**Northern Passaic County Diabetes and Cardiovascular Resources**

**Nutrition and Life Style Modification Counseling for Health and Wellness**

* **Shoprite Dietitians**- Search ([www.Shoprite.com](http://www.shoprite.com/)) look under wellness and health events
* **Private Practice Dietitians –** Consult insurance providers for covered services. Call member services or check on website
* **Chilton Medical Center-** (973) 831-5229
* **St Joseph’s Hospital Wayne-** (973)720-6733

**Diabetes Prevention Program (DPP)/Prediabetes**

* **YMCA-** Diabetes Prevention Program in Wayne

 (973)-595-0100 ([www.wayneymca.org](http://www.wayneymca.org/))

**Diabetes Self-Management Program (DSMP)**

**Peer facilitated diabetes education workshops:**

* **Quality Insights-**Everyone with Diabetes Counts

(732)-955-8168 ([www.Qualityinsights-qin.org](http://www.qualityinsights-qin.org/) )

NOTE: For Medicare beneficiaries

**Insulin/Supplies Assistance & Support Services**

* **Diabetes Foundation, Inc. -** contact for short term insulin/supplies/support services offered at no cost for those in need. (201)-444-0337 ([www.diabetesfoundationinc.org](http://www.diabetesfoundationinc.org/))
* **Patient Assistance Programs-** refer to individual pharmaceutical company websites
* **NJ211**- ([www.211.org](http://www.211.org/) )-Dial 2-1-1 or 1-877-652-1148 to find resources in your community.
* **Contact Local pharmacy** for discounted medication & supplies
* **Community Events -** Search calendar of events via local town health department websites

**Diabetes Self-Management Education Programs (DSME)**

**ADA recognized-led by RN/RD certified diabetes educators (CDE): using approved curriculum**

* **Chilton Medical Center** Diabetes Self-Management and Nutrition Education Program (973)-831-5229

([www.chiltonhealth.org/diabetes-education](http://www.chiltonhealth.org/diabetes-education))

* **St. Joseph’s Hospital Wayne** –John Victor Machuga Diabetes Education and Nutrition Center (973)-720-6733 (<https://stjosephshealth.org/diabeteseduc>)

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This information has been compiled by the North Jersey Health Collaborative Passaic County Diabetes & Cardiovascular Disease Workgroup. For more information about our on-going efforts to improve access to diabetes and cardiovascular risk education and services go to ([www.njhealthmatters.org](http://www.njhealthmatters.org/)) (The NJHC does not endorse any one program over another.)

**Suggested Steps for Referring Patients to the Appropriate Resources:**

1. Provide your patient with a copy of the front of this card.
2. **If the patient is newly diagnosed with diabetes or uncontrolled**, refer to an American Diabetes Association accredited program for Diabetes Self-Management Education (DSME). Financial assistance often available. **Give patient prescription for program selected.**
3. Most patients can be sent to the Diabetes Foundation, Inc. for assistance with short term supplies and insulin/medications. This service is provided at no cost. Required: **application** **completed and sent by provider.**
4. For cardiovascular issues: obesity, weight loss, high cholesterol or any dietary needs, refer to Dietary Counseling for Medical Nutrition Therapy (MNT). **Give prescription for condition (diagnosis) for program selected.**
5. For patients with Pre-diabetes or for Diabetes Prevention, suggest the Diabetes Prevention Programs (DPP) or Nutrition Counseling for Medical Nutrition Therapy (MNT).

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