**Resources to Help Improve**

 **the Health of People Living with Diabetes**

**Organizations:**

### American Diabetes Association\* (ADA) 800-342-2383 [www.diabetes.org](http://www.diabetes.org): diabetes management and treatment, healthy eating

* Academy of Nutrition and Dietetics\* (AND) 800-877-1600 [www.eatright.org](http://www.eatright.org):

healthy eating information

* American Heart Association\* (AHA) 800-242-8721 [www.knowdiabetesbyheart.org](http://www.knowdiabetesbyheart.org): heart health and diabetes information
* Juvenile Diabetes Research Foundation International (JDRFI) 800-533-CURE [www.jdrf.org](http://www.jdrf.org): resources for people of all ages with Type 1 diabetes
* National Kidney Foundation\* (NKF) 855-653-2273 [www.kidney.org](http://www.kidney.org):

kidney health and diabetes information

\**available in Spanish*

**Helpful Websites:**

* [www.beyondtype1.org](http://www.beyondtype1.org)\* 650-924-5959
* [www.beyondtype2.org](http://www.beyondtype2.org)\* 650-924-5959
* [www.cdc.gov/diabetes/index.html](http://www.cdc.gov/diabetes/index.html) 800-232-4636
* [www.diabeteshealth.com](http://www.diabeteshealth.com/)
* [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)
* [www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com)
* [www.diatribe.org](http://www.diatribe.org)

\**available in multiple languages*

**Diabetes Products:**

* American Diabetes Association’s Consumer Guide [www.consumerguide.diabetes.org](http://www.consumerguide.diabetes.org): lists and compares diabetes medicine and devices
* Medic Alert Foundation [www.medicalert.org](http://www.medicalert.org) 800-432-5378: wearable medical ID with toll-free number to access your health information in case of emergency
* Medicool, Inc. www.medicool.com 800-433-2469: storage and travel cases for insulin, medicine and supplies

**Some Helpful Apps**

All apps are IOS and android compatible

Apps are free with in-app purchases for upgrades

|  |  |  |
| --- | --- | --- |
| Name of App | Category | Description |
| Calorie King | Nutrition  | * Food types and brands
* Fast food chains and restaurants
* Barcode scan
 |
| Fooducate | Nutrition  | * Tracks food
* Highlights healthy choices
* Barcode scanner
 |
| LoseIt! | Nutrition  | * Tracks food, calories
* Barcode scanner
* Log food by photo, food library, recipes
 |
| MyFitnessPal | Nutrition  | * Tracks food, physical activity
* Large food database
* Individualized for sex, age, weight loss goal
 |
| CarbManager | Nutrition | * Assists with creating a low carb diet, meal plans, grocery lists
* Works with FitBit, Garmin, other apps and devices via Apple Health and Google Fit
 |
| LifeSum | Nutrition and physical activity | * Calorie tracking
* Helps plan healthy meals
* Recipes
 |
| MyNetDiary | Nutrition and physical activity | * Track food, physical activity, nutrients
* Barcode scanner to track food
 |
| 7 Minute Workout | Physical activity | * Daily HIIT exercises with no equipment
* Fast simple daily workouts
 |
| Glucose Buddy | Management and monitoring | * Track diet, fitness, sleep
* Delivers feedback on how foods affect blood glucose
 |
| MySugr | Management and monitoring | * Tracking tool for blood glucose, mood, carbs, medicines
* Upgrade adds reminders
* Premium services includes individual counseling by CDCES
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