



## Diabetes Self Management and Education Support Resource List

Last Reviewed: March 2023

### Community support and/or education groups

1. [Find online peer to peer support options](#)

<https://www.diabeteseducator.org/living-with-diabetes/peer-support>

Peer to peer online support group recommendations can be found in the free pdfs on this webpage.

Language: English

2. Sutter Alta Bates Summit Medical Center - Berkeley

[Adult Diabetes Support Groups](#)

<https://www.sutterhealth.org/absmc/services/diabetes/adult-diabetes>

Insurance Requirements: All services are covered by Medicare, Medi-Cal and most insurance companies

Referrals: Ask for referral through Roots provider

Cost to attend: Free

Languages: Only English, have the ability to schedule a 1:1 with a health educator and translation services. No group options for non-English speakers

3. Tiburcio Vasquez

If you're primarily Spanish speaking, request a referral from your Roots provider to attend Tiburcio Vasquez Diabetes Support Groups or Nutritional Counseling.

Languages: Spanish and English

4. Alameda County Public Health

[ACPH Diabetes Programs](#)

<https://acphd.org/diabetes/>

Alameda County Public Health has the following course options:

- Diabetes Class is an 8-week course that meets once a week for two hours
- Diabetes Support Group meet once a month for two hours
- Hypertension Class is a 4-week course that meets once a week for 2 hours

For my details, click the ACPH Diabetes Programs link and view what topics are covered in each program.

For information on where and when the classes are held, it is best to call (510.383.5185) to register for a class. Classes are offered throughout the county in various places and times.

Referrals: Ask for referral through Roots provider

Eligibility: Live in Alameda County, 18+ years old, diagnosed with pre-diabetes or type 2 diabetes

Cost to attend: Free

Languages: English, Classes are offered in Spanish, Farsi, Hindi, Punjabi, and Urdu.

5. [Bay Valley Medical Group](#) - Hayward Group

<http://www.mtncomp.net/bvmg/diabetes-support-group.html>

Insurance Requirements: none

Referrals: Not required

Cost to attend: Free

Languages: English

For more information contact Bay Valley Medical Group's customer service department at (510) 785-5000 or [info@bvmed.com](mailto:info@bvmed.com) for meeting dates and times.

27206 Calaroga Ave Suite 105 Hayward, CA 94545

8am-5pm M-F

### **Educational web links**

1. [Multilingual Diabetes Resources](#)

<https://www.ndss.com.au/about-diabetes/information-in-your-language/>

This website has 26 different languages to choose from, once you select a language you'll be taken to a page with various diabetes related educational materials in the selected language.

Languages: Spanish, Arabic, Korean, Hindi, Chinese, and more!

2. [Peer to Peer Health Advice](#)

<https://www.youtube.com/watch?v=jCGk2n2zJ-s>

This video defines what peer-to-peer health advice is, and all of the ways you can access it to help further your health and wellness goals. It also shares how peer to peer health advice can be valuable to anyone managing their diabetes.

Language: English

3. [CDC Diabetes Care Schedule](#)

<https://www.cdc.gov/diabetes/managing/care-schedule.html>

This schedule breaks down what steps one should take to manage their diabetes every day, every 3 months, every 6 months, every year, as needed and once.

Languages: Spanish and English

4. [CDC Basics of Managing Diabetes](#)

<https://www.cdc.gov/diabetestv/diabetes-kickstart.html>

This CDC web page summarizes these basics of managing diabetes: being active, monitoring, taking medications, managing stress, lowering risk and

solving problems. There are informative, brief videos that go along with each topic.

Languages: Spanish and English

5. [Diabetes 101](#) (FDA Video)

[https://www.youtube.com/watch?v=T\\_lgAwaqs4g](https://www.youtube.com/watch?v=T_lgAwaqs4g)

A quick video explaining how type I and II diabetes are similar and different.

Language: English

6. [Diabetes and Alcohol](#)

<https://mydoctor.kaiserpermanente.org/ncal/article/alcohol-and-diabetes-29010>

An informative webpage that summarizes things to consider when deciding to drink alcohol after receiving a diabetes diagnosis.

Languages: Spanish and English

7. [ADA Main](#)

<https://diabetes.org/>

Access tips and recipes of the day, nutrition education and other resources to learn more about diabetes management

Language: English

8. [ADA Resources: education and monitoring resources](#)

[https://professional.diabetes.org/search/site?f%5B0%5D=im\\_field\\_dbp\\_ct%3A32&retain-filters=1](https://professional.diabetes.org/search/site?f%5B0%5D=im_field_dbp_ct%3A32&retain-filters=1)

Register with ADA to access these helpful worksheets for tracking and managing diabetes from the American Diabetes Association.

Registration doesn't take long. It requires a name, email, password and address

Languages: Arabic, Chinese, English, French, Haitian, Korean, Portuguese, Russian, Spanish, Tagalog and Vietnamese

(to access resources in other languages, click on the language filter on the right side of the screen, in the box titled "Refine Your Search")

## **Food access**

1. Roots Community Market

Offers fresh produce and resources, free for members with a navigator.

Main Campus 9925 International Blvd. Oakland, CA 94603

Time: 1-3PM Wednesdays, or until supplies lasts

7272 MacArthur Blvd. Oakland, CA 94605

Time: 11AM-1PM 1st + 3rd Fridays each month, or until supplies lasts

Sobrante Park Lot (105th & Edes Ave)

Time: 2-4PM 2nd + 4th Fridays each month, or until supplies lasts

2. Talk to your navigator or the diabetes team for Medi-Cal sign ups, CalFresh sign ups. For navigation or clinical care, call Roots at 510-777-1177
3. [Project Open Hand](https://openhand.org/)  
<https://openhand.org/>  
Free meals for individuals with specific diagnoses, including diabetes. Must be referred by physician  
Talk to your provider or the diabetes team to get referred.
4. [CalFresh](https://www.getcalfresh.org/)  
<https://www.getcalfresh.org/>  
CalFresh is California's food stamps (SNAP) program. Apply to get up to \$192 a month per household member on an EBT card.  
Talk to your Roots navigator or visit the link above to apply
5. [Alameda County Community Food Bank](https://www.accfb.org/)  
<https://www.accfb.org/>  
Food helpline for immediate access to food & food programs.  
1-510-635-3663  
9am-5pm, Mon-Fri  
[Harbor House](https://hhministries.org/programs/food-access) - 1811 11th Avenue, Oakland, CA 94606  
<https://hhministries.org/programs/food-access>  
The Harbor House distributes food provided by Alameda County Community Food Bank every 2nd and 4th Tuesday of the month from 10:00-11:30 am.
6. [Give A Meal of Love](https://kcceb.org/get-help/#immigration-services)  
<https://kcceb.org/get-help/#immigration-services>  
This is a wonderful food delivery service for elderly monolingual Korean people.  
Call 844-828-2254 to get connected with Baki, and receive a warm nutritious meal delivered to your doorstep
7. [East Bay Food Not Bombs](https://eastbayfoodnotbombs.org/)  
<https://eastbayfoodnotbombs.org/>  
Rain or shine, East Bay Food Not Bombs serves hot, nutritious food seven times a week at People's Park, Berkeley at 3pm.  
(In case of rain, they will serve outside of "Mad Monks" on Haste and Telegraph)  
instagram: @foodnotbombs.eastbay
8. [Food Pantry](https://tmcoakland.org/what-we-do/)  
<https://tmcoakland.org/what-we-do/>

We distribute food every Wednesday and Friday from 10am to 2pm and Wednesday evenings from 5:30pm to 7pm. If you are in need of emergency food, please visit during normal food pantry hours or call or text (510) 435-1270.  
5316 Telegraph Ave  
Oakland, CA 94609

## Activity Resources

### Tiburcio Vasquez Yoga Classes

- In this class, you will acquire skills to manage stress and anxiety, improve your sleep quality and enhance both your physical and mental strength under the guidance of a certified yoga instructor.
- Where: 703 C Street, Union City, CA 94587
- When: 10:00 A.M. - 11:00 A.M. 2nd and 4th Friday of the month
- Be sure to bring your own mat, towel and water bottle. Children ages 12+ are welcome to join as long as they are with an adult/guardian
- Text numbers below to register and confirm your attendance
  - Sandra Rodriguez: (510) 449-5520
  - Teresa Fivecoat: (510) 331-0108

### [Sierra Club Local Events](https://addup.sierraclub.org/events)

<https://addup.sierraclub.org/events>

- Walking group events that are great for connecting with the community and getting outside.
- The link leads you to a webpage with free events you can attend, some require you to register for free prior to attending

### [East Bay Regional Parks Activities](https://anc.apm.activecommunities.com/ebparks/activity/search?activity_select_param=2&activity_category_ids=32&viewMode=list)

[https://anc.apm.activecommunities.com/ebparks/activity/search?activity\\_select\\_param=2&activity\\_category\\_ids=32&viewMode=list](https://anc.apm.activecommunities.com/ebparks/activity/search?activity_select_param=2&activity_category_ids=32&viewMode=list)

- This link leads you to various activities the East Bay Regional parks have to offer, some require registration prior to the event, all are free
- Meet people, stay active and learn about the outdoors

### [Outdoor Afro](https://outdoorafro.org/)

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- Outdoor afro welcomes everyone to join their Black joy and healing in nature. Events are open to anyone who supports our mission to celebrate and inspire Black connections and leadership in nature.
- [Outdoor Afro Meet Up Page](https://www.meetup.com/Outdoor-Afro/): login and register for an event near you  
<https://www.meetup.com/Outdoor-Afro/>

- [Outdoor Afro Facebook](https://www.facebook.com/groups/172491752942370/?ref=br_rs): join this facebook group to easily keep track of Outdoor Afro adventuring, walking, hiking, and other outdoor activities opportunities  
[https://www.facebook.com/groups/172491752942370/?ref=br\\_rs](https://www.facebook.com/groups/172491752942370/?ref=br_rs)

### [Spiral Community Garden](http://www.spiralgardens.org/farm.html)

<http://www.spiralgardens.org/farm.html>

- Volunteer Day on the Farm is most Sundays 1-5pm
- Click the link to find directions to this community garden located in Berkeley on Sacramento St.

### [City of Oakland Programs](https://cityofOakland.perfectmind.com/SocialSite/MemberRegistration/MemberSignIn)

<https://cityofOakland.perfectmind.com/SocialSite/MemberRegistration/MemberSignIn>

- Create an account with the City of Oakland Parks and Recreation website. Once you are logged in click the “program registration” option, which will take you to links that lead you various groups you can register for. The group categories include health/wellness (yoga, pilates, zumba), sports, and other useful classes.
- NOTE: some classes are not free, and have a required charge.

#### [Community Gardening](https://www.oaklandca.gov/topics/community-gardening)

<https://www.oaklandca.gov/topics/community-gardening>

- Follow this link to find City of Oakland options for community gardening, including ways to volunteer and get your hands dirty, or apply to rent a plot and learn how to grow your own produce.