



WM. K. WARREN
MEDICAL RESEARCH CENTER
FOR CELIAC DISEASE

Research indicates that adults with celiac disease who are members of a celiac advocacy group are more likely to successfully adhere to a gluten-free diet.* The Warren Celiac Center encourages the community to participate in local support group activities (meetings, talks, special events, mentorship programs, etc).

San Diego Area Celiac Disease Support Groups

For more information about these groups (meeting dates, speakers, topics, etc), email the contacts below or go glutenfreeinsd.com and click on "SD Support Groups".



Celiac Sprue Association(CSA)/USA San Diego Chapter

This support group meets bi-monthly at Rady Children's Hospital San Diego. Members of the support group receive a bi-monthly newsletter filled with the latest news in the celiac world, GF product and restaurant information, and GF recipes

Support Group Meetings

Open to anyone interested in information and support for celiac disease and Dermatitis Herpetiformis. There are newly diagnosed as well as long-term diagnosed persons at every meeting. Newcomers are especially welcome and encouraged to attend.

When: On the fourth Saturday of every other month at 2:00 p.m. The meetings take place in January, March, May, July, September, and November.

Where: Rady Children's Hospital, San Diego, 3030 Children's Way, San Diego, 92123.

Contacts:

Membership: Michele Vargas, tv17620@sbcglobal.net

Events: Michelle Hamm, mhamm@san.rr.com

General Information: Jan Pruitt, jepsquirt@att.net, and
Kimberly Duvall, kimberlyduvall@yahoo.com



Raising Our Celiac Kids (R.O.C.K.) San Diego Chapter

This support group is for families that have children with celiac disease (CD). The meetings/activities are held approximately three times a year and are geared for both children and parents.

There is a **Mentorship Program** for families with children newly diagnosed with CD.

Contact: Becky MacGregor, cyberbeck@gmail.com



Celiac Disease Foundation

Celiac Disease Foundation provides support, information and assistance to people affected by Celiac Disease/Dermatitis Herpetiformis (CD/DH). It also increases awareness among the general public and works closely with health care professionals, pharmaceutical and medical industries. More information can found about CDF at www.celiac.org.

Temecula Chapter

This group usually meets the third week of the month in Temecula, CA. For more information please contact Ramona Inman, RamonaCDF@aol.com; (951) 676-0651

Hemet Chapter

This group meets on the 2nd Saturday of every month at the Red Robin (1900 W. Florida Avenue Hemet, CA 92545). Contact: Jenny Darby, jenny_darby@hughes.net



Teens Against Gluten (TAG) San Diego Chapter

TAG is an extension of the R.O.C.K. group that is specifically for teenagers. The parent contacts listed below are the advisors and the teens are the leaders for the San Diego group. The ages for the members range from 11 to 18; all middle school and high school. If interested in participating in the group, please contact one of the parents below.

Contacts:

Susan Jarrold, sjarrold@sandi.net, (619)579-9590

Michelle Hartwig, dhartwig@cox.net, (760)721-4128

References

- Butterworth et al. Factors relating to compliance with a gluten-free diet in patients with coeliac disease: comparison of white Caucasian and South Asian patients. Clinical Nutrition. 2004; 23:1127-34.
- Lefler et al. Factors that influence adherence to a gluten-free diet in adults with celiac disease. Dig Dis Sci. 2008; 53:1573-81.