

# DIABETES & NUTRITION EDUCATION SERVICES

The Diabetes and Nutrition Education services are covered under some insurance plans. Ask your medical provider for a referral. Our services are available for ages 18+.

## Contact Information

To schedule an appointment or for more information about UAB Diabetes & Nutrition Education services, please call 205-801-8711. The program is offered at The Kirklin Clinic of UAB Hospital and at the Whitaker Clinic of UAB Hospital.



DIABETES & NUTRITION EDUCATION

**UAB** MEDICINE

The University of Alabama at Birmingham

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## What does the clinic offer?

The UAB Diabetes & Nutrition Education's team of registered dietitians/certified diabetes care and education specialists provide assistance ranging from basic nutrition education to comprehensive programs that meet the needs of people with special health concerns, such as:

- Diabetes and diabetes prevention
- Chronic kidney disease
- Hypertension/high blood pressure
- Hyperlipidemia/high cholesterol
- Gastrointestinal disorders
- Celiac disease
- Assistance with tube feeding or IV nutrition
- Nutrition evaluations to improve health
- Nutrition evaluation to gain, lose or maintain weight

Based on your individual needs, opportunities to learn how to improve your health through lifestyle changes are offered individually and in group sessions.



The Diabetes Self-Management Education and Support program is accredited by the American Diabetes Association and provides training on the following topics:

## Diabetes Management Plan

- Healthy eating
- Being active
- Monitoring
- Taking medications
- Problem solving
- Reducing risk of other health problems caused by high blood sugar
- Healthy coping
- Resources for ongoing care and support

