

H a m p t o n R o a d s



Diabetes

R e s o u r c e D i r e c t o r y
F o r H a m p t o n R o a d s

www.myVBCH.org/diabetes_directory.pdf

Brought to you by the



VIRGINIA BUSINESS
COALITION ON HEALTH

287 Independence Blvd.
Pembroke Two, Suite 120
Virginia Beach, Virginia 23462
www.myVBCH.org
Phone: 757-552-0913
Fax: 757-497-5101



Dedicated to the more than 175,000 people with diabetes in Hampton Roads.



Diabetes Information

Diabetes is a condition in which the sugar in the blood is too high. The food you eat is changed into sugar to fuel your body. Sugar moves through your blood to your cells. The pancreas (a gland in the body) makes insulin. Insulin acts like a key and unlocks the door of the cells so the sugar can enter. With diabetes, you either do not make enough insulin or are not able to use the insulin you make. Without insulin, sugar cannot enter the cells and it builds up in the blood causing high blood sugar levels. High blood sugar can cause many problems for those who have the condition.

The Types and Warning Signs of Diabetes

1. Type 1 Diabetes usually occurs in children and young adults, but can occur at any age. In Type 1 Diabetes, the body makes little or no insulin. People with Type 1 Diabetes take insulin daily by shots or an insulin pump. They also keep their blood sugar under control with a meal plan and exercise.

Type 1 Diabetes–Warning Signs

(symptoms usually occur suddenly)

- Frequent urination (in large quantities)
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Extreme tiredness
- Irritability
- Blurry vision

2. Type 2 Diabetes is the most common type of diabetes. It occurs most often in adults. Because of the recent obesity epidemic, we now also see Type 2 Diabetes occur often in children and teens. The body does not make enough insulin and/or does not use the insulin that it makes. People with Type 2 Diabetes manage their diabetes with a meal plan, exercise, and/or pills. Some people may even need to take insulin.

Type 2 Diabetes–Warning Signs

(symptoms usually occur gradually)

- Any of the Type 1 Diabetes symptoms
- Slow-healing infections or wounds
- Tingling or numbness in the hands or feet
- Dry, itchy skin

3. Gestational Diabetes is a type of diabetes that is first diagnosed in pregnancy. It is diagnosed with a test during the 24th-28th week of pregnancy and usually disappears after delivery. There is a high risk of developing Type 2 Diabetes later in life if you have Gestational Diabetes.

*The American Diabetes Association
<http://www.diabetes.org> or 1-800-DIABETES*

Could You Have Diabetes And Not Know It?



Pre-Diabetes - is a condition that occurs when a person's blood sugar levels are high, but not yet high enough for a diagnosis of Type 2 Diabetes. Research shows that if you **lose weight, eat healthy and become more physically active every day, you can delay or prevent Type 2 Diabetes.**

American Diabetes Association Risk Factor Quiz*		Yes	No
1	My weight is equal to or above that listed in the chart below?	5 pts	0 pts
2	I am under 65 years of age and I get little or no exercise during a usual day?	5 pts	0 pts
3	I am between 45 and 64 years of age?	5 pts	0 pts
4	I am 65 years old or older?	9 pts	0 pts
5	I am a woman who has had a baby weighing more than 9 pounds at birth?	1 pts	0 pts
6	I have a sister or brother with diabetes?	1 pts	0 pts
7	I have a parent with diabetes?	1 pts	0 pts
Total Points:		_____	

* If you would like a detailed copy of the American Diabetes Association Type 2 risk test, please call the ADA at 757-424-6662.

Take this Diabetes Risk Factor Quiz to see if you are at risk for having diabetes. Diabetes is more common in African American, Hispanic/Latino and Native Americans and Pacific Islanders. If you are a member of one of these ethnic groups, please pay special attention to this quiz.

To find out if you are at risk, write in the points next to each statement that is true for you. If a statement is *not* true, write a zero. Add all the points to get your total score.

Scoring 3-9 points - You are probably at low risk for having diabetes now. But don't just forget about it — especially if you are Hispanic/Latino, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future.








Scoring 10 or more points - You are at greater risk for having diabetes. Only your health care provider can determine if you have diabetes. At your next office visit, find out for sure.

At-Risk Weight Chart Body Mass Index			
Height in feet and inches without shoes Weight in pounds without clothing			
Height	Weight	Height	Weight
4'10"	148	5'8"	203
4'11"	153	5'9"	209
5'0"	158	5'10"	216
5'1"	164	5'11"	222
5'2"	169	6'0"	228
5'3"	175	6'1"	235
5'4"	180	6'2"	241
5'5"	186	6'3"	248
5'6"	192	6'4"	254
5'7"	198		

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes.

What Can You Do?

The first step is finding out your risk. You just took a quick risk factor quiz. **If your score is 10 or higher, call your doctor and make an appointment for a diabetes screening.** While you wait to see your doctor, visit www.diabetes.org and look at all the resources within the website. You will find help in meal planning, physical activity, medical tests and terms. You can visit the “Diabetes PHD” (Personal Health Decisions) and create a personal health record and explore health care options like weight loss, stopping smoking, and medications.

Legend: Programs and Descriptions	
M Member-Virginia Business Coalition on Health	
\$ Fee Charged and/or Sliding Scale Fee	
Free No Charge	
Inclement Weather Extreme weather conditions may delay or prevent the diabetes professional's arrival at work or necessitate their leaving work early. Please confirm your appointment/class with the provider in the event of inclement weather.	
	Diabetes Education These programs offer structured individual/family and/or group instruction on diabetes self-management. Call for information on dates, times, and locations.
	Gestational Diabetes Education These programs offer structured individual/family and/or group instruction on gestational diabetes. Call for information on dates, times, and locations.
	Diabetes Support Group These groups meet to offer education, support, and socialization for individuals with diabetes and/or their families.
	Diabetes Weight Management These programs offer structured individual and/or group instruction on weight management. Call for information on dates, times, and locations.
	Diabetes Nutrition Education These programs offer structured individual and/or group instruction on nutrition. Call for information on dates, times, and locations.
	Diabetes Health Information
	Public & Community Health

**Contact Virginia Business Coalition on Health
at 757.552.0913 for the free
Virginia Type 2 Diabetes Report
or visit [www.http://www.myvbch.org](http://www.myvbch.org)
for more information**






Directory (Alphabetical)

Health Systems

Albemarle Regional Health Services

711 Roanoke Avenue, Elizabeth City, NC 27909




<http://204.211.83.83/>

 Diabetes Education \$	252-338-4370
 Gestational Diabetes Education	252-338-4370
 Diabetes Support Group	252-384-4139
 Diabetes Weight Management \$	252-338-4370
 Diabetes Nutrition Education \$	252-338-4370

Bon Secours DePaul Medical Center

150 Kingsley Lane, Norfolk, VA 23505




www.bonsecourshamptonroads.com/facilities

 Diabetes Education Free	757-889-2273
 Gestational Diabetes Education Free	757-889-2273
 Diabetes Support Group Free	757-889-2273
 Diabetes Nutrition Education Free	757-398-2094

Bon Secours Mary Immaculate Hospital

2 Bernadine Drive, Newport News, VA 23602


www.bonsecourshamptonroads.com/facilities

 Diabetes Education Free	757-886-6700
 Gestational Diabetes Education	757-889-2273
 Diabetes Support Group Free	757-947-3391

Bon Secours Maryview Medical Center

3636 High Street, Portsmouth, VA 23707





www.bonsecourshamptonroads.com/facilities

 Diabetes Education Free	757-889-2273
 Gestational Diabetes Education	757-398-2094

Chesapeake Regional Medical Center M

800 Battlefield Blvd, Chesapeake, VA 23320





www.chesapeake-regional.com

 Diabetes Education \$	757-312-6132
 Gestational Diabetes Education \$	757-312-6132
 Diabetes Weight Management \$	757-312-6132
 Diabetes Nutrition Education \$	757-312-6132

Children’s Hospital of the King’s Daughters


601 Children’s Way, Norfolk, VA 23507
www.chkd.org

*pediatric patients only to age 21

 Diabetes Education*	757-668-8609
 Diabetes Support Group* Free	757-668-8609
 Diabetes Weight Management*	757-668-8609
 Diabetes Nutrition Education* \$	757-668-8609





**Eastern Virginia Medical School
Division of Maternal Fetal Medicine**

825 Fairfax Avenue, Suite 310, Norfolk, VA 23507
1080 First Colonial Road, Suite 305, Virginia Beach, VA 23454
500 J. Clyde Morris Blvd., Building G, Suite 200, Newport News, VA 23601
www.mfm-evms.org

 Gestational Diabetes Education \$	757-446-7900 (Norfolk), 757-395-8900 (Va. Beach), 757-594-3636 (Newport News)
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EVMS The Leonard R. Strelitz Diabetes Institute

855 W. Brambleton Avenue, Norfolk, VA 23510
www.evms.edu/diabetes

 Diabetes Education \$	757-446-8477
 Diabetes Support Group (Insulin Pump) Free	757-446-8478
 Diabetes Weight Management \$	757-446-5913
 Diabetes Nutrition Education \$	757-446-5913
Diabetes Research Studies	757-466-7933






Naval Medical Center

620 John Paul Jones Circle, Portsmouth, VA 23708
www.nmcp.med.navy.mil



 Diabetes Education Free	757-953-2116
 Diabetes Weight Management	757-953-2627
 Diabetes Nutrition Education	757-953-2627

Riverside Endocrinology Diabetes Center M





11844 Rock Landing Drive, Suite B, Newport News, VA 23606
www.riversideonline.com

 Diabetes Education \$	757-534-5050
 Gestational Diabetes Education \$	757-534-5050
 Diabetes Support Group Free	757-534-5050
 Diabetes Weight Management	757-989-8830
 Diabetes Nutrition Education	757-989-8830



Riverside Walter Reed Hospital M
7519 Hospital Drive, Gloucester, VA 23061
www.riversideonline.com

 Diabetes Education \$	804-693-8800 x 588
 Diabetes Support Group Free	804-693-8800 x 588
 Diabetes Nutrition Education \$	804-693-8800 x 588




Riverside Wellness and Fitness Centers M
Several Virginia Peninsula Locations
www.riversideonline.com

 Diabetes Education \$	757-875-7533
 Gestational Diabetes Education \$	757-875-7533
 Diabetes Weight Management \$	757-875-7533
 Diabetes Nutrition Education \$	757-875-7533




Sentara Bayside Hospital M
800 Independence Blvd, Virginia Beach, VA 23455
www.sentara.com

 Diabetes Support Group Free	757-363-6834
 Diabetes Nutrition Education \$	757-388-2030




Sentara CarePlex Hospital M
300 Coliseum Drive, Hampton, VA 23666
www.sentara.com

 Diabetes Education \$	1-800-736-8272
 Diabetes Support Group Free	757-827-2313
 Diabetes Nutrition Education \$	757-827-2313


Sentara Indian River Therapy Center M
5660 Indian River Road, Suite 121, Virginia Beach, VA 23464
www.sentara.com

 Diabetes Education \$	757-961-4974
 Diabetes Weight Management \$	757-961-4974
 Diabetes Nutrition Education \$	757-961-4974






Sentara Leigh Hospital M
830 Kempsville Road, Norfolk, VA 23502
www.sentara.com

 Diabetes Education \$	757-388-2030
 Gestational Diabetes Education \$	757-388-2030
 Diabetes Support Group Free	757-261-4705




Sentara Norfolk General Hospital M
600 Gresham Drive, Norfolk, VA 23507
www.sentara.com

 Diabetes Education \$	1-800-736-8272
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Sentara Obici Hospital M
2800 Godwin Boulevard, Suffolk, VA 23434
www.sentara.com

 Diabetes Education \$	757-934-4879
 Gestational Diabetes Education \$	757-934-4721
 Diabetes Support Group Free	757-934-4879
 Diabetes Weight Management \$	757-934-4721
 Diabetes Nutrition Education \$	757-934-4721

Sentara Virginia Beach General Hospital M
1060 First Colonial Roads, Virginia Beach, VA 23454
www.sentara.com


 Diabetes Education \$	757-395-8836
 Gestational Diabetes Education \$	757-395-8836
 Diabetes Nutrition Education \$	757-395-8836

Sentara Williamsburg Regional Medical Center M
100 Sentara Circle, Williamsburg, VA 23188
www.sentara.com

 Diabetes Education \$	757-984-7106
 Gestational Diabetes Education \$	757-984-7106
 Diabetes Nutrition Education \$	757-984-7106

Community Health Centers

 **Hampton Community Health Center**
3130 Victoria Blvd, Hampton, VA757-727-1172 x 21722

 **Newport News District Office - Peninsula Health District**
Serving Newport News, Williamsburg, James City County, York County
and Poquoson
416 J. Clyde Morris Blvd, Newport News, VA757-594-7305

 **Norfolk - Ambulatory Care Center**
130 Colley Ave, Norfolk, VA757-388-3881

 **Norfolk - Berkley Neighborhood Center**
925 South Main Street, Norfolk, VA757-494-2470

 **Norfolk - Little Creek Multi-Purpose Center**
207 E. Little Creek Road, Norfolk, VA757-531-2100

 **Norfolk - Park Place Neighborhood Center**
606 W. 29th Street, Norfolk, VA757-533-9108

 **Peninsula Institute for Community Health (PICH)**
4714 Marshall Avenue, Newport News, VA757-380-8709



 **Portsmouth Community Health Center**
664 Lincoln Street, Portsmouth, VA757-397-0042

 **Suffolk Community Health Center**
157 N. Main Street, Suite A, Suffolk, VA757-925-1866


Public Health Departments

-  **Chesapeake Health Department**
South Norfolk Health Center
490 Liberty Street, Chesapeake, VA757-382-2650
-  **Isle of Wight County Health Department**
402 Grace Street, Smithfield, VA757-357-4177
-  **Norfolk Public Health Department**
830 Southampton Avenue, Norfolk, VA757-683-2756
-  **Portsmouth Public Health Department**
1701 High Street, 1st Floor, Portsmouth, VA757-393-8585
-  **Suffolk Public Health Department**
1217 N. Main Street, Suffolk, VA757-686-4900
-  **Virginia Beach Department of Public Health**
Pembroke Corporate Center III, 1st Floor, 4452 Corporation Lane
Virginia Beach, VA757-518-2700


Free Clinics


-  **Chesapeake Free Clinic**
2145 S. Military Highway, Chesapeake, VA757-545-5700
-  **Virginia Beach-Beach Health Clinic**
3396 Holland Rd, Virginia Beach, VA757-428-5601

Diabetes Health Information

-  **Access Partnership**
www.accesspartners.org
For information on Hampton Roads health centers, clinics
and dental care757-853-8500

-  **American Association of Diabetes Educators**
www.diabeteseducator.org


-  **American Diabetes Association (ADA) M
Greater Hampton Roads - Virginia Office**
Hampton Roads, Virginia and Northeastern North Carolina
870 Greenbrier Circle, Suite 404, Chesapeake, VA 23320
www.diabetes.org
Local757-424-6662

-  **American Diabetes Association (ADA) National Office**
1701 N. Beauregard Street, Alexandria, VA 22311
www.diabetes.org
National Call Center1-800-DIABETES or 1-800-342-2383
Diabetes Campswww.diabetes.org/camp
Winning at Work Corporate Health
Programwww.diabetes.org/winningatwork

 **American Heart Association**
www.americanheart.org

 **Diabetes at Work**
www.diabetesatwork.org

 **Food information**
www.Calorieking.com


 **International Diabetes Center**
Park Nicollet Medical Center
3800 Park Nicollet Blvd., Minneapolis, MN 55416
www.idcdiabetes.org
National.....1-888-825-6315 or 952-993-3393

 **Juvenile Diabetes Research Foundation**
5712 Cleveland Street, Suite 100, Virginia Beach, VA 23462
www.jdrf.org
Local757-497-2202
National.....1-800-533-2873

 **National Diabetes Education Program**
www.ndep.org

 **National Institutes of Health**
www.nih.gov



 **State of Virginia Diabetes Education Program**
www.vahealth.org/cdpc/diabetes/

 **Virginia Association of Free Clinics**
10231 Telegraph Road, Suite B, Glen Allen, VA 23059
www.vafreeclinics.org/find-a-free-clinic.asp
For a list of free clinics in your area.....804-340-3434

 **Virginia Diabetes Council**
www.virginiadiabetes.org

**Virginia Diabetes
Prevention and
Control Project**

Division of Chronic Disease
Prevention and Control
www.vdh.virginia.gov



109 Governor Street, DCDPC 10th Floor, Richmond, Virginia 23219
Phone: (804) 864-7877 • Fax: (804) 864-7880
Website: www.vahealth.org/cdpc/diabetes/
E-mail: Diabetes@vdh.virginia.gov

Your Local Diabetes Organization

American Diabetes Association (ADA) Greater Hampton Roads, Virginia Office

870 Greenbrier Circle, Suite 404, Chesapeake, VA 23320, www.diabetes.org

Contact: Phone 757-424-6662

Fax: 757-420-0490

ADA National Call Center 1-800-DIABETES (1-800-342-2383)

Serving Greater Hampton Roads, Virginia, and Northeastern North Carolina

Mission and Scope

The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. This mission is accomplished through diabetes research, education, and advocacy efforts. In this regard, the Greater Hampton Roads office offers many programs and events throughout the year.

Our best defense against diabetes is through professional education. ADA works with area accredited hospitals and health agencies to increase awareness regarding the seriousness of diabetes and the importance of detection and proper care.

ADA Advocacy

ADA serves as a collective voice for diabetes. ADA funds research, lobbies lawmakers, and represents people with diabetes on every level. Government, the media and the public rely on ADA for information and leadership. In 1999, with the valuable assistance of many ADA volunteers, Virginia became one of the 47 states to date to pass legislation mandating insurance reimbursement for diabetes education and supplies. However, issues continue to surface regarding insurance benefits, the rights of children with diabetes in public and private schools, and workplace discrimination. There has been progress, but there also continues to be a need to keep the voice of the diabetes advocate at maximum volume.

You can add your voice by becoming a “Diabetes Advocate” and receiving information that will keep you up-to-date regarding diabetes issues. Take action today – contact ADA’s Advocacy Action Center at www.diabetes.org/advocacy or by toll-free phone at 1-800-DIABETES.

ADA Program Services

ADA offers a toll-free call center (1-800-DIABETES) for adults and children with diabetes and/or their family members to access valuable information on diabetes prevention, detection and care.

ADA’s area **Live Empowered Program** focuses on the seriousness of diabetes among the high-risk African American community. **Diabetes Care Day**, **Diabetes Days**, **Project POWER Program and Choose to Live**, all help to spread the message regarding the importance of early diabetes detection, healthy lifestyle, and proper diabetes care among the African American community. The **Family Resource Network and the Wisdom™ Program** provide information of “wit and wisdom” for youth newly diagnosed with diabetes, as well as a fun and educational diabetes website.

ADA offers a **Winning at Work** program that allows businesses to offer diabetes education and awareness materials to their employees.

ADA Special Events

Step Out: Walk to Fight Diabetes is ADA’s signature fundraising campaign. Corporate and community teams and individuals register to walk and recruit donations for diabetes research, education, and advocacy. The event includes a wellness fair, children’s area, food, and entertainment.

Tour de Cure is ADA’s premier cycling fundraiser. Cyclists choose one of a variety of Tour routes and raise funds through registration fees and a fundraising minimum to participate in the fully supported and catered event.

ADA’s annual **Party in Paradise** offers the corporate community an opportunity to celebrate advances in diabetes care and research in a festive environment, as well as raise much needed dollars to fund the association’s mission.

School Walk for Diabetes is a year-long fundraising campaign that joins ADA with area schools to promote exercise and better health for children.

In addition, ADA’s area office hosts an annual **ADA Golf Tournament at Ford’s Colony**, as well as a diabetes dance-a-thon, **Slide Out the Sugars**. The **Virginia Father of the Year** awards dinner is also coordinated through the Richmond, VA office. November is “**National Diabetes Month**.”

Cure. Care. Commitment.



VIRGINIA BUSINESS
COALITION ON HEALTH

287 Independence Blvd., Pembroke Two, Suite 120,

Virginia Beach, VA 23462

Phone: 757.552.0913 • Fax: 757.497.5101

www.myVBCH.org

About VBCH

The Virginia Business Coalition on Health (VBCH) is a non-profit, 501(c)(3), founded in 1983 under the name of the Hampton Roads Health Coalition; It has since expanded Virginia-wide. VBCH is a mixed-model 'catalyst' coalition of 70 stakeholder-members made up of purchasers (employers) and providers, representing 300,000+ cover lives. VBCH is a member of the National Business Coalition on Health, and together represents some 40 million covered lives. In addition to diabetes initiatives, such as HealthMapRx™, VBCH engages in population health initiatives, education on best-practices, and workplace wellness and health promotion. Visit www.myVBCH.org to learn about all activities of VBCH, or call us today at 757.552.0913.

Vision

We envision a knowledgeable, unified stakeholder* voice to promote best practices for high-quality, cost-effective health care and a healthy productive workforce.

Mission

To provide superior membership service and to build the capacity to convene and be the collective resource for Virginia employers to advance value-based purchasing, productivity, wellness, patient safety and quality.

*VBCH member stakeholders include purchasers as well as providers (health plans/insurers; hospitals; consultants; pharmaceutical companies) believing that cooperation between all parties will foster solutions for health care.

What Employers Should Know and What They Can Do

Introduction

Type 2 diabetes is a growing epidemic among Native Americans, African Americans and Hispanics and remains the leading cause of death and disability in the US¹. Much of the burden of illness and cost of diabetes treatment is attributed to potentially preventable long-term complications including heart disease, blindness, kidney disease and stroke². Timely screening and treatment can significantly reduce the disease burden. Here are some more facts:

- People with diabetes are 2 to 4 times more likely than others to die as a result of heart disease³.
- Diabetes accounts for almost 45 percent of new cases of kidney failure⁴. 60 to 70 percent of people with diabetes have mild to severe forms of

nervous system damage, including impaired sensation in the feet and hands and carpal tunnel syndrome⁵.

- Diabetic retinopathy, the damage of blood vessels in the retina, is the most common diabetic eye disease and a leading cause of blindness, causing 12,000 to 24,000 new cases of blindness annually⁶.

Costs to Business

The total annual economic cost of diabetes in 2007 was estimated to be \$174 billion. Medical expenditures totaled \$116 billion and were comprised of \$27 billion for diabetes care, \$58 billion for chronic diabetes-related complications, and \$31 billion for excess general medical costs. Indirect costs resulting from increased absenteeism, reduced productivity, disease-related unemployment disability, and loss of productive capacity due to early mortality totaled \$58 billion.

The Business Case for Improvement

- Improved control of cholesterol can reduce cardiovascular complications by 20 to 50 percent⁷.
- Patients with diabetes who maintain near-normal HbA1c levels gain, on average, an extra five years of life, eight years of eye sight, and six years of freedom from kidney disease⁸.
- The cost of diabetes totaled \$174 billion in 2002, including \$58 billion in indirect costs, such as work loss, mortality and disability⁹.
- Medical costs for people with diabetes are more than double the medical costs of others¹⁰.

Employer Tips for Action

Employers should follow these guidelines to help employees with diabetes and to encourage good health among all workers along the way:

1. Develop a supportive work environment so employees with diabetes feel comfortable adopting and performing the behaviors that promote good diabetes control.

- Provide a private, convenient place to test blood sugar and administer insulin.
- Develop a support group and be sure to include family members (topics may include meal planning, nutrition, exercise, medications, and stress management).
- Schedule a series of classes and educate other employees about diabetes.
- Reimburse expenses for diabetes supplies.
- Create an information resource center.
- Offer healthy menus in the cafeteria.
- Offer access to a refrigerator to store snacks and lunches.

2. Encourage all employees to adopt healthier lifestyles.

- Set up an exercise area or contract with a local gym to provide membership discounts.
- Sponsor weight control programs.
- Declare your company smoke-free.
- Offer lunch-and-learn sessions or classes on cardiovascular risk reduction, chronic disease management and smoking cessation.

3. Coordinate all corporate diabetes control efforts.

- Develop a data system that tracks diabetes-related medical claims and costs.

- Evaluate education and medical interventions in terms of impact on employees' diabetes control and management.
- Ensure appropriate screenings for diabetes and complications.
- Include diabetic foot care and vision care in your education programs.

4. Demand the highest quality medical care.

- Publish quality standards and best practices.
- Ask your health plans about their diabetes services, including glucose control and screening for the disease and its complications.
- Insist that your plan follow National Diabetes Education Program (NDEP) Guiding Principles for Diabetes Care for Health Care Providers and People with Diabetes. NDEP is a joint program sponsored by CDC and the National Institutes of Health.

Action is not limited to large employers. A small business could support a walk/run for diabetes; spread the word with posters, email or paycheck stuffers; set up brown-bag lunch-and-learn sessions; or hold a health fair with various screenings.

www.DiabetesatWork.org

An online resource for employers designed specifically to address the management of diabetes in the workplace.

Source:

1. National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Statistics, http://www.cdc.gov/diabetes/pub/pdf/ndfs_2007.pdf.
2. American Heart Association, Heart Disease and Stroke Statistics-2008 Update, http://www.americanheart.org/downloadable/heart/1200078-608862HS_Stats%202008.final.pdf.
3. American Heart Association, Heart Disease and Stroke Statistics-2008 Update, http://www.americanheart.org/downloadable/heart/120007860-8862HS_Stats%202008.final.pdf.
4. National Institute of Diabetes and Digestive and Kidney Disease, Kidney Disease and Diabetes, <http://kidney.niddk.nih.gov/kudisease/pubs/kdd/index.htm>.
5. National Institute of Neurological Disorders and Stroke, Peripheral Neuropathy Fact Sheet, http://www.ninds.nih.gov/disorders/peripheralneuropathy/-detail_peripheralneuropathy.htm.
6. National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Statistics, http://www.cdc.gov/diabetes/pub/pdf/ndfs_2007.pdf.
7. The Diabetes Control and Complications Trial Research Group, 1993. The effect of intensive treatment of diabetes on development and progression of long-term complications in insulin-dependent diabetes mellitus. *N Engl J Med* 329:977-986.
8. American Heart Association, Heart Disease and Stroke Statistics-2007 update, http://www.americanheart.org/downloadable/heart/11667115777-54HS_StatsInsideText.pdf.
9. National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Statistics, http://www.cdc.gov/diabetes/pub/pdf/ndfs_2007.pdf.
10. Hogan P, Dall T, Nikolov P, 2003, Economic costs of diabetes in the US in 2002, *Diabetes Care* 26(3):917-932.

Diabetes Resource Directory F=Free ✓=Service Offered		Diabetes Education	Gestational Diabetes Education	Diabetes Support Group	Diabetes Weight Management	Diabetes Nutrition Education	Diabetes Health Information	Public & Community Health
Page	Facility							
5	Albemarle Regional Health Services	✓	✓	✓	✓	✓		
9, 11	American Diabetes Association-Local						✓	
9	American Diabetes Association - National Office						✓	
9	American Diabetes Association - National Camps						✓	
5	Bon Secours DePaul Medical Center	F	F	F		F		
5	Bon Secours Mary Immaculate Hospital	F	✓	F				
5	Bon Secours Maryview Medical Center	F	✓					
5	Chesapeake Regional Medical Center	✓	✓		✓	✓		
9	Chesapeake Free Clinic							✓
9	Chesapeake Health Department							✓
6	Children's Hospital of the King's Daughters	✓		F	✓	✓		
9, 10	Diabetes Health Information/Resources						✓	
6	EVMS - Div of Maternal Fetal Medicine		✓					
6	EVMS, The Leonard R. Strelitz Diabetes Institute	✓		F	✓	✓		
8	Hampton Community Health Center							✓
9	Isle of Wight County Health Department							✓
10	Juvenile Diabetes Research Foundation - Local						✓	
10	Juvenile Diabetes Research Foundation - National						✓	
6	Naval Medical Center	F			✓	✓		
8	Newport News/Peninsula Health District							✓
8	Norfolk - Ambulatory Care Center							✓
8	Norfolk - Berkley Neighborhood Center							✓
8	Norfolk - Little Creek Multi-Purpose Center							✓
8	Norfolk - Park Place Neighborhood Center							✓
9	Norfolk Public Health Department							✓
8	Peninsula Institute for Community Health (PICH)							✓
8	Portsmouth Community Health Center							✓
9	Portsmouth Public Health Department							✓
6	Riverside Endocrinology Diabetes Center	✓	✓	F	✓	✓		
7	Riverside Walter Reed Hospital	✓		F		✓		
7	Riverside Wellness and Fitness Center	✓	✓		✓	✓		
7	Sentara Bayside Hospital			F		✓		
7	Sentara CarePlex Hospital	✓		F		✓		
7	Sentara Indian River Therapy Center	✓			✓	✓		
7	Sentara Leigh Hospital	✓	✓	F				
7	Sentara Norfolk General Hospital	✓						
8	Sentara Obici Hospital	✓	✓	F	✓	✓		
8	Sentara Virginia Beach General Hospital	✓	✓			✓		
8	Sentara Williamsburg Regional Medical Center	✓	✓			✓		
8	Suffolk Community Health Center							✓
9	Suffolk Public Health Department							✓
9	Virginia Beach - Beach Health Clinic							✓
9	Virginia Beach Department of Public Health							✓
12	Virginia Business Coalition on Health						✓	

novo nordisk is changing diabetes®

Leadership...it's time to think differently about what a pharmaceutical company can be. Novo Nordisk has dedicated itself to defeating diabetes, which is an interesting goal given that diabetes is the primary focus of our business. Success would undoubtedly force us to change, but then again, change is what we have always embraced.

Changing Diabetes means helping with our actions, and not just with our products. It means staying true to our ideals and being respectful of the world we live in. And it means continuing to dedicate significant resources to diabetes research until a cure is found.

With leadership comes responsibility. We are committed to improving options for care now while partnering with others who share our mission and ultimate goals of defeating this disease.



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