

NDEP AND NATIONAL DIABETES MONTH 2012

- This November, the National Diabetes Education Program (NDEP) and its partners are proud to support National Diabetes Month 2012. This annual observance is a time for individuals, organizations, and communities across the country to shine a spotlight on diabetes.
- The global diabetes community will also come together on World Diabetes Day – November 14 – to raise awareness about the **alarming rise of diabetes** around the world.
- In observance of National Diabetes Month, the NDEP and its partners are *Changing the Way Diabetes Is Treated* by working together to help people better understand how to make the necessary changes in their day-to-day life in order to prevent type 2 diabetes, manage their diabetes to prevent complications, and live healthier lives.
- One way the NDEP and its partners are *Changing the Way Diabetes Is Treated* is by providing tools to help people make a plan to stay healthy and outline steps they can take to reach and maintain their goals. Many people know WHAT to do to improve their health; it's figuring out HOW to do it and fit it into their daily routine that's challenging.
- The NDEP provides online tools to help people better understand HOW to make changes in their day to day life to help them stay healthy:
 - NDEP's online library of behavior change resources, **Diabetes HealthSense**, provides users with a searchable database of research, tools, and programs to address the wide array of psychosocial and lifestyle-change challenges associated with diabetes self-management. Resources included in **Diabetes HealthSense** have been reviewed by a team of leading independent experts on psychosocial issues with specific expertise in the science of behavior change.
 - Change begins with just one step. If you are ready to take the first step toward better health, the NDEP's **Just One Step** resource is a great place to start. This tool helps you identify one small step to take for a short period of time (such as one month) to begin to implement healthy changes. For example, if you want to make healthier food choices, you could take the first step by replacing sugary drinks with water at one meal for one month.
 - Once you have taken the first step or steps, you may need help making these changes stick as part of a daily routine. This becomes much easier if you 'Make A Plan'.
 - NDEP's **Make A Plan** tool can help you think about what is important to your health and how to make a plan to take small, but important steps to help you reach your goal.
 - You can print your plan and discuss how your plan is working for you each time you visit your health care team.
 - You can find links to additional resources from the NDEP, such as Just One Step and Diabetes HealthSense, to help you find tools to support you in reaching your goal.
 - Learn more at YourDiabetesInfo.org/diabetesmonth.