

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.



www.dfwhcfoundation.org

Brought to you by the North Texas
Community Health Collaborative



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** - 214-381-7700
- **Dr. Claudia Delsea** - 214-206-4974
- **Dr. James Haley** - 214-388-1565
- **Dr. Mark Heaver** - 214-381-1187
- **Dr. Henry Horrilleno** - 214-388-4808
- **Dr. Jerry Lewis, Jr.** - 214-275-4001
- **Dr. Larry Melton** - 214-381-9494
- **Patients Choice East** - 214-381-7700
- **Dr. Mary Perez** - 214-275-5256
- **Dr. Elizabeth Ramirez** - 214-550-6805
- **Dr. Bill Timberlake** - 214-381-1481
- **The Vein Center** - 888-383-2989
- **Dr. Gonzalo Venegas** - 214-623-6406
- **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.



American
Diabetes
Association®



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

