



# Greater New Haven Region Service Directory

## For Patients with Diabetes & Prediabetes



### SCREENING SERVICES

#### Primary Care Clinics

*All Patient Care and Screening Services*

**Info:** Primary care physicians are the first point of contact for preventative and screening services. Available primary care physicians in the Greater New Haven Region can be found at:

**Cornell Hill Scott Health Center** • Call 203-503-3000  
<http://cornellscott.org/>

**Fair Haven Community Health Center** • Call 203-777-7411  
<http://www.fhchc.org/patient-information-0>

**Yale-New Haven Hospital – York Street** • Call 203-688-5555  
<http://www.ynhh.org/physician-finder/>

**Yale-New Haven Hospital – Saint Raphael** • Call 203-789-4044  
<http://www.ynhh.org/physician-finder/>

#### Saint Raphael's Parish Nurse Program

*Screening Services, Health Information, and Referrals*

Nurses located at over 44 different churches across the region. Call 203-789-3249 to speak with Sister Ann Matthew and see if your church has a Parish Nurse.

**Info:** Free. Nurse volunteers from area congregations provide health screenings, information and education to all members of their congregations.

#### Cornell Scott Hill Health Center

*Wellness Education and Outreach*

400 Columbus Avenue, New Haven, CT 06519  
 Call 203-503-3082

**Info:** Most insurance accepted including Medicaid; new and existing patients welcome. Designed for diabetics with an A1C of nine (9) or greater, this multi-week program combines free screenings with group diabetes and cooking education.

#### East Shore District Health Department

*Screening Services*

688 East Main St, Branford, CT 06405  
 Call 203-481-4233

**Info:** Free. Blood pressure and blood glucose screenings available. Cholesterol panels are \$25. Results and counseling are provided at the time of appointment.

### NUTRITION SERVICES

#### Yale-New Haven Hospital – York Street Campus (YSC)

*Nutrition Clinic*

20 York Street, New Haven, CT 06510  
 Call 203-688-2422

**Info:** Most insurance accepted including Medicaid; MD, APRN, or PA referral is required. Medical nutrition therapy, diabetes self-management, and education via individual counseling and group classes.

#### Yale-New Haven Hospital – Satellite Clinic

*Nutrition Center*

150 Sargent Drive in New Haven  
 Call 203-688-2422

**Info:** Many insurances cover nutrition counseling and diabetes self-management education. Individual nutrition counseling with a registered dietitian to help people design a personalized eating plan. Call to make an appointment.

#### Cornell Scott Hill Health Center

*Nutrition Education*

400 Columbus Avenue, New Haven, CT 06519  
 Call 203-503-3082

**Info:** Most insurance accepted including Medicaid. Individual appointments available with a registered dietician or nutritionist. Appointments focus on medical nutrition therapy, MyPlate education, portion control, healthy food choices, and lifestyle/behavior modification.

#### Yale-New Haven Hospital – Saint Raphael Campus (SRC)

*Nutrition Clinic*

1450 Chapel Street, New Haven, CT 06511  
 Call 203-789-3266 or 203-789-3266

**Info:** Most insurance accepted including Medicaid; a referral is required. Medical nutrition therapy, diabetes self-management, and education via individual counseling and group classes.

#### Get Healthy CT

*Healthy Eating and Physical Activity Resources Online*

**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](http://www.GetHealthyCT.org)

## PREDIABETES & DIABETES EDUCATION

### YMCA Diabetes Prevention Program

#### *Diabetes Prevention Program (DPP)*

New Haven and Fairfield Counties, Locations and classes follow demand • Call 203-375-5844 ext. 2619 • Barbara Moore

**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.cccymca.org/2015/06/12673/>

### Fair Haven Diabetes Prevention Program

#### *Diabetes Prevention Program (DPP)*

374 Grand Avenue, New Haven 06513

Call 203-777-7411

**Info:** Program offers 1-hour healthy lifestyle class once per week for participants in the 16-week Intensive Lifestyle Intervention Program, along with an exercise component. The healthy lifestyle program is based on the National Institutes of Health's Diabetes Prevention Program curriculum. Classes are taught by FHCHC DPP clinicians and nurses, and are delivered in both English and Spanish. For more info, visit: <http://www.fhchc.org/diabetes-prevention>

### 2-1-1 Connecticut

#### *Diabetes Prevention Resources*

**Info:** Call 800-535-6781 for information from 2-1-1 on local diabetes resources. You can also contact the Diabetes Prevention and Control Alliance at 800-237-4942 for diabetes education and counseling services. For more info search diabetes at: <http://www.211ct.org/informationlibrary/Documents/DiabetesPrevention.asp>

### East Shore District Health Department

#### *Live Well: Diabetes Self-Management Program*

688 East Main St, Branford, CT 06405

Call 203-481-4233

**Info:** Free, no referral required. 6-week program in a group setting designed to help people and their caregivers manage and live with their chronic disease. Availability for East Haven, Branford, and North Branford residents. For more info, visit: <http://www.esdhd.org/Health%20Programs/Health%20Education/diabetes.asp>

### Milford Hospital

#### *Diabetes Education Program*

300 Seaside Avenue, Milford, CT 06460 • Call 203-876-4004

**Info:** Series of classes offered three times a year that cover topics related to heart health, diabetes self-management, and more. Most sessions, programs, and screenings are offered for free or at a minimal charge. Call to enroll in the series.

### Yale-New Haven Hospital

#### *Diabetes Self-Management Training*

20 York Street, New Haven, CT 06510

Call: 203-688-2422

**Info:** Approved provider by the American Diabetes Association. Referral required. Covered by Medicare, some private insurers and at no charge to those on Medicaid. Individual sessions, and groups based upon demand, offer education and training on topics such as diet, activity, medications, monitoring, social support, and self-care to reduce the risks of complications from diabetes.

### Agency on Aging of South Central CT

#### *Chronic Disease Self-Management Workshops*

1 Long Wharf Drive, New Haven, CT 06511 • Call 203-785-8533 ext. 3160 • Email Jessica - [jwaite@aoascc.org](mailto:jwaite@aoascc.org)

**Info:** Free 6-week program for anyone with a chronic health condition or a caregiver of someone with a chronic condition.

### Cornell Scott Hill Health Center

#### *Diabetes Education*

400 Columbus Avenue, New Haven, CT 06519

Call 203-503-3082

**Info:** Most insurance accepted including Medicaid. Individual appointments available with a certified diabetes educator and/or registered nurse. Appointments focus on medication management, portion control, healthy food choices, exercise, diabetes education, insulin evaluation and lifestyle/behavior modification.

## NATIONAL RESOURCES

### 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](http://www.diabetes.org)

**Info:** Free credible information for Type 1 and Type 2 Diabetes. Free online chat, local resource directory, recipes with nutrition information, 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](mailto:Review.personal.info@heart.org) • [www.heart.org](http://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.