

Greater Greenwich Region Diabetes Service Directory

SCREENING SERVICES

Primary Care and Screening Services

Info: Primary care providers are the first point of contact for preventative and screening services. Available providers in the Greater Greenwich Region can be found at:

Greenwich Hospital Out Patient Center • Call (203) 863-3408
<http://www.greenwichhospital.org/findphysician>

Family Centers Health Care • Call (203) 717-1760
<http://familycenters.org/>

Open Door Family Medical Center • Call (914) 937-8899
<https://www.opendoormedical.org/index.php/for-patients/locations/portchester/>

Optimus Health Care • Call (203) 621-3700
<http://optimushealthcare.org/contact/>

First Congregational Church Parish Nurse Program *Screening Services, Health Information, and Referrals*

The Parish Nurse is available on Tuesdays, Thursdays, and most Sundays for health consultations, blood pressure screenings, and referrals to community resources. With the Wellness Committee, she arranges health promotion events such as lectures and flu vaccine clinics. For more information about the Parish Nurse program please stop by room 203 or call (203) 637-1791 ext. 21 or (203) 863-4444.

Community Health at Greenwich Hospital

Screening Services
Call (203) 863-4444

Info: CH@GH offers a wide range of free health screenings, support groups and education to the public. Its strong partnerships with other community organizations benefit residents of all income levels. Diabetes self-management education is offered.

Greenwich Department of Health Division of Family Health

Health & Wellness Programs
101 Field Point Road, Greenwich, CT 06830
For more information, please call (203) 622-6495

Info: Public Health Nurses offer free blood pressure screening at Town Hall and community locations; Immunization Clinic; home visits through the Maternal Child Health and Adult Health programs; and various health education classes throughout the year. Cholesterol and Blood Pressure management programs (HERR State of CT Grant) offered twice annually. Includes cholesterol and glucose test and free 4 – 6 week education program.

Westchester Department of Health

Free Diabetes Prevention Classes
Department of Health 20 South Broadway, Yonkers, NY 10701 &
Department of Social Services 750 Washington St., Peekskill, NY 10566
Call (914) 967-6363 ext. 114

Info: Help participants reduce their risk for type 2 diabetes and make lifestyle changes to improve their health.

NUTRITION SERVICES

Greenwich Hospital Center for Behavioral and Nutritional Health

Medical Nutrition Therapy
55 Holly Hill Lane, Greenwich, CT 06830
Call (203) 863-2939

Info: Individual nutrition sessions available by appointment. All insurances accepted. Free, monthly diabetes support group available. Specific programs in diabetes and cardiovascular disease nutrition.

ShopRite of Stamford

Registered Dietitian Free Nutrition Services
[1990 W Main St, Stamford, CT 06902](http://www.shoprite.com/locations/ct/stamford)
Call (203) 978-0464

Info: A Registered Dietitian is available to provide free nutrition services including individual consultations, grocery store tours, nutrition talks for your organization, and more! Services are open to all ages.

PREDIABETES & DIABETES EDUCATION

Greenwich Hospital

Diabetes Self-Management Education
Center for Behavioral and Nutritional Health
55 Holly Hill Lane, Greenwich, CT 06830
Call (203) 863-2939

Info: Private and Medicare insurances are accepted. Referral required. Group programs and one-on-one diabetes instruction offered

Rye YMCA Diabetes Prevention Program

Diabetes Prevention Program (DPP)
Classes by demand
Contact Tanya Stack, (914) 967-6363, ext. 206 or email
tanya@ryeymca.org

Info: Program may be reimbursed through insurance or sliding scale and financial assistance available for self-pay participants. Program is intended for people at risk of developing diabetes, no referral necessary. Focused on healthy eating, increased physical activity, and maintaining a healthy weight. For more info, visit:
<http://www.ryeymca.org/programs/community-health/ymca-diabetes-prevention-program/>

2-1-1 Connecticut

Diabetes Prevention Resources

Info: Call directly for diabetes education, at 1-800-535-6781. Contact the Diabetes Prevention and Control Alliance for diabetes education and counseling at 1-800-237-4942. To search diabetes for more info, visit:
<http://www.211ct.org/informationlibrary/Documents/DiabetesPrevention.asp>

LOCAL AND NATIONAL RESOURCES

Get Healthy CT

Healthy Eating and Physical Activity Resources Online
Email moreinfo@gethealthyct.org

Info: Need help finding healthy food or a place to exercise? Our website provides:

- Information about how to eat healthy and be physically active
- A searchable directory of local resources for healthy eating and physical activity
- A calendar of local events
- Monthly Health Features that provide information on topics such as “Walking, Hiking and Biking” or “Healthy Ethnic Cooking”
- Links to fitness websites and healthy websites

It’s all coming together at www.GetHealthyCT.org

American Diabetes Association

Call 1-800-DIABETES (800-342-2383) • Call Monday – Friday 8:30 a.m. to 8:00 p.m. Eastern Time
www.diabetes.org

Info: Free credible information for Type 1 and Type 2 Diabetes. Free online chat and local resource directory included. Free recipes available with nutrition information. Free magazines, informational packets, e-newsletters, and personalized text messages with the “Living With Type 2 Diabetes Program.” English and Spanish resources available.

American Heart Association | American Stroke Association

Call 1-800-AHA-USA1 (800-242-8721) or 1-800-4-STROKE (800-478-7653)
Email Review.personal.info@heart.org
www.heart.org

Info: Free credible information for the prevention and treatment of cardiovascular diseases and stroke. Local resources and activities available. Free online access to heart and stroke periodicals, Answers by Heart fact sheets, the latest research findings, an interactive Cardiovascular Library, and the Support Network. Download free toolkits and materials on healthy eating, physical activity, blood pressure management, workplace health, and more. English, Spanish, Chinese, and Vietnamese resources available.

For edits or enhancements to the directory, please contact Susan Castagna
by telephone at 203-384-3946 or email susan.castagna@bpthosp.org

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