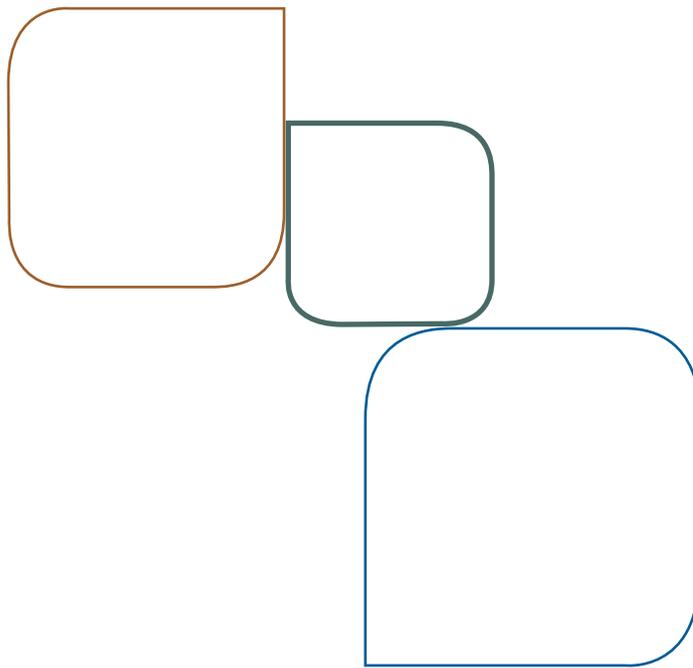


National Diabetes Education Program



June 2015
Publications & Resources



National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

About the National Diabetes Education Program

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is a federally-sponsored initiative that involves public and private partners in efforts to improve diabetes management and outcomes, promote early diagnoses, and prevent or delay the onset of diabetes in the United States and its territories.

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.

The NDEP uses the latest science to develop publications for people with diabetes, people at risk for type 2 diabetes, health care professionals, and community organizations. NDEP's culturally tailored diabetes prevention and control materials target a broad array of audiences, including African Americans, American Indians, Alaska Natives, Asian Americans, Pacific Islanders, Hispanic and Latino Americans, older adults, women with a history of gestational diabetes, and youth. Many materials are available in English, Spanish, and 17 additional languages.

To print large quantities of a publication,
request free printer-ready files by calling or emailing:

1.800.860.8747

ndep@hagersharp.com

All materials are copyright-free.

Limited quantities of hard copies can be ordered online.

Download or order these materials at:

www.YourDiabetesInfo.org

1.888.693.NDEP (1.888.693.6337)

TTY: 1.866.569.1162



www.facebook.com/ndep.gov



www.youtube.com/ndepgov



www.twitter.com/ndep

This document provides an overview of the publications and resources available from the NDEP, including:

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Visit

www.YourDiabetesInfo.org

to use NDEP's "Find Publications for Me" feature to sort publications by a specific target age group, ethnicity, diabetes status, or language.

Diabetes Management Publications

Publications to help
adults with diabetes
live well by managing
their disease and
preventing
diabetes-related
complications.



Adults with Diabetes

Download or order these materials at:
www.YourDiabetesInfo.org

4 Steps to Manage Your Diabetes for Life

PLAIN LANGUAGE PRINCIPLES

These four steps help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy. This publication is excellent for people newly diagnosed with diabetes or who just want to learn more about controlling the disease.

This publication has been reviewed by NDEP for plain language principles.

Limit 10 copies

English (NDEP-67)

Bengali	(NDEP-67BE)	June 2011	Laotian	(NDEP-67LA)	August 2008
Cambodian	(NDEP-67CA)	June 2007	Samoan	(NDEP-67SA)	July 2007
Chinese	(NDEP-67CH)	May 2007 (Online Only)	Spanish	(NDEP-80)	April 2014
English	(NDEP-67)		Tagalog	(NDEP-67TA)	May 2007
Haitian-Creole	(NDEP-67HC)	October 2010	Thai	(NDEP-67TH)	June 2007
Hmong	(NDEP-67HM)	August 2008	Tongan	(NDEP-67TO)	June 2007
Indonesian	(NDEP-67IN)	August 2008	Urdu	(NDEP-67UR)	June 2011 (Online Only)
Japanese	(NDEP-67JA)	August 2008 (Online Only)	Vietnamese	(NDEP-67VI)	May 2007
Korean	(NDEP-67KO)	June 2007			



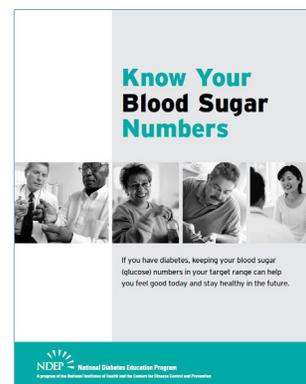
Last Reviewed: April 2014

Know Your Blood Sugar Numbers *Conozca sus niveles de azúcar en la sangre*

Learn more about the importance of knowing your blood sugar numbers. This publication contains information on the A1C test, self-monitoring blood glucose, and working with a health care team to set blood glucose targets and reach them.

Limit 10 copies

English (NDEP-10)
Spanish (NDEP-10SP)



Last Reviewed: July 2014

Take Care of Your Feet for a Lifetime *Cuide sus pies durante toda su vida*

**PLAIN
LANGUAGE
PRINCIPLES**

If you have diabetes, your feet need special attention. This booklet helps you care for your feet and provides tips to prevent serious foot problems.

This publication has been reviewed by NDEP for plain language principles.

Limit 10 copies

**English (NDEP-4)
Spanish (NDEP-48)**



Last Reviewed: September 2014

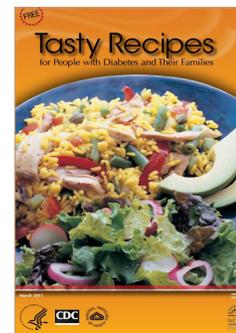
Tasty Recipes for People with Diabetes and Their Families *Ricas recetas para personas con diabetes y sus familiares*

**ONLINE
ONLY**

This effective, bilingual recipe booklet is a terrific addition to any kitchen. It contains diabetes health information and resources and recipes specifically designed for Latinos living with diabetes.

Recipes are accompanied by their nutritional facts table

Bilingual Spanish/English (NDEP-51)



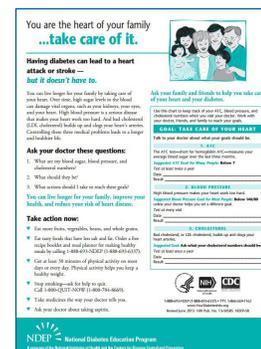
Last Reviewed: December 2011

You are the heart of your family... take care of it *Usted es el corazón de la familia... cuide su corazón*

This bilingual tip sheet explains the link between diabetes and heart disease for Hispanics/ Latinos. It encourages patients to work with their health care team to manage their blood glucose, blood pressure, and cholesterol.

Limit 10 copies

Bilingual Spanish/English (NDEP-58)

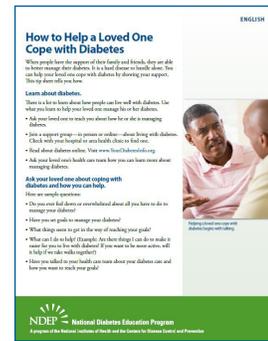


Last Reviewed: July 2014

How to Help a Loved One Cope with Diabetes

Ayude a un ser querido que tiene diabetes

Last Reviewed: December 2013



PLAIN LANGUAGE PRINCIPLES

This tip sheet provides practical suggestions for helping loved ones with diabetes. It also lists organizations that can help.

Limit 10 copies

English (NDEP-57)
Spanish (NDEP-57SP)

Taking Care of Your Diabetes Means Taking Care of Your Heart

Last Reviewed: July 2014



PLAIN LANGUAGE PRINCIPLES

This patient education sheet explains the link between diabetes and heart disease. It encourages patients to work with their health care team to set targets and manage their blood glucose, blood pressure, and cholesterol. It includes a record form to track target numbers.

Limit 10 copies

Cambodian	(NDEP-52CA)	Nov 2002	Japanese	(NDEP-52JA)	April 2003
Chamorro	(NDEP-52CM)	April 2003	Korean	(NDEP-52KO)	April 2003
Chinese	(NDEP-52CH)	November 2001 (Online Only)	Laotian	(NDEP-52LA)	April 2003
Chuukese	(NDEP-52CK)	April 2003	Samoan	(NDEP-52SA)	April 2003
English	(NDEP-52)	July 2014	Tagalog	(NDEP-52TA)	November 2002
Gujarati	(NDEP-52GU)	April 2003	Thai	(NDEP-52TH)	November 2002
Hindi	(NDEP-52HI)	April 2003	Tongan	(NDEP-52TO)	April 2003
Hmong	(NDEP-52HM)	November 2002	Vietnamese	(NDEP-52VI)	November 2002

Taking Care of Your Diabetes Means Taking Care of Your Heart

(Adapted for American Indians and Alaska Natives)

Last Reviewed: September 2014



This patient education sheet explains the link between diabetes and heart disease. It encourages patients to work with their health care team to set targets and manage their blood glucose, blood pressure, and cholesterol. It includes a record form to track target numbers.

Limit 10 copies

English (NDEP-52AIAN)

It's More than Food, It's Life: Recipe Card Set 1 *Más que comida, es vida. colección 1 de tarjetas de recetas*

ONLINE
ONLY

This first recipe card set from the popular booklet, *Tasty Recipes for People with Diabetes and Their Families (Ricas recetas para personas con diabetes y sus familiares)* showcases four recipes designed for Hispanics/Latinos. The recipes are accompanied by their nutritional facts table and total servings. **The set includes:**
Rice with Chicken, Avocado Tacos, Tropical Fruit Fantasia, and Spanish Omelet.

English (NDEP-122)
Spanish (NDEP-122SP)



Last Reviewed: January 2013

It's More than Food, It's Life: Recipe Card Set 2 *Más que comida, es vida. colección 2 de tarjetas de recetas*

ONLINE
ONLY

This second recipe card set from the popular booklet, *Tasty Recipes for People with Diabetes and Their Families (Ricas recetas para personas con diabetes y sus familiares)* showcases four recipes designed for Hispanics/Latinos. The recipes are accompanied by their nutritional facts table and total servings. **The set includes:**
Beef Stew, Red Snapper Caribbean, Two Cheese Pizza, and Pozole.

English (NDEP-124)
Spanish (NDEP-124SP)



Last Reviewed: January 2013

Diabetes Management Publications

Children and Teens with Diabetes



Publications to help
children and teens
with diabetes
live well by
understanding
and managing
their disease.

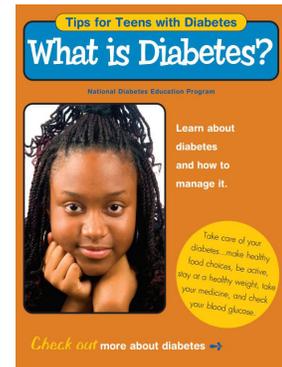
Download or order these materials at:
www.YourDiabetesInfo.org

Tips for Teens with Diabetes: *What Is Diabetes?*

This tip sheet provides useful information about diabetes and encourages teens to take action to manage their disease for a long and healthy life.

Limit 10 copies

English (NDEP-63)



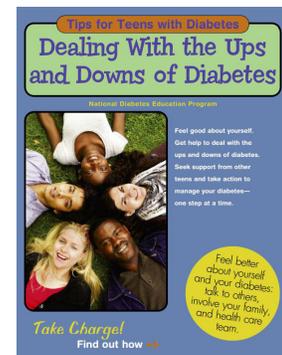
Last Reviewed: November 2012

Tips for Teens with Diabetes: *Dealing With the Ups and Downs of Diabetes*

ONLINE
ONLY

This tip sheet talks about emotions and diabetes and gives teens ideas to help them feel better.

English (NDEP-81)



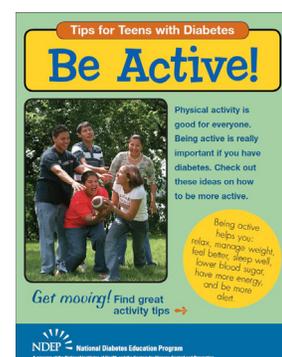
Last Reviewed: July 2014

Tips for Teens with Diabetes: *Be Active*

This tip sheet provides useful information about diabetes and encourages teens to be active to help manage their disease for a long and healthy life.

Limit 10 copies

English (NDEP-64)



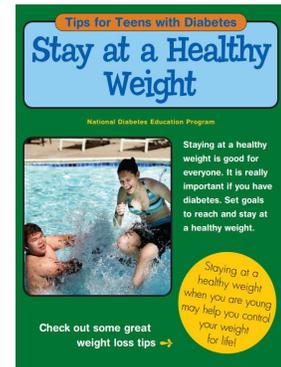
Last Reviewed: July 2014

Tips for Teens with Diabetes: Stay at a Healthy Weight

ONLINE ONLY

This tip sheet provides useful information about diabetes and encourages teens to be at a healthy weight to help manage their disease for a long and healthy life.

English (NDEP-65)



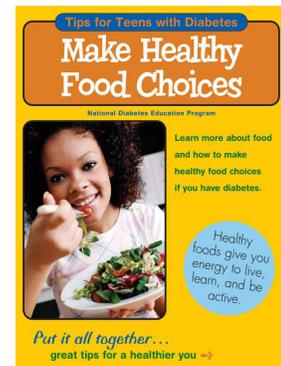
Last Reviewed: November 2012

Tips for Teens with Diabetes: Make Healthy Food Choices

ONLINE ONLY

This tip sheet provides useful information about diabetes and encourages teens to make healthy food choices to help manage their disease for a long and healthy life.

English (NDEP-66)



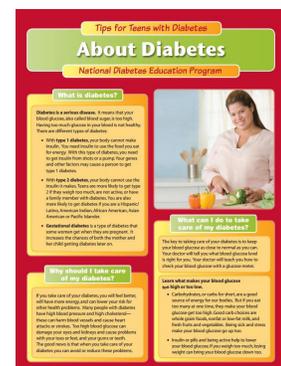
Last Reviewed: November 2012

Tips for Teens with Diabetes: About Diabetes Consejos para jóvenes con diabetes: La diabetes

This easy-to-read, Spanish and English tip sheet for Hispanic/Latino teens and families provides useful information about diabetes and encourages teens to take action to manage their disease.

Limit 10 copies

Bilingual Spanish/English (NDEP-84)



Last Reviewed: November 2012

Tips for Teens with Diabetes: Make Healthy Food Choices *Consejos para jóvenes con diabetes: Come alimentos saludables*

This easy-to-read, Spanish and English tip sheet for Hispanic/Latino teens and families encourages teens to make healthy food choices to better manage their diabetes.

Limit 10 copies

Bilingual Spanish/English (NDEP-83)



Last Reviewed: April 2014

Tips for Teens with Diabetes: Be at a Healthy Weight *Consejos para jóvenes con diabetes: Mantente en un peso saludable*

This easy-to-read, Spanish and English tip sheet for Hispanic/Latino teens and families encourages teens to manage diabetes by moving more, making healthy food choices, and losing weight if they are overweight.

Limit 10 copies

Bilingual Spanish/English (NDEP-85)



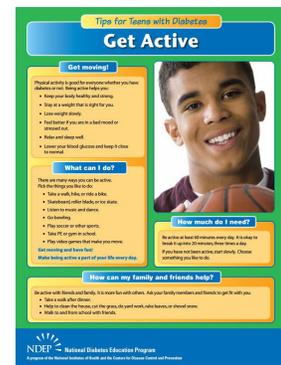
Last Reviewed: November 2012

Tips for Teens with Diabetes: Get Active *Consejos para jóvenes con diabetes: Mantente activo*

This easy-to-read, Spanish and English tip sheet for Hispanic/Latino teens and families encourages teens to be more physically active to better manage their diabetes.

Limit 10 copies

Bilingual Spanish/English (NDEP-86)



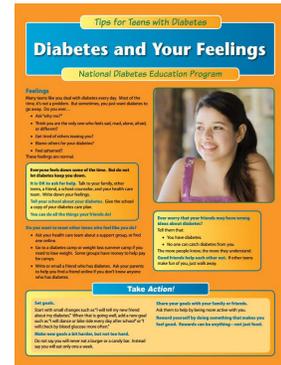
Last Reviewed: November 2012

Tips for Teens with Diabetes: Diabetes and Your Feelings Consejos para jóvenes con diabetes: La diabetes y tus sentimientos

This easy-to-read, Spanish and English tip sheet for Hispanic/Latino teens talks about emotions and diabetes and gives teens ideas to help them feel better.

Limit 10 copies

Bilingual Spanish/English (NDEP-115)



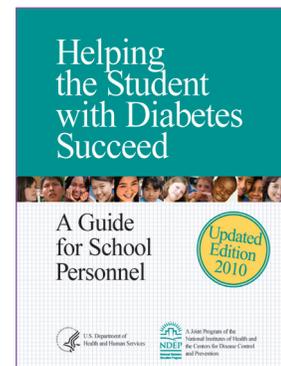
Last Reviewed: November 2012

Helping the Student with Diabetes Succeed: A Guide for School Personnel

This comprehensive resource guide helps students with diabetes, their health care team, school staff, and parents work together to provide optimal diabetes management in the school setting.

Limit 10 copies.

English (NDEP-61)



Last Reviewed: November 2012

ONLINE ONLY

Tips for Kids: Be Active Consejos para muchachos: ¡Mantente activo!

This colorful, easy-to-read tip sheet for children and their families contains the basics about managing type 2 diabetes by being active and includes a list of resources for children.

**English (NDEPi-1)
Spanish (NDEPi-7)**



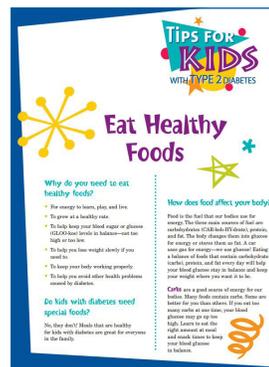
Last Reviewed: November 2012

Tips for Kids: Eating Healthy Foods Consejos para muchachos: come alimentos saludables

ONLINE ONLY

This colorful, easy-to-read tip sheet for children and their families contains the basics about managing type 2 diabetes by making healthy food choices and includes a list of resources for children.

English (NDEPi-2)
Spanish (NDEPi-8)



Last Reviewed: November 2012

Tips for Kids: Stay at a Healthy Weight Consejos para muchachos: mantente en un peso saludable

ONLINE ONLY

This colorful, easy-to-read tip sheet for children and their families contains the basics about managing type 2 diabetes by staying at a healthy weight and includes a list of resources for children.

English (NDEPi-3)
Spanish (NDEPi-6)



Last Reviewed: November 2012

Tips for Kids: What is Diabetes? Consejos para muchachos: ¿Qué es la diabetes?

ONLINE ONLY

This colorful, easy-to-read tip sheet for children and their families contains the basics about managing type 2 diabetes and includes a list of resources for children.

English (NDEPi-4)
Spanish (NDEPi-5)



Last Reviewed: November 2012

Type 2 Diabetes Prevention Publications

Adults at Risk for Type 2 Diabetes



Publications to help people who are at risk for type 2 diabetes take small steps to prevent or delay the onset of the disease.

Download or order these materials at:
www.YourDiabetesInfo.org

Your GAME PLAN to Prevent Type 2 Diabetes Mi plan de acción para prevenir la diabetes tipo 2

This three-booklet package helps people assess their risk for developing diabetes and implement a program to prevent or delay the onset of the disease. The publication includes an information booklet, an activity tracker, and a fat and calorie counter.

Limit 15 packages.

**English (NDEP-60)
Spanish (NDEP-60SP)**



Last Reviewed: October 2006

Choose More than 50 Ways to Prevent Type 2 Diabetes

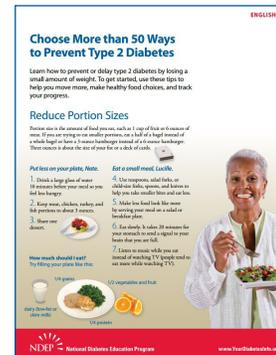
**PLAIN
LANGUAGE
PRINCIPLES**

This tip sheet helps African Americans at risk for type 2 diabetes find ways to move more, make healthy food choices, and track their progress with making lifestyle changes to lower their risk.

This publication has been reviewed by NDEP for plain language principles.

Limit 10 copies

English (NDEP-71)



Last Reviewed: September 2014

Prevent Type 2 Diabetes. Step by Step. Prevenemos la diabetes tipo 2. Paso a paso.

This patient education sheet offers tips to help Hispanics/Latinos at risk for type 2 diabetes move more and eat less to reduce their risk for diabetes.

Limit 10 copies

Bilingual Spanish/English (NDEP-72)



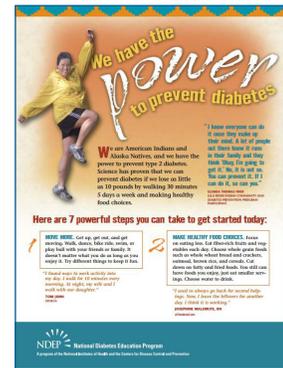
Last Reviewed: September 2014

We Have the Power to Prevent Diabetes

This patient education sheet offers tips to help American Indians and Alaska Natives at risk for type 2 diabetes move more and eat less to lower their risk for diabetes.

Limit 10 copies

English (NDEP-73)



Last Reviewed: July 2014

It's Not Too Late to Prevent Type 2 Diabetes No es demasiado tarde para prevenir la diabetes tipo 2

PLAIN LANGUAGE PRINCIPLES

This tip sheet helps older adults take steps to prevent or delay the onset of type 2 diabetes.

Limit 10 copies

**English (NDEP-75)
Spanish (NDEP-75SP)**



Last Reviewed: Dec 2013

Did You Have Gestational Diabetes When You Were Pregnant? What You Need to Know. ¿Tuvo diabetes gestacional cuando estaba embarazada? Lo que usted necesita saber.

PLAIN LANGUAGE PRINCIPLES

Women with a history of gestational diabetes have a greater chance of getting diabetes later in life. Their offspring have a greater chance of becoming obese and getting type 2 diabetes. This tip sheet encourages women who had gestational diabetes to get tested for diabetes after pregnancy and take actions to help the whole family stay healthy.

This publication has been reviewed by NDEP plain language principles.

Limit 10 copies

**English (NDEP-88)
Spanish (NDEP-89)**



Last Reviewed: April 2014

Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs

This tip sheet helps Asian American and Pacific Islanders at risk for Type 2 Diabetes move more and eat less to reduce their risk for diabetes.

Limit 10 copies



Last Reviewed: May 2013

Cambodian	(NDEP-74CA)	November 2002	Japanese	(NDEP-74JA)	April 2003
Chamorro	(NDEP-74CM)	April 2003	Korean	(NDEP-74KO)	April 2003 (Online Only)
Chinese	(NDEP-74CH)	November 2001	Laotian	(NDEP-74LA)	April 2003
Chuukese	(NDEP-74CK)	April 2003	Samoa	(NDEP-74SA)	April 2003
English	(NDEP-74)		Tagalog	(NDEP-74TA)	November 2002
Gujarati	(NDEP-74GU)	April 2003	Thai	(NDEP-74TH)	November 2002
Hindi	(NDEP-74HI)	April 2003(Online Only)	Tongan	(NDEP-74TO)	April 2003
Hmong	(NDEP-74HM)	November 2002	Vietnamese	(NDEP-74VI)	November 2002

Movimiento por su vida

This lively music CD/DVD helps Hispanics and Latinos move more. It features six original songs and a bonus music video with empowering messages and strong Latin rhythms that urge listeners to dance. It is a fun way to show how movement can help prevent diabetes.

Limit 1 CD/DVD

Spanish (NDEP-62CD)



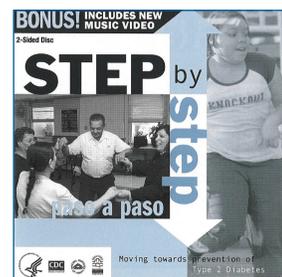
Last Reviewed: December 2011

Step by step: Moving towards prevention of Type 2 Diabetes

This lively music CD/DVD helps African Americans move more. It features three original songs, three songs from the popular Movimiento por su vida CD/DVD, and a bonus music video with empowering messages that urge listeners to dance. It is a fun way to show how movement can help prevent diabetes.

Limit 1 CD/DVD

English (NDEP-93)



Last Reviewed: December 2011

Fotonovela: ¡Do it for them! But also for yourself. Fotonovela: ¡Hazlo por ellos! Pero por ti también

This bilingual fotonovela features dramatic stories of Latinas talking to Latinas about preventing or delaying type 2 diabetes and being healthy for their children and themselves. The stories use three womens' challenges in maintaining a healthy lifestyle to convey an important message: Increasing physical activity, making healthy food choices, and losing weight (if you are overweight) decreases or delays your risk of developing type 2 diabetes.

Limit 3 copies

Bilingual Spanish/English (NDEP-121)



Last Reviewed: January 2013

Get Real! You Don't Have to Knock Yourself Out to Prevent Diabetes

This tip sheet encourages people at risk for type 2 diabetes move more and eat less to lower their risk for diabetes.

Limit 10 copies

English (NDEP-76)



Last Reviewed: February 2013

Type 2 Diabetes Prevention Publications

Children & Teens at Risk for Type 2 Diabetes

Publications to help children and teens at risk for type 2 diabetes take small steps to lower their risk for developing the disease.



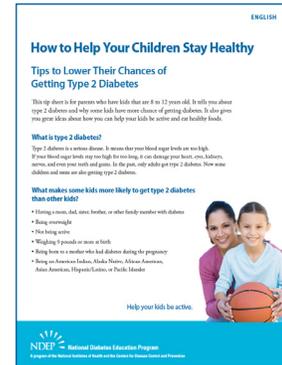
Download or order these materials at:
www.YourDiabetesInfo.org

How to Help Your Children Stay Healthy: Tips to Lower Their Chances of Getting Type 2 Diabetes

This tip sheet explains what type 2 diabetes is and provides great ideas parents can use to help their children be active and eat healthier to prevent type 2 diabetes.

Limit 10 copies

English (NDEP-98)



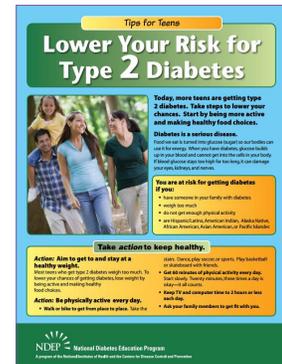
Last Reviewed: July 2014

Tips for Teens: Lower Your Risk for Type 2 Diabetes *Consejos para jóvenes: Disminuye tu riesgo de desarrollar la diabetes tipo 2*

This easy-to-read tip sheet for Hispanic/Latino teens and families encourages teens to lower their risk for diabetes by being active, making healthy food choices and losing weight if they are overweight.

Limit 10 copies

Bilingual Spanish/English (NDEP-116)



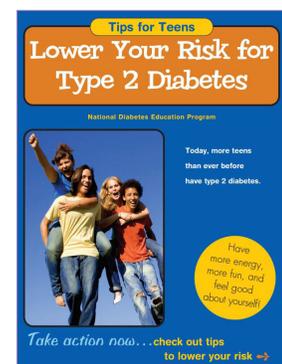
Last Reviewed: November 2012

ONLINE ONLY

Tips for Teens: *Lower Your Risk for Type 2 Diabetes*

This tip sheet encourages teens to take steps to lower their risk for type 2 diabetes. It provides advice on reaching a healthy weight and leading an active lifestyle and includes healthy food and activity guides.

English (NDEP-87)



Last Reviewed: November 2012

Publications for Health Care Professionals

Publications to
help health care
professionals
effectively care for
people with and
at risk for diabetes.



Download or order these materials at:

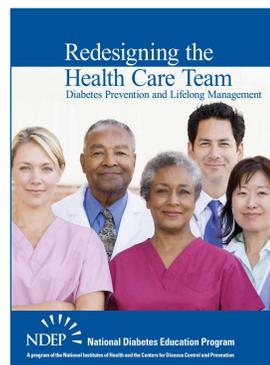
www.YourDiabetesInfo.org

Redesigning the Health Care Team: *Diabetes Prevention and Lifetime Management*

Quality diabetes care involves more than just the primary provider. Find out more about implementing multidisciplinary team care for people with diabetes in all clinical settings and how to reduce the human and economic toll of diabetes through a continuous, proactive, planned, patient-centered, and population-based approach to care.

Limit 6 copies

English (NDEP-37)



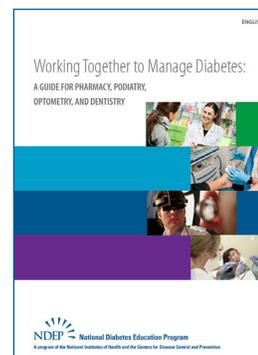
Last Reviewed: February 2013

Working Together to Manage Diabetes: *A Toolkit for Pharmacy, Podiatry, Optometry, and Dentistry (PPOD)*

ONLINE
ONLY

This toolkit shows PPOD practitioners how they can work collaboratively with each other, as well as with all other members of the health care team, such as primary health care providers, physician assistants, nurse educators, and community health workers to promote better outcomes in people with diabetes.

English (NDEP-54)



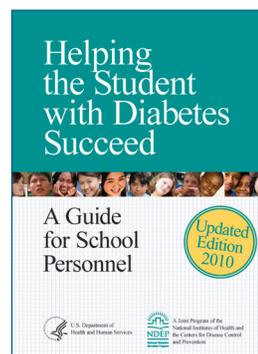
Last Reviewed: January 2014

Helping the Student with Diabetes Succeed: *A Guide for School Personnel*

This comprehensive resource guide helps students with diabetes, their health care team, school staff, and parents work together to provide optimal diabetes management in the school setting.

Limit 6 copies

English (NDEP-61)



Last Reviewed: November 2012

You are the Heart of Your Family... Take Care of It.
Usted es el corazón de la familia...cuide su corazón.

This bilingual flip chart can help promotoras, community health workers, and other health educators teach Hispanic and Latino Americans about the link between diabetes and heart disease. The flip chart includes easy-to-understand illustrations, scripted presentations, and questions to facilitate discussion. The flip chart also contains four copier-ready handouts, in hard copy and on the accompanying CD.

Limit 5 copies

Bilingual Spanish/English (NDEP-58FC)



Last Reviewed: June 2013

Living a Balanced Life with Diabetes:
A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Peoples

Living a Balanced Life with Diabetes: A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Peoples can help health care professionals address psychosocial issues with American Indian and Alaska Native peoples. The toolkit contains a variety of culturally appropriate materials.

Limit 2 copies

English (NDEP-123)



Last Reviewed: April 2012

Publications for Community Organizations

Publications to help
local organizations
spread the word
about diabetes
prevention
and management
in their communities.



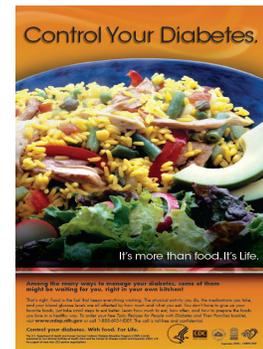
Download or order these materials at:
www.YourDiabetesInfo.org

**It's more than food. It's Life.
Más que comida, es vida.**

This nutritional campaign poster is designed to dispel misunderstandings about healthy eating and teach Hispanics and Latinos how to adopt a tasty but nutritional meal plan that maintains the cultural uniqueness of their food. This color poster can be used as a resource for dietitians, diabetes educators, and people who want to manage their diabetes without losing their cultural identity.

Limit 10 copies.

Bilingual Spanish/English (NDEP-99)



Last Reviewed: December 2011

POSTER

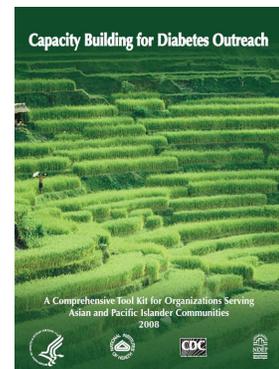
Capacity Building for Diabetes Outreach:

A Comprehensive Toolkit for Organizations Serving Asian and Pacific Islander Communities

ONLINE ONLY

This comprehensive toolkit is designed to help organizations strengthen capacity in eight core areas: community assessment, evaluation, organizational support, staffing, building coalitions and partnerships, funding, community outreach, and marketing. Examples are drawn from experiences working with Asian American/Pacific Islander communities, but the tools can apply to work with any community.

English (NDEP-97)



Last Reviewed: November 2011

**The Road to Health Toolkit
Kit El camino hacia la buena salud**

Designed for African Americans and Hispanics/Latinos, this tool kit provides materials to start a community outreach program reinforcing the message that type 2 diabetes can be delayed or prevented.

Limit 3 tool kits.

**English (NDEP-111)
Spanish (NDEP-111SP)**



Last Reviewed: December 2011

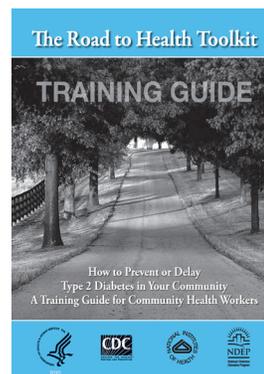
The Road to Health ToolKit Training Guide *Guía de capacitación del kit El camino hacia la buena salud*

This training guide is designed for people who offer train-the-trainer workshops and for community health workers who work with Hispanic, Latino, or African American people. Other health care professionals, diabetes educators, health educators, nurses, dietitians, and community educators can also be trained or provide training to others by using the *Road to Health Toolkit*.

Limit 10 copies

English (NDEP-108)

Spanish (NDEP-108SP)



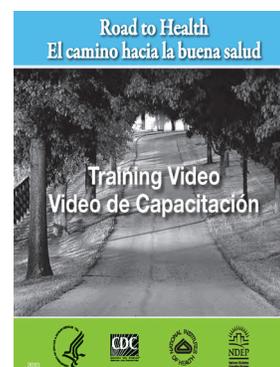
Last Reviewed: January 2013

The Road to Health ToolKit Training Video *Video de capacitación del kit el camino hacia la buena salud*

This video is intended to teach health workers, NDEP partner organizations, and other health professionals how to use the Road to Health Toolkit (Kit El camino hacia la buena salud). This training video is a compilation of some activities to help you visualize and get ideas on how to conduct successful training sessions with the kit.

Limit 1 copy

Bilingual Spanish/English (NDEP-114)



Last Reviewed: January 2013

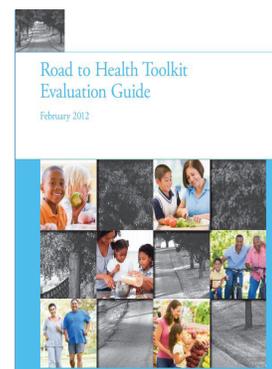
Road to Health ToolKit Evaluation Guide *Guía de evaluación del kit El camino hacia la buena salud*

The Road to Health Toolkit Evaluation Guide was created to help community health workers (CHWs), diabetes educators and health educators in their evaluation efforts and for those who want to know (1) how the *Road to Health Toolkit* is making a difference in the lives of their participants who are at risk for type 2 diabetes and (2) how well they have conducted their own educational activities while using the *Road to Health Toolkit*.

Limit 5 copies

English (NDEP-125)

Spanish (NDEP-125SP)



Last Reviewed: January 2013

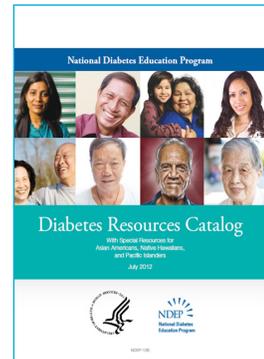
Diabetes Resources Catalog

With Special Resources for Asian Americans, Native Hawaiians, and Pacific Islanders

ONLINE
ONLY

The AAPI resources in this catalog are organized in three main categories: 1) Resources for professionals and community organizations 2) Resources for individuals and families and 3) Resources for outreach and promotion. Each of these categories includes culturally and linguistically tailored resources that respond to the unique needs of Asian Americans, Native Hawaiians, and Pacific Islanders. You'll also find quick reference information that lets you know at a glance what materials are available in languages other than English or are culturally relevant for specific communities.

English (NDEP-126)



Last Reviewed: July 2012

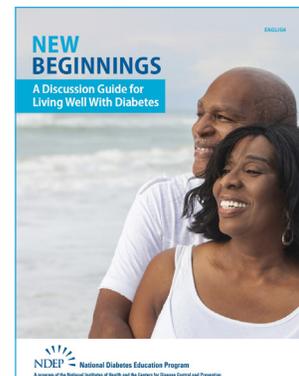
New Beginnings

A Discussion Guide for Living Well with Diabetes

ONLINE
ONLY

This online resource uses stories about African Americans with diabetes to help group leaders lead discussions about the emotional side of living with diabetes, and help people with diabetes identify family and social support needs and develop goal setting, positive coping and problem solving skills. New Beginnings can be used to supplement diabetes self-management education sessions and in diabetes support groups.

English (NDEP-82)



Last Reviewed: February 2014

Web Resources

Web resources for health care professionals, community organizations, people with diabetes, people at risk for type 2 diabetes, and businesses with additional information and tools to help improve diabetes outcomes.



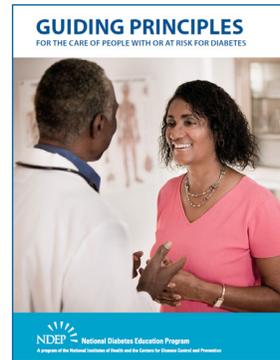
Find these resources at:

www.YourDiabetesInfo.org

Guiding Principles for the Care of People With or at Risk for Diabetes

These Guiding Principles aim to identify and synthesize areas of general agreement among existing guidelines to help guide primary care providers and health care teams to deliver quality care to adults with or at risk for diabetes. No evidence-based guidelines have been developed for this resource.

www.YourDiabetesInfo.org/GuidingPrinciples



GAME PLAN for Preventing Type 2 Diabetes: A Toolkit for Healthcare Professionals and Teams

This online toolkit applies lessons learned from the landmark Diabetes Prevention Program (DPP) to help health care professionals identify, counsel, and support patients at risk for type 2 diabetes.

www.YourDiabetesInfo.org/GAMEPLAN



Promoting Medication Adherence in Diabetes

This resource provides health care professionals with resources and information to promote medication adherence in their patients and among their teams. Promoting Medication Adherence in Diabetes includes more than 30 resources related to medication adherence.

www.YourDiabetesInfo.org/Transitions



Diabetes HealthSense is an online library of resources for living well. The resource is designed to provide people with diabetes, people at risk for the disease, and those who care for them with easy access to useful tools and programs that support the behavior change process.

www.YourDiabetesInfo.org/HealthSense



Transitions From Pediatric to Adult Health Care

Transitioning from teenage years to adulthood can be stressful for teens with diabetes and their families. Teens and young adults need to assume more responsibility for diabetes self-management and make more independent judgments about their health care needs. The Transitions online tool contains materials to help teens with diabetes make a smooth transition to adult health care.

www.YourDiabetesInfo.org/Transitions



Diabetes Resources for Older Adults

This page features a collection of resources that are designed to help older adults learn about diabetes management and type 2 diabetes prevention. Caregivers and health care professionals of older adults may also find helpful tools to enhance their understanding of issues that affect this population.

www.YourDiabetesInfo.org/OlderAdults



Practice Transformation for Physicians and Health Care Teams

This Practice Transformation site, formerly called Better Diabetes Care, is designed to help physicians, health care professionals and health care administrators across the country who want to change the system of health care delivery around diabetes. NDEP believes that practice change is essential to provide the type of evidence-based care recommended by the Patient-Centered Medical Home (PCMH) model to effectively manage diabetes, prevent its serious complications, and delay or prevent type 2 diabetes. The PCMH incorporates dimensions of patient-centered care presented by the Institute of Medicine and the Chronic Care Model. This site is organized according to those dimensions.

www.YourDiabetesInfo.org/PracticeTransformation



DiabetesAtWork

This easy-to-use website helps the business community assess the impact of diabetes in the workplace. Resources and tools are available to create and implement worksite education programs to prevent and control diabetes. Creating opportunities for the business community to better understand diabetes care is a critically important first step in NDEP's outreach to purchasers of health care.

www.DiabetesAtWork.org



Publications List by Federal Agency

NDEP is jointly sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health (NIH) and the Division of Diabetes Translation of the Centers for Disease Control and Prevention (CDC). Publications are available from both NIH and CDC. For easy ordering, please *reference the publication list and order form for each federal agency* on the following pages.



Download or order these materials at:
www.YourDiabetesInfo.org

NDEP Publications (NIH)

NDEPi-1	Tips for Kids: Be Active
NDEPi-2	Tips for Kids: Eating Healthy Foods
NDEPi-3	Tips for Kids: Stay at a Healthy Weight
NDEPi-4	Tips for Kids: What is Diabetes
4	Take Care of Your Feet for a Lifetime
10	Know Your Blood Sugar Numbers
10SP	Know Your Blood Sugar Numbers <i>(Spanish)</i>
37	Redesigning the Health Care Team: Diabetes Prevention and Lifelong Management
48	Take Care of Your Feet for a Lifetime <i>(Spanish)</i>
52AIAN	Taking Care of Your Diabetes Means Taking Care of Your Heart <i>(Adapted for American Indians and Alaska Natives)</i>
52CA	Take Care of Your Heart. Manage Your Diabetes <i>(Cambodian)</i>
52CH	Take Care of Your Heart. Manage Your Diabetes <i>(Chinese)</i>
52CK	Take Care of Your Heart. Manage Your Diabetes <i>(Chuukese)</i>
52CM	Take Care of Your Heart. Manage Your Diabetes <i>(Chamorro)</i>
52EN	Taking Care of Your Diabetes Means Taking Care of Your Heart <i>(English)</i>
52GU	Take Care of Your Heart. Manage Your Diabetes <i>(Gujarati)</i>
52HI	Take Care of Your Heart. Manage Your Diabetes <i>(Hindi)</i>
52HM	Take Care of Your Heart. Manage Your Diabetes <i>(Hmong)</i>
52JA	Take Care of Your Heart. Manage Your Diabetes <i>(Japanese)</i>
52KO	Take Care of Your Heart. Manage Your Diabetes <i>(Korean)</i>
52LA	Take Care of Your Heart. Manage Your Diabetes <i>(Lao)</i>
52SA	Take Care of Your Heart. Manage Your Diabetes <i>(Samoan)</i>
52TA	Take Care of Your Heart. Manage Your Diabetes <i>(Tagalog)</i>
52TH	Take Care of Your Heart. Manage Your Diabetes <i>(Thai)</i>
52TO	Take Care of Your Heart. Manage Your Diabetes <i>(Tongan)</i>
52VI	Take Care of Your Heart. Manage Your Diabetes <i>(Vietnamese)</i>
57	How to Help a Loved One Cope with Diabetes
57SP	How to Help a Loved One with Diabetes <i>(Spanish)</i>
58	You are the Heart of Your Family... Take Care of It. <i>Usted es el corazón de la familia...cuide su corazón Tip Sheet</i>
58FC	You are the Heart of your Family...Take Care of It. <i>Flipchart Presentation Si tiene diabetes, cuide su corazón. Presentación en rotafolio</i>
60	Small Steps. Big Rewards. Your GAMEPLAN to Prevent Type 2 Diabetes: Information for Patients
60SP	Small Steps. Big Rewards. Your GAMEPLAN to Prevent Type 2 Diabetes: Information for Patients <i>(Spanish)</i>
61	Helping the Student with Diabetes Succeed: A Guide for School Personnel

NDEP Publications (NIH) *continued*

63	Tips for Teens: What Is Diabetes?	
64	Tips for Teens: Be Active	
65	Tips for Teens: Stay At a Healthy Weight	
66	Tips for Teens: Make Healthy Food Choices	
67	4 Steps to Manage Your Diabetes for Life	
71	Choose More than 50 Ways to Prevent Diabetes	
72	Prevent Type 2 Diabetes. Step by Step. <i>Prevenemos la diabetes tipo 2. Paso a Paso.</i>	
73	We Have the Power to Prevent Diabetes	
74CA	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Cambodian)</i>
74CH	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Chinese)</i>
74CK	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Chuukese)</i>
74CM	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Chamorro)</i>
74EN	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(English)</i>
74GU	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Gujarati)</i>
74HI	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Hindi)</i>
74HM	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Hmong)</i>
74JA	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Japanese)</i>
74KO	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Korean)</i>
74LA	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Laotian)</i>
74SA	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Samoan)</i>
74TA	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Tagalog)</i>
74TH	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Thai)</i>
74TO	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Tongan)</i>
74VI	Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs	<i>(Vietnamese)</i>
75	It's Not Too Late to Prevent Type 2 Diabetes	
75SP	It's Not Too Late to Prevent Type 2 Diabetes	<i>(Spanish)</i>
76	Get Real! You Don't Have to Knock Yourself Out to Prevent Diabetes	
80	4 Steps to Manage Your Diabetes for Life	<i>(Spanish)</i>
81	Tips for Teens: Dealing With the Ups and Downs of Diabetes	
83	Tips for Teens with Diabetes: Make Healthy Food Choices	<i>(Spanish)</i>
84	Tips for Teens with Diabetes: About Diabetes	<i>(Spanish)</i>
85	Tips for Teens with Diabetes: Be at a Healthy Weight	<i>(Spanish)</i>
86	Tips for Teens with Diabetes: Get Active	<i>(Spanish)</i>
87	Tips for Teens: Lower Your Risk for Type 2 Diabetes	
88	Did You Have Gestational Diabetes When You Were Pregnant? What You Need to Know.	
89	Did You Have Gestational Diabetes When You Were Pregnant? What You Need to Know.	<i>(Spanish)</i>
98	How to Help Your Children Stay Healthy: Tips to Lower Their Chances of Getting Type 2 Diabetes	
115	Tips for Teens: Diabetes and Your Feelings	<i>(Spanish)</i>
116	Tips for Teens: Lower Your Risk for Type 2 Diabetes	<i>(Spanish)</i>

NDEP Publications (CDC)

51	It's More Than Food. It's Life. <i>Mas Que Comida. Es Vida. Recipe Booklet</i>
54	Working Together to Manage Diabetes: A Toolkit for Pharmacy, Podiatry, Optometry, and Dentistry (PPOD)
62CD	Movimiento por su vida (CD/DVD)
67BE	4 Steps to Manage Your Diabetes for Life (Bengali)
67CA	4 Steps to Manage Your Diabetes for Life (Cambodian)
67CH	4 Steps to Manage Your Diabetes for Life (Chinese)
67HC	4 Steps to Manage Your Diabetes for Life (Haitian Creole)
67HM	4 Steps to Manage Your Diabetes for Life (Hmong)
67IN	4 Steps to Manage Your Diabetes for Life (Indonesian)
67JA	4 Steps to Manage Your Diabetes for Life (Japanese)
67KO	4 Steps to Manage Your Diabetes for Life (Korean)
67LA	4 Steps to Manage Your Diabetes for Life (Laotian)
67SA	4 Steps to Manage Your Diabetes for Life (Samoan)
67TA	4 Steps to Manage Your Diabetes for Life (Tagalog)
67TH	4 Steps to Manage Your Diabetes for Life (Thai)
67TO	4 Steps to Manage Your Diabetes for Life (Tongan)
67UR	4 Steps to Manage Your Diabetes for Life (Urdu)
67VI	4 Steps to Manage Your Diabetes for Life (Vietnamese)
82	New Beginnings: A Discussion Guide to Living Well with Diabetes
93	Step by step: Moving towards prevention of Type 2 Diabetes (CD/DVD)
97	Capacity Building for Diabetes Outreach: <i>A Comprehensive Tool Kit for Organizations Serving Asian and Pacific Islander Communities</i>
99	It's More Than Food, It's Life. <i>Mas Que Comida. Es Vida. Poster</i>
108	Road to Health <i>Training Guide</i>
108SP	Road to Health <i>Training Guide</i> (Spanish)
111	The Road to Health Toolkit
111SP	Road to Health Toolkit (Spanish)
114	Road to Health <i>Training Video</i>
121	Do it for them! But for you too. <i>¡Hazlo por ellos! Pero por ti también. Fotonovela</i>
122	It's More than Food. It's Life: <i>Recipe Card Set 1</i>
122SP	It's More than Food. It's Life: <i>Recipe Card Set 1</i> (Spanish)
123	Living a Balanced Life with Diabetes: <i>A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Peoples</i>
124	It's More than Food. It's Life: <i>Recipe Card Set 2</i>
124SP	It's More than Food. It's Life: <i>Recipe Card Set 2</i> (Spanish)
125	Road To Health <i>Evaluation Guide</i>
125SP	Road to Health <i>Evaluation Guide</i> (Spanish)
126	Diabetes Resources <i>Catalog With Special Resources for Asian Americans, Native Hawaiians, and Pacific Islanders</i>



NDEP PUBLICATIONS ORDER FORM (NIH)

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