



The mission of the Northern Illinois Diabetes Coalition is to educate, provide services and help facilitate access to continuing care to people in 15 counties in Northwest Illinois regardless of their income, color, gender, creed, language, or disability. NIDC is a non-profit organization that started in Rockford, Illinois in 1999. The board consists of community members and healthcare professionals who are committed to diabetes education, prevention and care.

We offer educational programs including:

- + **Slam Dunk for Diabetes Basketball Camp** - for youth with any type of diabetes or pre-diabetes, ages 5-18. In cooperation with the Moses Cheeks' Foundation**, the campy teaches children about basketball while they meet other youth with diabetes, make new friends and learn to manage their diabetes when exercising or under stress.

- + **“Peppy Up”** a program targeting elementary school children that focuses on eating well and making better food choices to prevent obesity and diabetes. Offered in cooperation with Rockford School District, students create a musical and spoken presentation (or a video when available) and interact with children in the after-school program or at assemblies. Each student learns the “Peppy Up” song and receives a book about “Peppy Up,” a boy who decides to eat better and be more active.
- + **“Take Charge of Your Health: Live Well, Be Well”** - a 6-week chronic disease self-management program* presented by nurses. Each 2 hour session includes group interaction.
- + **“Take Charge of Your Diabetes”** - a 6-week chronic disease self-management program over 6 weeks. Each 2 hour session includes group interaction.
- + **Diabetes prevention classes** led by Certified Diabetes Educators. Suggested audience is seniors over 55 years old or anyone interested in prevention.
- + **Diabetes management classes for health care professionals and ancillary staff** in long term care

facilities including assisted and independent living facilities.

We also offer:

- + **Speaker’s Bureau** consisting of physicians, nurses, pharmacists, and Certified Diabetes Educators.
- + **Health fair volunteers** with materials on pre-diabetes and diabetes and access to local education programs, including those we offer.

For more information or to help support these programs, please, visit

www.northernidc.org.



A class for seniors.



Slam Dunk for Diabetes Basketball Camp

Access to diabetes education at local health systems:

OSF Saint Anthony Diabetes Center:

5668 East State St.
Rockford, IL. 61108
Call 815-381-7790

SwedishAmerican – A Division of UW Health:

Diabetes Self-Management Center
1415 East State St.
Rockford IL. 61104
Call 779-696-2495

Mercyhealth Rockford:

Diabetes and Nutrition Services
2300 North Rockton Ave.
Rockford, IL. 61103
Call 815-971-2555

Mercyhealth has diabetes programs in Janesville, WI; Woodstock, IL; Elkhorn, WI; Harvard, IL; and Rockford, Illinois.

KishHealth System:

Diabetes Center
815-285-5973

Beloit Health System:

Diabetes Care Services
608-364-5011

CGH Medical Center
815-625-4790

FHN:
815-599-6253

Monroe Clinic:
608-324-2204

*Chronic Disease Self-Management is a program of Stanford University.

**Slam Dunk for Diabetes was started by Monica Joyce, RD, LD, MS, CDE in 2000 with assistance from the Moses Cheeks Foundation. Visit www.slamdunkkids.org for information on the mission, places the camps are held, and to register.

Please use the QR code below to view our diabetes education video:



A 501 (C) (3) organization and member of the Rockford Chamber of Commerce.

Please use the QR code below to open our webpage:



www.northernidc.org.