Northeast Florida Resource Network

Diabetes Prevention, Education, and Support Services

of Northeast Florida

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This guide is sponsored by:

Florida Department of Health in Duval County, Division of Nutrition and Chronic Disease Prevention; and the First Coast YMCA

A special recognition is made to the Pasco and UNF Interns who assisted in producing the resource guide.

Pasco County Dietetic Interns:
Tyree Williams Ana Forte Kenice Taylor Jennifer Tartaglia

University of North Florida Dietetic Interns:
Kate Chang Katherine Margaritas

Section 1

Prevention

YMCA Diabetes Prevention Program

Various YMCA locations - All Counties
Email: prevention@firstcoastymca.org
YMCA of Florida's First Coast
12735 Gran Bay Parkway West, Suite 250,
Jacksonville, FL 32258
Phone: (904) 265-1810 Fax: (904)265.1786
www.FirstCoastYMCA.org

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHANGE TODAY FOR A HEALTHIER FUTURE

Diabetes Prevention Program

Our Diabetes Prevention Program is a 24-session program that includes one-hour weekly sessions facilitated by a trained Lifestyle Coach that covers nutrition, physical activity and behavior modification to help participants achieve their goals to a healthier lifestyle.

- **Benefits of the Program**
  - Group support and encouragement
  - Tools to make changes
    - Program manual
    - Food Journal
  - Opportunity to earn up to 5 months membership to the Y
  - Monthly maintenance meetings after the core 16 sessions are completed
  - Science-based program that is proven to work
- **Participants will work to achieve two primary goals to reduce their risk:**
  - Reduce body weight by 7 percent
  - Increase physical activity to 150 minutes per week

To sign up, or for more information, contact:

YMCA's Diabetes Prevention Program at 904-265-1777 or prevention@firstcoastymca.org

YMCA'S DIABETES PREVENTION PROGRAM INTAKE FORM

CONFIRM SELF-PAY – ASK THE CANDIDATE:

Is your employer/insurer paying any portion of the fee for you to participate in the YMCA's Diabetes Prevention Program?* ☐ **Yes** ☐ **No**

STEP ONE: PARTICIPANT DETAILS

First name*

Middle name

Last name*

Gender*

Date of birth*

Race/Ethnicity:

- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ Black or African American
- ☐ Hispanic/Latino of any race
- ☐ White

STEP TWO: BMI & QUALIFICATION CRITERIA

Height (ft)*^ Height (in)*^ Weight (lbs)*^

^self-reported

Meets Blood Value/Diagnosis Qualification:

- ☐ A1c:_____ (must be 5.7%-6.4%)
- ☐ Fasting Plasma Glucose:_____ (must be 100-125 mg/dL)
- ☐ 2-hour (75 gm glucola) Plasma Glucose:_____ (must be 140-199 mg/dL)
- ☐ Prediabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy

Meets At-Risk Qualification:

Complete the questions below based on the candidate's responses.	*Yes - Points*	*No - Points*
Is the candidate a woman who has had a baby weighing more than 9 pounds at birth?	☐ - 1	☐ - 0
Does the candidate have a parent with diabetes?	☐ - 1	☐ - 0
Does the candidate have a brother or sister with diabetes?	☐ - 1	☐ - 0
Does the candidate weigh as much as or more than the weight listed for their height?	☐ - 5	☐ - 0
Is the candidate younger than 65 years of age and gets little or no activity in a typical day?	☐ - 5	☐ - 0
Is the candidate between 45 and 64 years of age?	☐ - 5	☐ - 0
Is the candidate 65 years of age or older?	☐ - 9	☐ - 0

Total Risk Score (score must be 9 or greater to qualify for enrollment in 'At-Risk' category):

STEP THREE: CONTACT INFORMATION & REFERRAL SOURCE

Email address

Street 1*

Street 2

City*

State*

Postal code*

Home phone

Work phone

Mobile phone

Referral method:

- ☐ Doctor/Physician
- ☐ Nurse
- ☐ Diabetes Educator
- ☐ Dietician/Nutritionist
- ☐ Practice Manager or Office Manager
- ☐ Dentist
- ☐ Optometrist/Ophthalmologist
- ☐ Pharmacist
- ☐ Screening/Testing Event or Health Fair
- ☐ Family/Friend or Word of Mouth
- ☐ Employer
- ☐ Insurance Company
- ☐ Media (TV, web, radio, print, etc.)
- ☐ Staff Member
- ☐ Other:

PLEASE SEND COMPLETED FORM TO:

Attn: Airen Payne | 12735 Gran Bay Parkway West, Suite 250, Jacksonville, FL 32258
E: prevention@firstcoastymca.org **F:** 904.265.1786

*Required information to complete enrollment

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the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Section 2

D.S.M.E.

Diabetes Self-Management Education

Managing Life with Diabetes

Diabetes Self-Management Education (DSME) Workshop

When: Various Dates and Times

This year, give yourself the gift of health! Come learn how to better control your diabetes and eat healthy but tasty!

SEATING IS LIMITED!
YOU MUST REGISTER TO ATTEND.
904-253-1800

Featuring:

Diabetes Class

Raffle Prizes & Gift Bags

A NEW DEAL

Breakfast and Lunch

DEAP
Diabetes Education Accreditation Program
AADE American Association of Diabetes Educators

WHERE:
Florida Department of Health in Duval County
Smith Auditorium
900 University Blvd. N.
Jacksonville, FL 32211
(904) 253-1800

Florida HEALTH Duval County

Your #1 Tool to Fight Diabetes...

Education

BAPTIST HEALTH
e-baptisthealth.com

Let Diabetes and Nutrition Resources Help

Whether you've been recently diagnosed with diabetes, or have been living with it for years, the first step to managing your diabetes is to learn al you can about it. There's a lot to consider, from eating healthy meals to exercising, monitoring your blood glucose and taking your medications. But the right tools and support can make diabetes self-care very manageable in your everyday life.

Our certified diabetes educators can help you better understand and cope with diabetes and improve your overall health.

What We Can Teach You

We offer one-on one professional diabetes education, along with group sessions on:

- Healthy Eating
- Being active
- Monitoring blood glucose
- Taking medications
- Problem solving
- Reducing risks
- Healthy coping

Getting control of your diabetes can help you feel better, and also prevent health disease, stroke and other chronic and serious conditions. Ask your physician about our diabetes education and counseling services.

Ready for a change?

For more information, call Baptist Health Diabetes and Nutrition Resources at

904.202.2140

Diabetes education is covered by most insurance plans.

The Outpatient Diabetes Education Program at Baptist Medical Center has been recognized by the American Diabetes Association for Quality Self-Management Education.*

American Diabetes Association.
Cure • Care • Commitment®

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

American Diabetes Association.

Living With Type 2 Diabetes Program

Living With Type 2 Diabetes is a free, 12-month program that provides information and support to people newly diagnosed with type 2 diabetes. Program members can choose to receive their information online or through the mail. The program is available in English or Spanish.

Where Do I Begin?
You have so many questions when first diagnosed with type 2 diabetes. This booklet starts to answer them and invites you to enroll in the Living With Type 2 Diabetes program for more information and support.
Call 1-800-DIABETES (342-2383) or ask your doctor for a copy.

Each member will receive 5 mailings through the 12-month program, which includes the following:

Month 1

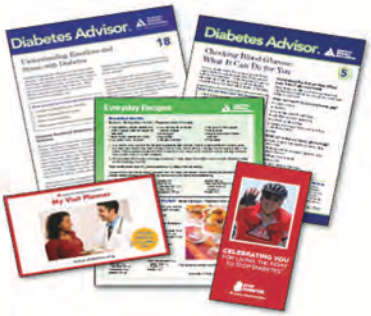
What Can I Eat?
Learn more about food, nutrition and how to make healthy food choices. Learn how to create your plate, find meal plans and new recipes.

Choose to Live
Your A-Z guide to diabetes management. You can refer to this guide throughout the program.

Healthy and Tasty Recipes
Get a taste for the great recipes found in many of the American Diabetes Association cookbooks.

Continued on next page.

Month 3



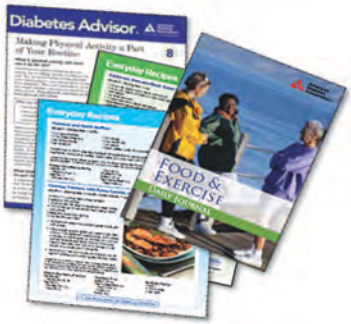
Diabetes and Your Emotional Health
People with diabetes are more likely to feel stressed, anxious or depressed. Learn how stress and emotions can affect diabetes.

My Visit Planner
Take this planner to each doctor's visit to keep track of your exams, test results, medicines and questions for your doctor.

Everyday Recipes
Delicious and simple recipes you can add to your family's favorites.

Celebrating You!
Let us recognize and celebrate your courage and determination to live with diabetes every day as an American Diabetes Association Red Strider or Red Rider!

Month 6



Making Physical Activity a Part of Your Routine
Learn about the different kinds of physical activity,how to get started and how to stay active.

Food and Exercise Journal
Stay motivated by keeping track of what you eat and how much physical activity you get each day with this journal.

Everyday Recipes
Delicious and simple recipes you can add to your family's favorites.

Month 9

Learn What You Can Do To Take Care of your Gums, Teeth, Skin and Feet

Diabetes affects so many parts of your body. Learn how you can prevent complications.

Learn What You Can Do To Protect Your Heart

People with diabetes are more likely to have a heart attack or stroke. Learn how you can prevent heart disease.

Healthier Eating One Step at a Time

If you're trying to lose weight, learn about different weight loss options to find the best weight management plan for you.

Everyday Recipes

Delicious and simple recipes you can add to your family's favorites.

Month 12

Now What?

Everyone has good days and bad days with diabetes. Learn how to have more good days. Also find resources for education, support, discrimination and the financial burden of diabetes.

Congratulations and Coupon

For completing the 12-month program, each member will receive a coupon code to use in our online store.

Everyday Recipes

Delicious and simple recipes you can add to your family's favorites.

Program members also receive:

Living With Type 2 Diabetes Monthly E-newsletter Get practical tips, new recipes, and hear from others living with diabetes through this monthly e-newsletter!

Opportunity to Connect with Others

Find an active online community where you can ask questions and share your thoughts with others.

Get to know your local American Diabetes Association and meet others living with diabetes in your community.

Enroll in the FREE ***Living With Type 2 Diabetes*** program.
Visit **diabetes.org/living** or call **1-800-DIABETES** (342-2383).

Snap a photo of this QR code* to get more information!

*Download a free code reader app for your smartphone at your phone's marketplace.

Funding for this program made possible by a generous grant from:

Walmart

Additional funding provided by:

BRIGHTSKY kraft foods the maker of Splenda Boehringer Ingelheim Lilly

Do you have Diabetes and want to take charge of your life?

Participants of this FREE Evidence-based Diabetes Self-Management Program:

- Find practical ways to deal with stress, depression, anger and frustration.
- Discuss ways to prevent or delay complications and strategies for sick days.
- Discover tools to enhance nutrition and exercise choices.
- Learn new ways to talk with your doctor and family about your health.
- The diabetes workshop can help you get the support that you need to take charge of your life!

The FREE 2 ½ hour program meets once a week for six weeks.

CONTACT: Sherri Cheshire Senior Programs Coordinator Northeast Florida AHEC **scheshire@northfloridaahec.org** or **482-0189** for program information and registration.

Sponsored and funded in part by ElderSource

NORTHEAST FLORIDA AHEC
New Directions in Community Health

elderSOURCE
start here for help

The Stanford-Based Diabetes Self-Management Program

The FREE 2 ½ hour interactive classes meet once a week for six weeks and are held in senior centers, churches, community centers, libraries and hospitals.

Seniors (60 and over) with diabetes or that live with someone with diabetes are invited to attend this interactive program in classes with 10-15 participants.

Participants receive a free relaxation CD.

Copies of the companion book, Living a Healthy Life with Chronic Conditions are available to participants for the duration of the workshop.

Two trained leaders facilitate the workshop; one or both of whom are peer leaders with diabetes or live with someone with type 2 diabetes.

The process makes the program effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Participants make weekly action plans, share experiences and help each other solve problems they encounter in creating and carrying out their self-management program.

Does the Program replace existing programs and treatments? No. The program does not conflict with existing programs and treatment. There is NO CHARGE for this interactive program. It is sponsored by and funded in part by ElderSource.

Classes meet once a week for six weeks and begin in your area soon. To REGISTER or for QUESTIONS, please contact:
Sherrie Cheshire – Senior Program Coordinator at Northeast Florida AHEC (904) 482-0189 ext. 19 or scheshire@northfloridaahec.org

Our goal is to improve the health and well-being of seniors within the community.

NORTHEAST FLORIDA AHEC
New Directions in Community Health

elderSOURCE
start here for help

Baptist Beaches Offers ADA-Recognized Outpatient Diabetes Program and Nutrition Services

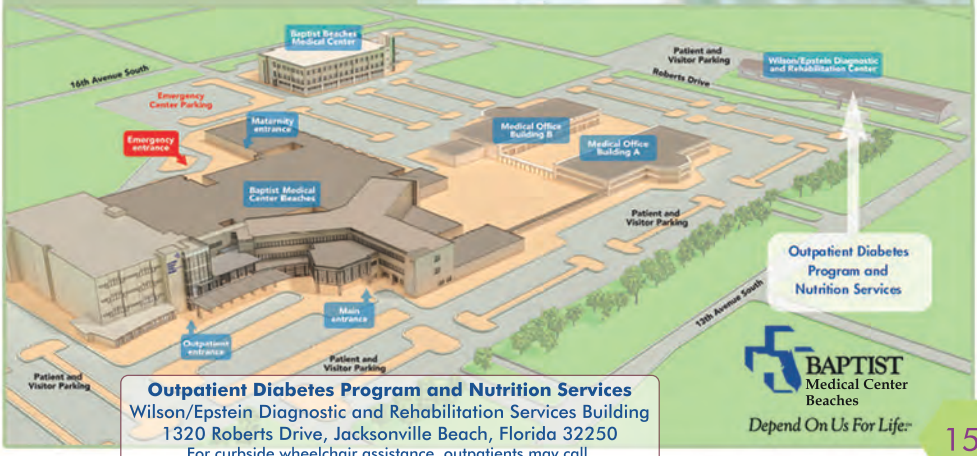
Taking care of yourself is the first step to managing your diabetes. Let our certified diabetes educators and registered dietitians help you learn how to eat a healthy diet, control your disease and improve your overall health.

Group and individual sessions will include education on:

- Blood glucose monitoring
- Insulin and other diabetes medications
- High blood pressure
- Obesity
- Physical activity
- Carbohydrate counting and meal planning
- Eating out
- Stress management
- Preventing complications

Diabetes classes are covered by most insurance plans, including Medicare. A physician referral is required for most services. Ask your doctor about it today. To register for classes or to schedule an appointment, call Central Scheduling at 904.627.2939.

For additional information, please call 904.627.2475 or 904.627.1376.



Outpatient Diabetes Program and Nutrition Services
Wilson/Epstein Diagnostic and Rehabilitation Services Building
1320 Roberts Drive, Jacksonville Beach, Florida 32250
For curbside wheelchair assistance, outpatients may call 904.627.2915 on the day of their appointment.

BAPTIST Medical Center Beaches
Depend On Us For Life.

FLAGLER HOSPITAL
ST. AUGUSTINE

Diabetes Classes and Support Groups

Flagler Hospital is offering two diabetes classes free of charge to the community. All classes are held at the Flagler Wellness Center located at 120 Health Park Boulevard

Diabetes Basics for Beginners: 9:30AM-11:30AM/ 3rd Thursday of each month

- This class provides a basic overview of diabetes self care, including diet, medication, physical activity, glucose monitoring, and avoiding complications. The class is led by a registered nurse and registered dietician, both Certified Diabetes Educators. Participants are provided with learning materials to take home. The class is perfect for those newly diagnosed with diabetes or individuals seeking a "refresher" in diabetes self care.

Diabetes Class/Support Group: 9:30AM-10:30AM/ 1st and 3rd Tuesday of each month (September-June)

- This one hour class offers ongoing diabetes education and support in a relaxed, group setting. Classes feature a wide variety of topics and guest speakers. Classes are led by a registered nurse and registered dietician, both Certified Diabetes Educators. Attendees are encouraged to participate and share their questions and stories about living with diabetes.

No pre-registration is needed and all diabetes classes are FREE.
Please contact the Diabetes Resource Department for more information

(904) 819-4794

"Up With Wellness Down With Health Disparities"

DEEN Development Corporation 501c3

P O Box 77220 • Jacksonville, FL 32226 • 904-765-6002 • www.deendevelopment.org

"DEEN Beat Diabetes Classes"

Shown left are Diabetes Educator, Registered Nurse Laverne Webster, Senator Tony Hill awarding the team on their AADE certification, Boxing Coach Yasin Majid, Melinda Henry, Director DEEN Beat Diabetes, Wellness Coach Naseem Maat and Chef Harve'

The 6 week classes are held at "The Center for the Prevention of Health Disparities"
On the Edward Waters College Campus
1404 Grunthal Street

If you're looking for a complete program to help reduce the debilitating effects of diabetes and its related illnesses, this class is for you.

- ✓ **Diabetes and Exercise** with Melinda Henry, Certified Personal Trainer
- ✓ **Diabetes Education** with Lavern Webster BSN, RN, CDE
- ✓ **Diabetes Nutrition and Food Demo** by DEEN's Cuisine partners

To register, or for additional information, call (904) 765-6002. Space is limited.

Diabetes and Health Disparities, Education, Exercise, and Nutrition

The mission is to provide preventive measures that address diabetes and other health disparities within the minority communities through culture awareness information, physical fitness activities and better food choices to ultimately enhance and increase life-expectancy.

Proud member of

ShandsJacksonville

Outpatient Nutrition and Diabetes Education Program

Education Services

Diabetes Self-Management Training (DSMT)*

Meter Instruction*

Insulin Instruction*

Gestational Diabetes

Medical Nutrition Therapy*
(Diabetes & Non Dialysis Kidney Disease)

Carbohydrate Counting

*As of January 2002, these health conditions are covered services under Medicare (Specific conditions apply)

How can I be referred to the program?

Typically, patients come to visit us via referral from their physician or other health care provider. If you would like to benefit from our services, please have your provider contact our office to refer you.

What are some benefits of diabetes and nutrition education services?

- Improved quality and length of life
- Cost savings which may include:
  -decreased need for medications
  -decreased need of physician visits
  -decreased need of hospitalizations and/or surgeries

The program is recognized by the **American Diabetes Association**

Our self-management program offers classes that are personal and patient-centered.

Let us help you find a healthy balance that fits into YOUR lifestyle.

Outpatient Nutrition and Diabetes Education Program
655 W. Eighth Street
ACC 1st Floor, Internal Medicine
Jacksonville, FL 32209
(904) 244-5295 or (904) 244-7595

The Shands Jacksonville Outpatient Diabetes Self-Management Class

Monday & Wednesday 12 - 4 p.m.

Topics covered in class this week include:

- Diabetes Overview
- Psychosocial Adjustment
- Acute Complications
- Chronic Complications
- Medications
- Blood Sugar Self-Monitoring
- Foot, Skin and Dental Care
- Nutrition Management
- Exercise and Activity
- Goal Setting

Classroom Location: Clinical Center, 4th Floor

For more information, call 244-5295

Recognized by:

American Diabetes Association.

ShandsJacksonville

Section 3

Support

Spend just 2 hours a week learning how to stay active and enjoy life.

HERAP
HOSPITAL EMERGENCY ROOM ALTERNATIVES PROGRAM

Join the Living Healthy Program

This six-week course is being offered in your area at No COST!

Call 253-1444 to register today!

Discover new skills for living better with ongoing health conditions like:

- Arthritis
- Heart Disease
- Diabetes
- Cancer
- Bronchitis
- Emphysema
- Asthma
- Epilepsy

You'll also learn to:

- Work with your healthcare team
- Manage symptoms
- Use your medication effectively
- Exercise safely and easily
- Handle difficult emotions
- Communicate better about your health with famliy and friends
- Solve problems
- Relax

Bureau of Chronic Disease Prevention & Health Promotion
Promoting Health & Preventing Chronic Disease

Florida HEALTH
Duval County

HERAP

HOSPITAL EMERGENCY ROOM ALTERNATIVES PROGRAM

Community Living Rooms • Medical Assistance Program • Living Healthy Workshop

ARE YOU READY TO TAKE CHARGE OF YOUR LIFE AND BECOME A HEALTHIER PERSON?

WOULD YOU LIKE A SAFE PLACE IN YOUR NEIGHBORHOOD TO MEET FOR HEALTH AND WELLNESS INFORMATION AND EDUCATION?

CANNOT AFFORD TO BUY YOUR MEDICATION AND YOU NEED HELP?

WOULD YOU LIKE TO LEARN HOW TO LIVE AND MANAGE YOUR CHRONIC MEDICAL CONDITION?

If your answer is YES to any of the above please contact the Hospital Emergency Room Alternatives Program (HERAP) for more information.

HERAP
900 University Blvd. N.
Jacksonville, Fl. 32211
(904)253-1444

Jacksonville Where Florida Begins.

Florida HEALTH Duval County

HERAP
HOSPITAL EMERGENCY ROOM ALTERNATIVES PROGRAM
Medical Homes • Disease Management • Health Outreach

Hospital Emergency Room Alternatives Program
Health Interest Form

Phone Number (904)253-1444
Fax Number (904)745-3005

Name: _____

Date of Birth: _____ Sex: _____

Home Address: _____

Street: _____

City/State: _____

County: _____

Phone Number: _____

Alternate Phone Numbers: _____

Best time to contact you? ☐ 8:00 a.m. – 5:00 p.m. ☐ After 5:00 p.m.

INSURANCE INFORMATION: Do you have insurance? ☐ Yes ☐ No

If yes, who is your Insurance Carrier: _____

Notes: _____

_____

_____

_____

My signature certifies I am interested in accessing the Duval County Health Department Network.

_____ _____
Signature Date

Florida HEALTH Duval County

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Diabetes Support Groups

For those living with diabetes, the Y offers free support groups every month featuring helpful tips and advice from area experts.

Join us and connect with others living with type1 and type 2 diabetes.

Support groups are free and open to everyone in the community!

Location:	YATES FAMILY YMCA 221 Riverside Avenue Jacksonville, FL 32202 (904) 355-1436
Time:	6:00 P.M. to 7:00 P.M.
Date:	4th Thursday of Month
Contact:	Healthcoach@firstcoastymca.org or call (904) 854-2083 to reserve your spot.

Section 4

Directory

Diabetes Support Groups:

Yates Family YMCA
221 Riverside Avenue, Jacksonville, FL 32202
Meetings are held 4th Thursday of every month 6:00 – 7:00 P.M.
(904) 854-2083 Email: Healthcoach@firstcoastymca.org

The Diabetes Support Group at the Yates YMCA in Riverside is free and open to the public. It is open to those who have diabetes, are at risk of developing diabetes, are affected by diabetes or want to learn more about diabetes. Interested persons may contact Sue Stemke prior to attending or simply show up!

Topics vary from month to month. Past topics include: healthy eating through the holidays, introduction to insulin pumping, diabetic foot care, interpreting your blood glucose patterns, etc. The support group is managed by a nutrition educator and monthly meetings are taught by a broad spectrum of disciplines relating to diabetes, including CDEs, RDs, RNs, Endocrinologists, Podiatrists and personal trainers among others.

For more information: http://www.firstcoastymca.org/explore/healthy_living/diabetes_support_group

Diabetes Self Management Education Programs:

A New DEAL Diabetes Program
Division of Nutrition and Chronic Disease Prevention
Florida Department of Health in Duval County
900 University Boulevard N., Jacksonville, FL 32211
Multiple sites. Call for locations and times.
(904) 253-1800

Memorial Hospital Jacksonville
Diabetes Self-Management Education Program
3625 University Blvd. South, Jacksonville, FL 32216
(904) 391-1541

Baker County Health Department
Diabetes Self Management
480 West Lowder Street, Macclenny, Fl 32063
5:00 – 7:00 P.M.
Pamela Jeralds, Senior Health Educator
For class schedule and to register call (904) 653-5246

Baptist Medical Center
Diabetes Outpatient Education Program
820 Prudential Drive, Suite 416, Jacksonville, FL 32207
(904) 202-2140

Mayo Clinic
Diabetes Self-Management Education Program
4500 San Pablo Road, Jacksonville, FL 32224
(904) 953-2392

Northeast Florida Pediatric Diabetes Center
Baptist Medical Center Howard Building - 3rd Floor
820 Prudential Drive, Suite 303, Jacksonville, FL 32207
(904) 202-8547
**Must be inpatient referrals or Nemours

Northeast Florida Endocrine and Diabetes Associates
The Diabetes Education Program
3550 University Blvd., #301, Jacksonville, FL 32216
Linda Carpenter, Certified Diabetes Educator
(904) 384-2240 ext. 1
David Mayor, CEO

Orange Park Medical Center
The Diabetes Outpatient Self-Management Education Program
2001 Kingsley Avenue, Orange Park, FL 32073
904-639-2545

North Florida/South Georgia Veterans Health System
Jacksonville VA Outpatient Clinic
1536 N. Jefferson Street, Jacksonville, FL 32206
(904) 475-5800, ext. 3000

Baptist Medical Center Nassau
Diabetes Self-Management Education Program
1250 S. 18th Street, Fernandina Beach, FL 32034
(904) 321-3500 (Must dial area code for Nassau numbers)

Baptist Medical Center Beaches
Diabetes Self-Management Education Program
1350 13th Avenue South, Jacksonville Beach, FL 32250
(904) 627-1376

D.E.E.N. Wellness Center
(904) 765-6002

Normandy Diabetes of Excellence
8225 Normandy Blvd., Jacksonville, FL 32221
(904) 253-7967

St. Vincent's Mobile Health
Duval, Clay, Putnam and Nassau
Call for an appointment: (904) 308-8966

St. Vincent Primary Care Group/Diabetico Internacional
Main Number to all four facilities: (904) 562-8664

4651 Salisbury Rd., Suite 4006
Jacksonville, FL 32256

52904 Norwood Avenue
Jacksonville, FL 32208

12311 San Jose Blvd.
Jacksonville, FL 32256

8225 Normandy Blvd.
Jacksonville, FL 32221

UF Endocrinology & Diabetes at Emerson
4555 Emerson Street, Building 1, Suite 200,
Jacksonville, FL 32207
(904) 383-1004

Flagler Hospital - Flagler Wellness Center St. Augustine, FL 32086
Classes are free and no pre-registration is required 1st and 3rd Tuesday each month from 9:30 – 10:30 A.M.
For more information contact Chris at (904) 819-4294
or Alison at (904) 819-4794

Diabetes Prevention Programs:

American Diabetes Association - Stop Diabetes @ Work Program
Stop Diabetes @ Work is a research-based initiative that can be customized to fit within your existing wellness efforts or used as a stand-alone healthy worksite program. Learn more at:
www.diabetes.org/in-my-community/awareness-programs/stop-diabetes-at-work/

Baptist Meical Center- Diabetes & Nutrition Resources
820 Prudential Drive, Jacksonville, FL 32207
Provides pre-diabetes, diabetes, weight management, general nutrition counseling & classes
Yvonne McCormick, RD, MPH, CDE
(904) 202-2140

YMCA Diabetes Prevention Program
Various YMCA locations - All Counties
Email: prevention@firstcoastymca.org
YMCA of Florida's First Coast
12735 Gran Bay Parkway West, Suite 250,
Jacksonville, FL 32258
Phone: (904) 265-1810 Fax: (904)265.1786
www.FirstCoastYMCA.org

The following UF Health Locations provide free diabetes screenings (unless otherwise noted) and patient education for diabetes as well, both for prevention and management. CDEs are on staff at some sites.

Shands Brentwood Clinic
3465 Village Center Drive, Jacksonville, FL 32206
Monday – Friday 7:30 A.M. - 5:00 P.M.
**Diabetes screenings are provided for patients with health insurance only.
(904) 355-1893

Shands Wellness and Education Center at Durkeeville
1605 North Myrtle Avenue, Jacksonville, FL 32209
Monday - Friday 7:00 A.M. - 4:00 P.M.
2nd Monday of every month
Call site for meeting times and dates
Evelyn Schumacher, CDE
(904) 350-1118

Shands Jacksonville, Gateway Wellness Center
5200 Norwood Avenue, Jacksonville, FL 32207
Monday - Friday 7:00 A.M. - 4:00 P.M.
2nd Friday of each month
Individual and Group Classes available
Call site for meeting times and dates
Evelyn Schumacher, CDE
(904) 244-0870
**Must be referred to program through a UF/Shands Physician

Shands Wellness and Education Center - Soutel
5045 Soutel Drive, Jacksonville, FL 32208
Monday - Friday 8:00 A.M. - 4:00 P.M .
2nd Wednesday of each month
Individual and Group Classes available
Call site for meeting times and dates
Evelyn Schumacher, CDE
(904) 765-9123

American Diabetes Association Support Program

Living With Type 2 Diabetes
Free 12-month program that provides information and support to people newly diagnosed with type 2 diabetes. Each member will receive 5 mailings over 12 months. Available in English or Spanish.

Visit diabetes.org/living or call 1-800-DIABETES (342-2383)
Online flyer: http://www.doh.state.fl.us/family/dcp/images/LWT2D.pdf

Online Tools

AADE online tool to find a program by state:
http://www.diabeteseducator.org/DiabetesEducation/Programs.html

Diabetes resource directory by county:
http://www.doh.state.fl.us/family/dcp/county.pdf

ADA online tool to find a program by zip code:
http://professional.diabetes.org/erp_zip_search.aspx

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Florida HEALTH
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