
Find a nearby camp or others around the country through the American Diabetes Association website.
web: www.diabetes.org (under What’s Happening Locally)

Planet D
A website for children to explore more about diabetes and connect with new friends.
web: http://tracker.diabetes.org/index.php (Link from main ADA Web Page)

Print on Demand (POD)
Kids can get answers for questions on school, food and nutrition, and sports and exercise.
Toll-free: 1 (800) DIABETES    

Juvenile Diabetes Research Foundation International (JDRF)
JDRF is a private, nonprofit, voluntary health agency with chapters and affiliates throughout the world. JDRF raises funds to support research on the cause, cure, treatment, and prevention of diabetes and its complications. The organization awards research grants for laboratory and clinical investigations and also provides training programs, workshops, and conferences for researchers.
Toll-free: (800) 533-2873    
web: www.jdrf.org
OTHER RESOURCES

Self Care Information for Persons with Diabetes

FOOT CARE
Diabetes can harm the blood vessels and nerves in your feet. When it does, you may not feel a cut or blister on your foot. Untreated, such injuries can lead to infection and possible amputation.

- To keep your feet healthy, keep your blood sugar close to your goal.
- Don’t use tobacco.
- Wash your feet every day. Dry them, especially between the toes.
- Cut your nails straight across and file edges.
- Check daily for cuts, blisters, redness, and swelling. If you cannot see the bottom of your feet, use a mirror or ask someone for help. If you see something you are not sure about, contact your health care provider.
- Check your feet for loss of feeling.
- Have your feet checked at least once a year by a podiatrist, more often if you have any foot problems.
- Never walk barefoot.
- Wear clean padded socks that fit well. Make sure the sock seams are in the right place.
- Wear shoes that fit well. If you have lost feeling in your feet, ask your health care provider for advice on proper shoes.
- Shake out your shoes before putting them on. A small pebble can lead to big problems.
- Break in new shoes slowly.
EYE CARE
Diabetes can lead to vision loss or even blindness. If you catch problems early, you can save your sight. However, you may not have any symptoms. That is why it is important to have an eye exam each year.

To take good care of your eyes:
• Keep your blood sugar close to your goal.
• Bring high blood pressure down.
• Get a dilated eye exam by an eye doctor every year. Your eye doctor will use drops to enlarge your pupils to look inside your eyes.

See your eye doctor if:
• Your vision is blurry.
• You see double. Your see spots or floaters.
• One or both eyes hurt.
• You feel pressure in you eye.
• You can’t see things at the sides like you used to.
• You have trouble reading.

HEART ATTACK AND STROKE RISKS
If you have diabetes, you are at high risk for a heart attack. Heart disease is more likely to strike you - and at an earlier age - than someone without diabetes. But you can fight back. Be smart about your heart. Take control of the ABC’s of diabetes and live a long and healthy life

A is for A1C
The A1C (A-one-C) test-short for hemoglobin, A1C- measures your average blood glucose (sugar) over the last 3 months. Suggested targets: keep below 7 and get it checked at least twice a year.

A new way to help you make the connection between daily and long-term glycemic control is to monitor your estimated Average Glucose (eAG). eAG is directly related to A1C, but uses the same values and units that you observe when you check your blood glucose with a meter or receive a fasting glucose value on a lab report. For more information on eAG, please visit the American Diabetes Association website at www.diabetes.org.

B is for blood pressure
High blood pressure makes your heart work too hard. Suggested targets: keep below 130/80 and get it checked at every health care visit.
C is for cholesterol
Bad cholesterol, or LDL, clogs your arteries. Suggested LDL target: keep below 100 and get checked at least once a year.

To lower your risk for heart attack and stroke and other diabetes problems:
• Get at least 30 minutes of physical activity every day.
• Eat less fat and salt.
• Eat more fiber: choose whole grains, fruits, vegetables and beans.
• Stay at a healthy weight.
• Brush your teeth, floss daily, and see a dentist at least once a year.
• Stop smoking- ask your provider for help.
• Take medicines as prescribed.
• Ask your doctor about taking aspirin.
• Get professional help to help you self-manage your diabetes.

Participating in Research - Opportunities for Alaskans

The Rasmusson Foundation/ Benaroya Research Institute
The Rasmusson Foundation and the Benaroya Research Institute at Virginia Mason have joined together to enhance medical research opportunities in Alaska. There are clinical research studies for patients and for family members, and you can participate in a variety of ways.

Toll-free: 1 (877) 248-4802 web: www.alaskaClinicalTrials.org
email: ClinicalTrials@BenaroyaResearch.org

ClinicalTrials.gov
The U.S. National Institutes of Health provide a registry of federally and privately supported clinical trials conducted in the United States and around the world. ClinicalTrials.gov gives you information about a trial’s purpose, who may participate, locations, and phone numbers for more details. This information should be used in conjunction with advice from health care professionals.

web: http://www.clinicaltrials.gov/
Living Well Alaska - Alaska’s Chronic Disease Self-Management Program
Living Well Alaska is a series of workshops that help people with chronic illnesses learn ways to self manage their condition and take charge of their life. Living Well Alaska workshops are being held throughout Alaska for people with all kinds of chronic illnesses, such as arthritis, diabetes and heart disease. Living Well Alaska covers a range of health topics such as:

- healthy eating
- relaxation techniques
- managing fatigue
- low impact exercising
- managing medications
- problem solving
- goal setting
- working with your health professional.

Research on this program has shown that participants are able to manage their symptoms better and communicate more easily with their doctors and loved ones. People who take the program feel better, are less limited by their illness, and may spend less time at the doctor or in the hospital.

Section of Chronic Disease Prevention and Health Promotion
State of Alaska/ Division of Public Health
3601 C Street, Suite 722
Anchorage, AK 99503

AARP
AARP is dedicated to enhancing quality of life for all as we age. AARP leads positive social change and delivers value to members through information, advocacy and service. Membership in AARP is open to any person age 50 or above. The group is known for providing a host of services to this ever-growing segment of the population by: informing members and the public on issues important to this age group; advocating on legislative, consumer and legal issues; promoting community service; and, offering a wide range of special products and services to members.

Toll-free: 1-888-687-2277
web: www.aarp.org/states/ak/
web: www.aarp.org
Other Resources

— NATIONAL —

American Academy of Periodontology (AAP)
The Academy’s purpose is to advocate, educate, and set standards for advancing the periodontal and general health of the public and promoting excellence in the practice of periodontics. Periodontics is one of nine dental specialties recognized by the American Dental Association.

phone: (312) 787-5518  
web: www.perio.org

The Mouth/Body Connection—Diabetes Fact Sheet
web: www.perio.org/consumer/mbc.diabetes.htm

American Association of Diabetes Educators (AADE)
AADE is a multi-disciplinary organization for health professionals involved in diabetes patient education with state and regional chapters. The association sponsors a diabetes educator certification program, provides grants, scholarships, and awards for educational research and teaching activities, provides curriculum guides, consensus statements, self-study programs, and other resources for diabetes educators.

Toll-free: 1-800-338-3633  
web: www.diabeteseducator.org

Diabetes Educator Access Line—
Toll-free: 1-800-832-6874

American Dental Association
The American Dental Association is the professional association of dentists committed to the public’s oral health, ethics, science, and professional advancement.

phone: 312-440-2500  
web: www.ada.org

Diabetes and Your Oral Health Fact Sheet
web: www.ada.org/public/topics/diabetes.asp

American Heart Association (AHA)
The American Heart Association is a nonprofit association dedicated to fighting heart disease and stroke through research and education. Professional resources include professional development seminars and meetings, emergency cardiac care training, and research information and opportunities. Consumer resources include free or low-cost brochures, pamphlets, newsletters, etc. related to the prevention of heart disease and stroke as well as disease-specific information. Website includes sections in Spanish, Mandarin Chinese and Vietnamese.

Toll-free Consumers: 1-800-242-8721  
Toll-free Professionals: 1-800-787-8984
web: www.americanheart.org (see “Get Local Info” link for local divisions.)
American Stroke Association
The American Stroke Association is a division of the American Heart Association that focuses on reducing risk, disability, and death from stroke through research, education, fund raising, and advocacy.
Toll-free: 1 (888) 478-7653  web: www.americanheart.org

American Urologic Association Foundation
The American Urological Association Foundation partners with physicians, researchers, health care professionals, patients, caregivers, families, and the public to support and promote research, patient/public education, and advocacy to improve the prevention, detection, treatment, and cure of urologic diseases.
Toll-free: 1 (866) 746-4282  web: www.auafoundation.org

Centers for Disease Control (CDC) Foundation
The CDC Foundation is an independent, nonprofit enterprise that forges effective partnerships between CDC and others to fight threats to health and safety. The Foundation creates programs that help donors and CDC scientists achieve their common goals.
Toll-free: 1 (888) 880-4CDC  web: www.cdcfoundation.org

Diabetes Action Research and Education Foundation
The mission of the Diabetes Action Research and Education Foundation is to support and promote education and scientific research to enhance the quality of life for all people affected by diabetes. Materials provided include exercise videos designed for people with diabetes. The booklet Diabetes Self-Management: Basics and Beyond, as well as recipes and tips are available on their website.
phone: (202) 333-4520  web: www.daref.org

Diabetes Exercise and Sports Association (DESA)
DESA’s mission is to enhance the quality of life for people with diabetes through exercise and physical fitness. DESA publishes a quarterly newsletter, The Challenge, and sponsors a variety of events.
Toll-free: 1 (800) 898-4322  web: www.diabetes-exercise.org
Other Resources

Diabetes Research and Training Centers (DRTC’s)
The National Institute of Diabetes and Digestive and Kidney Diseases support six DRTCs. These centers offer seminars and workshops for health care professionals on diabetes management and offer professional expertise in developing and implementing diabetes programs. Individual centers produce a variety of educational materials, including audiovisuals for health care professionals. For a complete list of DTRCs, visit the website.


International Diabetes Center (IDC)
IDC offers education classes for people with diabetes as well as training programs and consultation services for health professionals. They have developed the Staged Diabetes Management program, a system of clinical pathways that helps patients with diabetes partner with primary care providers and diabetes educators to gain control of their diabetes and prevent complications. IDC and its affiliates also conduct research on the prevention and treatment of diabetes. IDC has a variety of patient education material available.

Toll-free: 1 (888) 825-6315  
web: www.idcdiabetes.org

International Diabetes Federation (IDF)
The IDF is a non-governmental organization in official relations with the World Health Organization (WHO) and the Pan American Health Organization (PAHO). IDF carries out broad global initiatives through task forces, working groups, conferences, and educational development. Materials published by IDF include the Diabetes Voice, Bulletin of the IDF, leaflets, fact sheets, and other publications including a directory of online resources and a directory of clinical practice guidelines.

Avenue Emile De Mot 19  
B-1000 Brussels  
Belgium  
phone: (international) 011 32-2-5385511  
fax: (international) 011 32-2-5385114  
web: www.idf.org

Lighthouse International
Lighthouse International’s mission is to enable people of all ages to overcome vision impairment through worldwide leadership in vision rehabilitation services, education, research, and advocacy. Lighthouse has a variety of products, publications, and resources available for those affected with vision impairment.

phone: (212) 821-9200  
web: www.lighthouse.org  
TTY: (212) 821-9713

National Asian Women’s Health Organization (NAWHO)
NAWHO’s diabetes education program, Transforming Information into Action, seeks to increase awareness of diabetes among Asian American community members, educate health care professionals about diabetes and Asian Americans, train health advocates to be informed diabetes spokespeople, and create culturally-appropriate diabetes education materials.

phone: (415) 773-2838  
web: www.nawho.org
**National Certification Board for Diabetes Educators (NCBDE)**
The mission of the NCBDE is to promote excellence in the profession of diabetes education through the development, maintenance, and protection of the Certified Diabetes Educator (CDE) credential and certification process.

**phone:** (847) 228-9795

**web:** [www.ncbde.org](http://www.ncbde.org)

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**National Federation of the Blind: The Diabetes Action Network**
The Diabetes Action Network, a division of the National Federation of the Blind, is a support and information network for all people with diabetes, especially those who are blind or losing vision. The Network publishes a quarterly magazine, *Voice of the Diabetic*, and a resource guide. A wide variety of other resources and information are available through the National Federation of the Blind.

**phone:** (410) 659-9314

**web:** [www.nfb.org/nfb/diabetes.asp](http://www.nfb.org/nfb/diabetes.asp)

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**National Kidney Foundation (NKF)**
The NKF is a voluntary health organization dedicated to preventing kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by these diseases, and increasing the availability of all organs for transplantation.

**Toll-free:** 1 (800) 622-9010

**web:** [www.kidney.org](http://www.kidney.org)

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**Prevent Blindness America**
Prevent Blindness America is the nation’s leading volunteer eye health and safety organization with the sole mission of preventing blindness and preserving sight. Diabetes-Sight.org, sponsored by Prevent Blindness America, is designed to help both patients and health care professionals find the information and resources they need for the prevention of vision loss from diabetes.

**Toll-free:** 1 (800) 331-2020

**web:** [www.preventblindness.org](http://www.preventblindness.org)

**web:** [www.diabetes-sight.org](http://www.diabetes-sight.org)

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**Wound Care Institute (WCI)**
The WCI is a nonprofit organization involved in the advancement of wound healing and diabetic foot care. Educational seminars, research studies, educational grants, speakers bureau, preceptorship programs, and patient literature are some of the WCI’s activities.

**phone:** (305) 919-9192

**web:** [http://woundcare.org](http://woundcare.org)
Wellness At Work

— ALASKA —

State of Alaska Worksite Health and Productivity Promotion
The Worksite Health and Productivity Promotion project in the Alaska Section of Chronic Disease Prevention and Health Promotion works with small Alaska businesses interested in being a healthy worksite. Most employed adult Alaskans work for businesses that have fewer than 200 employees. Worksites that support healthy behaviors can make a huge difference in improving their employees’ health. The Alaska Worksite Health and Productivity Promotion project offers worksite health program expertise, Alaska small business-specific materials and training opportunities to help small businesses get started on the road to worksite health.

web: www.hss.state.ak.us/dph/chronic/worksite

— NATIONAL —

DiabetesAtWork.org Program
This online diabetes and health resource kit, part of the National Diabetes Education Program, helps businesses and managed care companies assess the impact of diabetes in their workplace. It also provides easy-to-understand information for employers to help their employees manage their diabetes and take steps toward reducing the risk for diabetes-related complications such as heart disease. The website offers user-friendly fact sheets and ready-to-present lesson plans.

web: www.DiabetesAtWork.org

National Business Group on Health
The National Business Group on Health, is the only national nonprofit organization exclusively devoted to representing the perspective of large employers and providing practical solutions to its members’ most important health care problems.

web: www.businessgrouphealth.org

Wellness Councils of America (WELCOA)
A national nonprofit membership organization dedicated to promoting healthier lifestyles for all Americans, especially through health promotion initiatives at the worksite. Organizationally, WELCOA serves as an umbrella, linking communities and coalitions together into a supportive network that includes locally affiliated Wellness Councils, Well City initiatives, Well Workplaces, and individual and corporate members throughout the United States.

phone: (402) 827-3590  
web: www.welcoa.org

Winning at Work
This site provides the resources employees need to live healthier lives, whether they are working to prevent diabetes or to manage diabetes if they have already been diagnosed.

web: www.diabetes.org
Government Agencies

Department of Veterans Affairs Diabetes Programs (VA)
The VA’s Diabetes Program offers a variety of diabetes resources for veterans and health professionals, including Diabetes Clinical Practice Guidelines. It is a comprehensive document that incorporates information from several existing, national consensus, evidence-based guidelines.

VA Health Care Benefits Hotline
Toll-free: 1-877-222-8387
web: http://www1.va.gov/diabetes
phone: (202) 273-5400

Division of Diabetes Translation, Centers for Disease Control and Prevention (DDT)
The agency supports Diabetes Prevention and Control Programs in all 50 states and eight territories or island jurisdictions, conducts surveillance and research, and is a sponsor of the National Diabetes Education Program. A variety of patient education materials are available.

Toll-free: 1-877-232-3422
web: www.cdc.gov/diabetes

Food and Nutrition Information Center (FNIC)
The FNIC is one of several information centers located at the National Agricultural Library (NAL). The food and human nutrition collection of NAL includes books, manuals, journal articles, and audiovisual materials.

phone: (301) 504-5719
web: www.nal.usda.gov/fnic

Indian Health Services (IHS), Division of Diabetes Treatment and Prevention
An agency of the Public Health Service, Department of Health and Human Services, IHS develops, documents, and sustains a health effort to prevent and control diabetes in American Indian and Alaska Native communities. Resources include information on nutrition and fitness, a diabetes resource catalog, and training/workshops on diabetes.

phone: (505) 248-4182
web: www.ihs.gov/medicalprograms/diabetes

National Center on Minority Health and Health Disparities (NCMHD)
The mission of the NCMHD is to promote minority health and to lead, coordinate, support, and assess the NIH effort to reduce and ultimately eliminate health disparities. The NCMHD supports research, fosters emerging programs, disseminates information, and provides outreach to minority and other health disparity communities.

phone: (301) 402-1366
web: http://ncmhd.nih.gov

National Diabetes Information Clearinghouse (NDIC)
The NDIC is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH), under the U.S. Public Health Service. The clearinghouse is designed to increase knowledge and understanding about diabetes among patients and their families, health care professionals, and the public. NDIC publications include public and patient materials, professional materials, catalogs and guides, fact sheets, and information packets.

Toll-free: 1 (800) 860-8747

National Eye Institute (NEI)
NEI is a branch of the National Institutes of Health. It supports basic and clinical research to develop safe and effective methods to prevent, diagnose, and treat diabetic eye disease. 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.

phone: (301) 496-5248
web: www.nei.nih.gov
Other Resources

National Heart, Lung, and Blood Institute (NHLBI)
The primary responsibility of the NHLBI is the scientific investigation of heart, blood vessel, lung, and blood diseases. The NHLBI Information Center responds to inquiries related to high blood pressure, cholesterol, asthma, heart attack, obesity, and sleep disorders. Public and patient education materials are available on numerous topics including cholesterol, high blood pressure, asthma, heart disease, physical activity, obesity, sleep disorders, stroke, and blood diseases. Clinical practice guidelines and other publications for health professionals are available on the above topics as well.

phone: (301) 592-8573  
web: www.nhlbi.nih.gov

National Immunization Program (NIP)
The NIP is a part of the Centers for Disease Control and Prevention. As a disease-prevention program, NIP provides leadership for the planning, coordination, and conduct of immunization activities nationwide. Support and information is provided to health departments, health professionals, partners and the media.

English Hotline Toll-free: 1 (800) 232-2522  
web: http://www.cdc.gov/vaccines

Spanish Hotline Toll-free: 1 (800) 232-0233

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
The NIDDK is part of the National Institutes of Health. They conduct and support biomedical research, disseminating research findings to the public. A variety of resources are available in easy-to-read and Spanish formats through NIDDK’s National Diabetes Information Clearinghouse (see above), and through their other programs and initiatives.

Toll-free: (800) 860-8747  
web: www.niddk.nih.gov
phone: (301) 654-3327

National Institute on Aging (NIA)
The NIA is a branch of the National Institutes of Health. The NIA promotes healthy aging by conducting and supporting biomedical, social, and behavioral research and public education. Educational material topics cover specific diseases and health conditions, treatments, and research. Materials are for use by the general public, patients and family members, health professionals, voluntary and community organizations and the media.

Toll-free: (800) 222-2225  
web: www.nih.gov/nia

National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)
NKUDIC provides information about kidney and urologic diseases to the public, patients, and their families and health care professionals. A variety of educational materials and publications are available.

Toll-free: 1 (800) 891-5390  

National Oral Health Information Clearinghouse (NOHIC)
The NOHIC serves as a resource for patients, health professionals, and the public who seek information on the oral health of special care patients. These include people with genetic or systemic disorders that compromise oral health, people whose medical treatment causes oral problems, and people with mental or physical disabilities that make dental hygiene difficult. A service of the National Institute of Dental and Craniofacial Research.

phone: (301) 496-4261
web: www.nidcr.nih.gov/HealthInformation/SpecialCareResources
Office of Minority Health (OMH) Resource Center
The OMH works to improve the health of racial and ethnic populations through the development of health policies and programs. OMH is the largest resource and referral service on minority health in the Nation. OMH offers information, publications, mailing lists, database searches, referrals, and more for African-American, Asian American, Hispanic/Latino, Native American/Alaska Native, and Pacific Islander populations. OMH-RC publishes the newsletters, Closing the Gap and Pocket Guide to Minority Health Resources.

Toll-free: 1 (800) 444-6472  
web: www.omhrc.gov

Rural Information Center (RIC)
The Rural Information Center, part of the U.S. Department of Agriculture, provides information and referral services for rural communities, officials, organizations, and citizens.

Toll-free: 1 (800) 633-7701  
web: www.nal.usda.gov/ric

GovBenefits.gov
GovBenefits.gov is a partnership of federal agencies with a shared vision — to provide improved, personalized access to government assistance programs. The goals of GovBenefits.gov are to use the Internet to connect citizens to government benefit program eligibility information; increase access to information, particularly for people with disabilities; reduce expense and difficulty of doing business with the government; and, continue to add programs to become the single source for federal, state, and local government benefit programs. The online screening tool is free, easy-to-use, and completely confidential.

Toll-free: (800) 333-4636  
web: www.govbenefits.gov

Medicare Preventive Services:
Diabetes Screening, Supplies, and Self Management Training
Common questions can be answered here and links for further self-management information are collectively provided on this site.

Toll-free: 1 (800) 633-4227  
web: www.medicare.gov
DIABETES IN ALASKA

Sarah Palin, Governor
State of Alaska

Bill Hogan, Commissioner
Department of Health and Social Services

Alaska Diabetes Prevention and Control Program
Section of Chronic Disease Prevention and Health Promotion
Division of Public Health
3601 C Street, Suite 722
Anchorage, AK 99503

(907) 269-8035

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