10 EDUCATION PROGRAMS

NEAR ZIP CODE 75227*

Parkland Health & Hospital System Southeast Dallas Health Center

9202 Elam Road Dallas, TX 75217 214-266-1600; www.parklandhospital.com

Baylor Health Care System Baylor Senior Health Center at Mesquite

1650 Republic Parkway, Suite 150 Mesquite, TX 75150 972-279-7575; www.baylorhealth.com

Baylor Health Care System
Baylor Family Health Center at Mesquite
1575 I-30

Mesquite, TX 75150 214-265-3728; www.baylorhealth.com

UT Southwestern Hospital Program

5959 Harry Hines Boulevard Dallas, TX 75390 214-645-5305; www.utsouthwestern.edu

Baylor Health Care System Baylor University Medical Center

4000 Junius Street Dallas, TX 75246 214-820-6499; www.baylorhealth.com

Baylor Health Care System Ruth Collins Med Provider Center

434 Swiss Avenue Dallas, TX 75246

Phone: 214-265-3728; www.baylorhealth.com

Parkland Health & Hospital System East Dallas Health Center

3320 Live Oak Dallas, TX 75204 214-266-1000; www.parklandhospital.com

Parkland Health & Hospital System Bluitt-Flowers Health Center

303 E. Overton Road Dallas, TX 75216 214-266-4257; www.parklandhospital.com

Veterans Affairs North Texas Health Care System Diabetes Self-Management Education Program 4500 S. Lancaster Rd.

Dallas, TX 75216 214-857-4270; www.northtexas.va.gov

Children's Medical Center Dallas Diabetes Education Program

1935 Medical District Drive 4th Floor, Suite #F4400 Dallas, TX 75207 214-456-5959; www.childrens.com

* Please call for details

DIABETES PROGRAMS GET ACTIVE!

United Way Dallas

214-978-0000; www.unitedwaydallas.org

The Concilio

214-818-0481; theconcilio.org

Camp Sweeney

940-665-2011; www.campsweeney.org

The YMCA of Metropolitan Dallas

972-560-3894; www.ymcadallas.org

Park South YMCA

214-421-5301; www.ymcadallas.org/locations

Dallas County Agrilife

214-904-3050; http://dallas-tx.tamu.edu

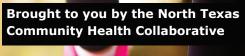
Dallas County Master Gardener Association

214-904-3053; www.dallascountymastergardeners.org

NORTH TEXAS COMMUNITY HEALTH COLLABORATIVE

This information is provided by North Texas Community Health Collaborative. This is a group comprised of professionals from local organizations with expertise in public health, data analysis, health disparities and strategic planning. The Dallas-Fort Worth Hospital Council Research Foundation serves to facilitate the collaborative's efforts in North Texas. This collaborative is working towards understanding health and disease disparities in the community while creating plans to promote healthier lives for North Texas residents. For more information please contact 469-648-5031 or e-mail community@dfwhcfoundation.org.







RESOURCES FOR

DIABETES PREVENTION

AND MANAGEMENT

FOR ZIP CODE **75227**AND SURROUNDING AREAS

DID YOU KNOW? In zip code **75227**:

- Diabetes is higher than the U.S. rate
- Diabetes is higher than the Texas rate
- 11% of the residents have diabetes
- Of those, 37% are males and 63% females
- 34% of hospital visits are made by diabetics
- 35% of the patients are uninsured
- Diabetes hospital visits cost \$70,909,175.00

Do I have Diabetes?

- You do not feel early symptoms of diabetes;
- A screening test is the only way to know;
- You can be tested at a doctor's office, clinic or hospital;
- If you do not start early treatment, diabetes can cause heart disease, kidney and liver disease, eye disease and behavioral problems.

What if I have **Diabetes?**

- Start treatment with your physician;
- Take regular medication to control sugar levels;
- Watch your body weight;
- Eat a healthy diet including fruits and vegetables;
- Exercise regularly;
- Manage your diabetes through education.

How do I prevent Diabetes in my family?

- Eat well-balanced meals;
- Maintain active lifestyles;
- Maintain proper body weights for your size;
- Manage stress;
- · Have annual screenings.



Physicians

Americare Clinics - 214-550-6805
 Dr. Carlos Ballestas - 214-550-6805
 Buckner Medical Clinic - 214-275-7575
 Dallas Healthcare Pharmacy - 214-388-0202

Dr. Robert Dayian
 Dr. Claudia Delsea
 Dr. James Haley
 Dr. Mark Heaver
 Dr. Henry Horrilleno
 Dr. Jerry Lewis, Jr.
 Dr. Larry Melton
 214-381-7700
 214-381-1700
 214-381-1187
 214-381-1187
 214-388-4808
 214-275-4001
 214-381-9494

Dr. Larry Melton
 Patients Choice East
 Dr. Mary Perez
 Dr. Elizabeth Ramirez
 Dr. Bill Timberlake
 214-381-7700
 214-275-5256
 214-550-6805
 214-381-1481

The Vein Center
 Dr. Gonzalo Venegas
 Dr. Michael Watson
 214-275-8888

• Women's Healthcare Center - 214-275-5256

Clinics

- Balch Springs Youth/Family Clinic 214-266-0258
- Bluitt Flowers Health Center 214-266-4200
- Bruton Road Family Medical Clinic 972-288-2844
- Foremost Family Health Center 214-670-8418
- Medical Edge Healthcare Group 214-575-7570
- My Children's Clinic Pleasant Grove 214-206-4974
- North Texas Family Clinic 214-398-4690
- Oak West Health Center 214-266-1450
- PrimaCare 214-343-0058
- Southeast Dallas Health Center 214-266-1600
- Vickery Health Center 214-266-0266

American Diabetes Association

www.diabetes.org

1-800-DIABETES (342-2383)

Diabetes Community Education Program

Pleasant Hill Baptist Church 312 College Mound Road,

Terrell, TX 75160

Third Wednesday of every month, 6:30 p.m. Includes individual programs for ethnicities and ages.



Diabetes Health and Wellness Institute

at Juanita J. Craft Recreation Center

4500 Spring Avenue Dallas, TX 75210 214-349-4325 www.dhwidallas.com

Member Offerings:

- Diabetes education
- Family health center
- Disease management
- Nutrition counseling
- Computer room
- Fitness and aerobics

Lifestyle Activities and Education:

Exercise

American

Association_®

Diabetes

- S-T-R-E-T-C-H
- Freedom Walkers
- Cooking Class for Adults
- Weekly Bible Study
- Craft for Health
- DHWI Weekly Farm Stand

