



Northern Illinois Diabetes Coalition is a non-profit organization started in Rockford, IL. in 1999. Serving 15 counties in Northwest Illinois, our mission is to serve as a community resource in diabetes awareness, prevention, self-management of diabetes and chronic disease, and professional development in the care and management of diabetes.

The board consists of community and healthcare professionals who are committed to diabetes education, prevention and care.

We offer educational programs:

- ✚ **“Peppy Up”**, a program targeting elementary school children, that focuses on making better food choices and daily activity to prevent obesity and diabetes. This is offered in cooperation with the Rockford School District. Students perform a musical and spoken presentation (or a video when available), with children in the after school program or at assemblies. Each student learns

the song “Peppy Up”, and receives the book about the boy “Peppy Up” who decides to eat better and be more active.

- ✚ **Slam Dunk for Diabetes Basketball Camp*** * is for youth with any type of diabetes or pre-diabetes, ages 5-18. At this camp children learn basketball, meet other youth with diabetes, make new friends, and learn to manage their diabetes when exercising or under stress.
- ✚ **“Take Charge of Your Health”** and **“Take Charge of Your Diabetes”**
*classes are 6-7 weeks of 2.5-hour sessions taught by trained, certified volunteers. NIDC partners with the Northern Illinois Area Agency on Aging and Lifescape to create free opportunities for these community programs.
- ✚ **Diabetes Management for Long Term Care Givers** is an opportunity for the staff to improve their knowledge of diabetes and care of their clients.
- ✚ **Health Fair Volunteers** are available to provide materials on pre-diabetes and diabetes along with access to local education programs.
- ✚ **Speaker’s Bureau**: NIDC has access to speakers including

physicians, nurses and pharmacists.

To find out more, or to make a donation, contact us at nidc4diabetes@gmail.com or mail a check to NIDC to 1601 Parkview Ave. Rockford, IL. 61107



A class for seniors.



Slam Dunk for Diabetes

Access to diabetes education at local health systems:

OSF Saint Anthony Diabetes Center:
5668 East State St.
Rockford, IL. 61108
Call 815-381-7790

Swedish American Health System/ Division of UW Health:
Diabetes Self-Management Center
1415 East State St.
Rockford IL. 61104
Call 779-696-2495

Mercy Health Rockford: Diabetes and Nutrition Services
2300 North Rockton Ave.
Rockford, IL. 61103
Call 815-971-2555
Mercy Health has Diabetes Programs in Janesville, WI. Woodstock, IL. Elkhorn, WI. Harvard, IL. and Rockford, IL.

KishHealth Systems/Northwestern Medicine: Diabetes Education
5 Kish Hospital Drive Suite 202
Dekalb, IL.60115
Call 815-748-8378

Beloit Health System: Diabetes Care Services
1969 West Hart Rd.
Beloit, WI. 53511
Call 608-365138

KSB Hospital:
Diabetes Center
215 South First St.
Commerce Towers Suite 121
Dixon, IL. 61021
Call 815-285-5973

Community General Hospital Medical Center (CGH): Diabetes Center
Main Clinic
1015 Miller Road
Sterling IL. 61081
Call 815-625-4790

Freeport Health Network (FHN): Diabetes Program
FHN Hospital
1045 West Stephenson Road
Freeport, IL. 61032
Call 815-599-6253

Monroe Clinic/SSM Health:
Diabetes Self-Management Education
585 22nd Ave.
Monroe, WI. 53566
Call 608-324-2204

*"Take Charge of Your Health" and "Take Charge of Your Diabetes" are Chronic Disease Self-Management programs of Stanford University.

**Slam Dunk for Diabetes was started by Monica Joyce, RD, LD, MS, CDE in 2004 with assistance from the Moses Cheeks E. Foundation. Visit www.slamdunkkids.org for information on the mission, places the camps are held, and to register.



Peppy Up West Middle School Performers 2015



A 501 (C) (3) organization
1601 Parkview Ave.
Rockford, IL. 61107

Ph: 779-707-1603



Please use the QR code to view a video about diabetes. To volunteer: contact us at nidc4diabetes@gmail.com or www.letsthive360.com.