

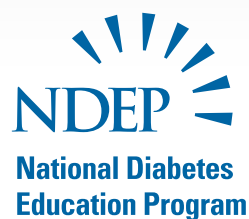
National Diabetes Education Program



Diabetes Resources Catalog

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

July 2012





KNOW. PREVENT. CONTROL.

Established in 1997, the **National Diabetes Education Program** is a U.S. Department of Health and Human Services initiative designed to promote early diagnosis, improve diabetes management and outcomes, and prevent or delay the onset of type 2 diabetes in the United States and its territories.

The National Diabetes Education Program, which is jointly sponsored by the Centers for Disease Control and Prevention and the National Institutes of Health, involves more than 200 partners representing federal, state, and local agencies and the private sector. The program works to reduce the burden of diabetes and pre-diabetes by supporting the use of evidence-based resources that focus on preventing or delaying the onset of diabetes and its complications.

To advance public health and help reduce health disparities, particularly in diverse communities, the National Diabetes Education Program identifies and presents culturally and linguistically appropriate resources that increase awareness about diabetes and influence behavior change. The resources in this catalog reflect that commitment and were developed with Asian American, Native Hawaiian, and Pacific Islander communities in mind.

Diabetes Resources: *What You'll Find*

The resources in this catalog are organized in three main categories:

- Resources for *professionals and community organizations*
- Resources for *individuals and families*
- 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.

In addition, some resources are grouped by theme so you can easily compile and distribute materials relevant to a special focus topic in a variety of formats.

Resources for Professionals and Community Organizations

DIABETES PREVENTION

Tailored for Asian Americans, Native Hawaiians, and Pacific Islanders

Capacity Building for Diabetes Outreach: A Comprehensive Tool Kit for Organizations Serving Asian and Pacific Islander Communities

Information for strengthening capacity in community assessment, evaluation, organizational support, staffing, building coalitions and partnerships, funding, community outreach, and marketing.

<http://ndep.nih.gov/media/capacity-building-toolkit.pdf>

Silent Trauma: Diabetes, Health Status, and the Refugee—Southeast Asians in the United States

White paper recommends approaches for reducing the burden of diabetes in a vulnerable population.

<http://ndep.nih.gov/media/SilentTrauma.pdf>

Additional Diabetes Prevention Resources for Professionals and Community Organizations

Your Game Plan for Preventing Type 2 Diabetes: Health Care Provider's Tool Kit

Features a decision pathway to diagnose and treat prediabetes and strategies to help patients make behavior changes through goal setting, tracking progress, and positive reinforcement.

http://ndep.nih.gov/media/GP_Toolkit.pdf

Talking to Patients about their Family History of Diabetes Can Help Prevent Diabetes in their Future

Newsletter announcement emphasizes the importance of discussing patient family history of diabetes in assessing diabetes risk.

<http://ndep.nih.gov/media/family-history-newsletter-announcement-508.pdf>

DIABETES MANAGEMENT AND CARE

Guiding Principles for Diabetes Care: For Health Care Professionals

Booklet outlines patient-centered principles of diabetes care. Includes a section on the needs of special populations, including children, women of childbearing age, older adults, and high-risk racial and ethnic groups.

http://ndep.nih.gov/media/GuidPrin_HC_Eng.pdf

Diabetes Numbers At-a-Glance

Pocket guide outlines diagnostic criteria for diabetes and prediabetes. Includes a diabetes management schedule with recommendations for routine, quarterly, and annual patient care.

http://ndep.nih.gov/media/numatglance_eng-508.pdf

Working Together to Manage Diabetes: A Guide for Pharmacy, Podiatry, Optometry, and Dental Professionals

Primer focuses on diabetes-related conditions affecting the foot, eye, and mouth, as well as issues related to drug therapy management.

http://ndep.nih.gov/media/PPODprimer_color.pdf

Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems

Comprehensive guide to foot care includes instructions for conducting a foot exam, a monofilament for sensory testing, annual foot exam forms, and medical record stickers. Also includes exam room flyers and patient education information.

http://ndep.nih.gov/media/feet_hcguide.pdf

Diabetes at Work

Web site presents practical strategies and techniques for designing and implementing an effective diabetes prevention and control program.

<http://www.diabetesatwork.org>

Better Diabetes Care

Web site offers tools and resources to assist health care professionals in making system changes to improve quality of care for patients.

<http://betterdiabetescare.nih.gov/MAINintroduction.htm>

Redesigning the Health Care Team: Diabetes Prevention and Lifelong Management

Tool kit helps health care professionals and organizations implement collaborative, multidisciplinary team care for adults and children with diabetes in a variety of settings.
<http://ndep.nih.gov/media/teamcare.pdf>

Resources for Individuals and Families

DIABETES PREVENTION

Tailored for Asian Americans, Native Hawaiians, and Pacific Islanders

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

Tip sheet outlines steps for preventing diabetes and includes a self-survey for diabetes risk.

<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=126>

Also available in Cambodian, Chamorro, Chinese, Chuukese, Gujarati, Hindi, Hmong, Japanese, Korean, Laotian, Samoan, Tagalog, Thai, Tongan, Vietnamese

Grade-A Grocery List: Tips to Prevent Type 2 Diabetes in Asian Americans

Tip sheet discusses ways to shop smart and make healthy food choices.

http://ndep.nih.gov/media/grade_a_grocery_list_asian_american_508.pdf

Grade-A Grocery List: Tips to Prevent Type 2 Diabetes in Pacific Islander Communities

Tip sheet discusses ways to shop smart and make healthy food choices.

http://ndep.nih.gov/media/grade_a_grocery_list_pacific_islander_508.pdf

Additional Diabetes Prevention Resources for Individuals and Families

Your Game Plan to Prevent Type 2 Diabetes: Information for Patients

Step-by-step approach to behavior change for preventing or delaying diabetes.

http://ndep.nih.gov/media/GP_Booklet.pdf

Your Game Plan to Prevent Type 2 Diabetes: Fat and Calorie Counter

Shows fat grams and calories in more than 1,500 foods, including regional foods from across the United States.
http://ndep.nih.gov/media/GP_FatCal.pdf

My Game Plan to Prevent Type 2 Diabetes: Food and Activity Tracker

Fillable chart for recording weekly food and drink intake and physical activity.

http://ndep.nih.gov/media/GP_FoodActTracker.pdf

A Step in the Right Direction: Lose Weight & Lower Your Risk for Type 2 Diabetes

Article suggests small steps for gradual lifestyle changes to lose weight safely and keep it off.

<http://ndep.nih.gov/media/lose-weight-lower-your-risk.pdf>

Step up to Nutrition and Health and Help Prevent Type 2 Diabetes

Article points to the role of weight loss in preventing or delaying type 2 diabetes.

http://ndep.nih.gov/media/Nutrition_Article_Prev.pdf

Five Ways Older Adults Can Be More Physically Active

Tip sheet stresses how behavior changes are more effective at preventing diabetes among those age 60 and older than in any other age group.

<http://ndep.nih.gov/media/five-ways-older-adults-active.pdf>

Know Your Family Health History to Prevent Type 2 Diabetes

Article for newsletters, Web sites, or listservs that connects family history with risk of diabetes and suggests simple steps for preventing type 2 diabetes.

<http://ndep.nih.gov/media/know-family-health-history-article.pdf>

Have a Holiday Heart-to-Heart

Article encourages people to look at their family's past to prevent type 2 diabetes in the future.

<http://ndep.nih.gov/media/holiday-heart-to-heart-508.doc>

Four Questions You Should Ask Your Family About Health History

Wallet card with prompts for starting an important family conversation.

<http://ndep.nih.gov/media/4-questions-health-history.pdf>

It's Not Too Late to Prevent Diabetes

Tip sheet outlines easy ways to move more and make healthy food choices.

http://ndep.nih.gov/media/nottoolate_tips-508.pdf

DIABETES MANAGEMENT AND CARE

Tailored for Asian Americans, Native Hawaiians, and Pacific Islanders

4 Steps to Control Your Diabetes. For Life.

Booklet presents four key ways to manage diabetes and live a long and active life.

<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=4>

Also available in Bengali, Cambodian, Chinese, Gujarati, Hindi, Hmong, Indonesian, Japanese, Korean, Laotian, Samoan, Tagalog, Thai, Tongan, Urdu, Vietnamese

Take Care of Your Heart. Manage Your Diabetes.

Flyer features a form for tracking blood glucose, blood pressure, and cholesterol.

<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=127>

Also available in Cambodian, Chamorro, Chinese, Chuukese, Gujarati, Hindi, Hmong, Japanese, Korean, Laotian, Samoan, Tagalog, Thai, Tongan, Vietnamese

Buffet Table Tips

Ideas for eating the right foods—particularly at holidays—to control blood sugar. Individual articles tailored for Asian American/Pacific Islander, Chinese, Filipino, Hawaiian, Indian, Japanese, and Korean audiences.

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=223>

Additional Diabetes Management and Care Resources for Individuals and Families

Know Your Blood Sugar Numbers

Two-page Q & A on measuring and controlling blood glucose.

<http://ndep.nih.gov/media/know-your-diabetes-bs-numbers-2pg.pdf>



Tips to Help You Stay Healthy

Four-step action plan for managing diabetes.

<http://ndep.nih.gov/media/diabetes-tips-healthy-2pg.pdf>

Five Facts About Diabetes

One-page article separates fact from fiction for people living with diabetes.

http://ndep.nih.gov/media/five_facts_about_diabetes_508.pdf

Five Questions to Ask Your Health Care Team About Your Type 2 Diabetes

Article lists key discussion points for people living with diabetes to work effectively with their health care providers.

http://ndep.nih.gov/media/five_questions_to_ask_your_health_care_team_508.pdf

For a Healthy Heart, Control the ABCs of Diabetes

Ways to manage diabetes and cut risk for heart attack and stroke.

http://ndep.nih.gov/media/control_abcs_of_diabetes-508.pdf

Be Smart about Your Heart: Control the ABCs of Diabetes

Article outlines how the A1C test, blood pressure, and cholesterol are important in controlling diabetes and preventing heart attack and stroke.

http://ndep.nih.gov/media/BeSmart_Article.pdf

The Power to Control Diabetes Is in Your Hands

12-page brochure that addresses diabetes and related Medicare benefits.

http://ndep.nih.gov/media/power_broch_eng-508.pdf

Resources for Outreach and Promotion

DIABETES PREVENTION

Tailored for Asian Americans, Native Hawaiians, and Pacific Islanders

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

Print PSA suggests easy-to-do, small steps that can help prevent diabetes.

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=48>

Also available in Cambodian, Chamorro, Chinese, Gujarati, Hindi, Hmong, Japanese, Korean, Laotian, Samoan, Tagalog, Thai, Tongan, Vietnamese

30-second radio PSA

http://ndep.nih.gov/media/tworeasons_30radio.mp3

30-second radio live read

http://ndep.nih.gov/media/30_Second_Two_Reasons_English_Live_Read.pdf

60-second radio PSA

http://ndep.nih.gov/media/tworeasons_60radio.mp3

60-second radio live read

http://ndep.nih.gov/media/60_Second_Two_Reasons_English_Live-Read.pdf

Article highlights why diabetes is so serious and how it is preventable.

http://ndep.nih.gov/media/Gavin_Op-Ed_Two_Reasons.pdf

Preventing Diabetes for Our Future and Theirs: The Diabetes Epidemic Among Asian Americans and Pacific Islanders

Facts about diabetes in these groups and what people can do to lower their risk.

<http://ndep.nih.gov/media/preventing-diabetes-for-our-future-and-theirs-508.pdf>



Diabetes Runs in My Family

Materials that stress that preventing and managing diabetes begins at home.

Posters

<http://ndep.nih.gov/media/family-history-control-apostol-posters.pdf>

Print ad

<http://ndep.nih.gov/media/family-history-control-ad-apostol.pdf>

Web button

http://ndep.nih.gov/media/final_web_button_7.14.10.jpg

Additional Diabetes Prevention Resources for Outreach and Promotion

NDEP Promotional Tool Kit

Tips and tools for conducting media and outreach activities.

<http://ndep.nih.gov/media/ndep-promotional-toolkit-508.pdf>

Diabetes Prevention & Family History

Live read radio scripts for 30-second and 60-second public service announcements.

<http://ndep.nih.gov/media/family-history-radio-psa-script.pdf>

Family Health History & Diabetes: 4 Questions You Should Ask

Web button

<http://ndep.nih.gov/media/web-button-4-questions.gif>

Family History of Diabetes

Press release ready to be customized with local program and resources information.

<http://ndep.nih.gov/media/family-history-press-release-508.doc>

Know Your Family History

E-mail signature recognizes National Diabetes Month in November.

<http://ndep.nih.gov/media/ndep-control-email-signature.jpg>

It's Not Too Late to Prevent Diabetes

Series promotes healthy eating, regular physical activity, and weight loss for older individuals to prevent or delay diabetes.

30-second radio script

http://ndep.nih.gov/media/30_second_its_not_too_late_live_read.pdf

60-second radio script

http://ndep.nih.gov/media/60_second_its_not_too_late_live_read.pdf

30-second radio spot

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=89>

60-second radio spot

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=89>

Article

http://ndep.nih.gov/media/its_not_too_late_feature-508.pdf

Print ad series #1

http://ndep.nih.gov/media/nottoolate_ads_bike.pdf

Print ad series #2

http://ndep.nih.gov/media/nottoolate_ads_walking.pdf

Take Steps

E-mail signature promotes ways to reduce diabetes risk.

<http://ndep.nih.gov/media/ndep-general-email-signature.jpg>

DIABETES MANAGEMENT AND CARE

Tailored for Asian Americans, Native Hawaiians, and Pacific Islanders

Take Care of Your Heart. Manage Your Diabetes.

Live read radio scripts for 15-second and 30-second public service announcements.

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=131>

Also available in Chinese, Korean, Samoan, Tagalog, Vietnamese

You Can Do It

Print ad recognizes that managing diabetes is not always easy, but possible for everyone.

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=65>

Also available in Cambodian, Chinese, Gujarati, Hindi, Hmong, Ilokano, Korean, Laotian, Samoan, Tagalog, Vietnamese

You Can Manage It

Print ad points to ways to manage diabetes and stay healthy, now and in the future.

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=66>

Also available in Cambodian, Chinese, Gujarati, Hindi, Hmong, Ilokano, Korean, Laotian, Samoan, Tagalog, Vietnamese

Control Your Diabetes. For Life.

Radio scripts emphasize the seriousness of diabetes and the importance of comprehensive diabetes control to prevent complications such as heart attack and stroke.

http://ndep.nih.gov/media/CYD_AsAm_RadioScript.pdf

Managing Diabetes: Sorcy's Story

Real-life story about dealing with diabetes, told in a podcast.

<http://www.ndep.nih.gov/media/managing-diabetes-podcast-sorcy.mp3>

Transcript

<http://www.ndep.nih.gov/media/managing-diabetes-podcast-transcript-sorcy.pdf>

Print ad

<http://ndep.nih.gov/media/managing-diabetes-fp-aapi.pdf>

Poster

<http://ndep.nih.gov/media/managing-diabetes-poster-aapi.pdf>

Managing Type 2 Diabetes: Sorcy's Story

Video (with transcript and subtitles) features a real-life report on managing diabetes.

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=346>

Article

<http://ndep.nih.gov/media/type-2-diabetes-story-sorcy.doc>

Additional Diabetes Management and Care Resources for Outreach and Promotion

Managing Diabetes

Web banner offers encouragement and a link to resources.

<http://ndep.nih.gov/media/protocols-web-banner.gif>

Managing Diabetes: It's Not Easy, But It's Worth It

Article confirms that planning and personal goal setting are valuable for those living with diabetes.

<http://ndep.nih.gov/resources/ResourceDetail.aspx?ResId=159>

Making the Link Between Diabetes and Cardiovascular Disease

Live read radio scripts for 15-second and 30-second public service announcements.

http://ndep.nih.gov/media/CVD_Radio_Eng.pdf

Control Your Diabetes. For Life.

Video with subtitles puts all the pieces together for managing diabetes.

<http://ndep.nih.gov/resources/vdo/Puzzle.aspx>

Control Your Diabetes. For Life.

Video with subtitles highlights how individuals can take control of their diabetes to prevent complications.

<http://ndep.nih.gov/resources/vdo/TakingControl.aspx>

Resources by Theme

CONTROL YOUR DIABETES. FOR LIFE.

This suite of resources features an empowering message: diabetes can be controlled by eating healthy foods in the right amounts, taking part in regular physical activity, taking diabetes medications as prescribed, and testing blood sugar levels regularly. Smoking cessation is discussed in some resources.

Articles

- Be Smart About Your Heart: Control the ABCs of Diabetes
- Five Questions to Ask Your Health Care Team About Your Type 2 Diabetes
- For a Healthy Heart, Control the ABCs of Diabetes

Booklet

- 4 Steps to Control Your Diabetes. For Life.

Print Ads

- You Can Do It
- You Can Manage It

Radio Scripts

- Control Your Diabetes. For Life.
- Making the Link Between Diabetes and Cardiovascular Disease
- Take Care of Your Heart. Manage Your Diabetes.

Television Ads

- Control Your Diabetes. For Life. (Puzzle Video)
- Control Your Diabetes. For Life. (Taking Control Video)

Tip Sheets

- Know Your Blood Sugar Numbers
- Tips to Help You Stay Healthy

FAMILY HISTORY

Family history of diabetes and history of gestational diabetes are risk factors for developing diabetes. These resources encourage individuals to share their family's health history and take a diabetes risk test. Those at high risk for prediabetes or diabetes are urged to eat healthy foods, get regular physical activity, control portion size, and lose a modest amount of weight (5%–7% of body weight) if overweight.

Articles

- Have a Holiday Heart-to-Heart
- Know Your Family Health History to Prevent Type 2 Diabetes
- Talking to Patients about their Family History Can Help Prevent Diabetes in their Future

E-mail Signature

- Know Your Family History

Pocket Card

- Four Questions You Should Ask Your Family about Health History

Poster

- Diabetes Runs in My Family

Press Release

- Family History of Diabetes

Print Ad

- Diabetes Runs in My Family

Radio Script

- Diabetes Prevention & Family History

Web Banners

- Diabetes Runs in My Family
- Family Health History & Diabetes: 4 Questions You Should Ask

IT'S NOT TOO LATE TO PREVENT DIABETES

Resources designed to reach older adults who are at risk for diabetes.

Article

- It's Not Too Late to Prevent Diabetes

Brochure

- The Power to Control Diabetes Is in Your Hands

Print Ad

- It's Not Too Late to Prevent Diabetes

Radio Script

- It's Not Too Late to Prevent Diabetes

Radio Spot

- It's Not Too Late to Prevent Diabetes

Tip Sheets

- Five Ways Older Adults Can Be More Physically Active
- It's Not Too Late to Prevent Diabetes



MANAGING DIABETES

These resources address common attitudes, perceptions, and beliefs about diabetes and reinforce the importance of managing diabetes as early as possible to prevent complications. The materials acknowledge that although daily management of diabetes might not be easy, it is worth the effort, which can include making a diabetes management plan and setting behavior change goals.

Articles

- Five Facts About Diabetes
- Managing Diabetes: It's Not Easy, But It's Worth It

Podcast

- Managing Diabetes: Sorcy's Story

Poster

- Managing Diabetes: Sorcy's Story

Print Ad

- Managing Diabetes: Sorcy's Story

Radio Script

- Take Care of Your Heart. Manage Your Diabetes.

Web Banner

- Managing Diabetes



TWO REASONS I FIND TIME TO PREVENT DIABETES: MY FUTURE AND THEIRS

Recognizing the strong family ties in many Asian American, Native Hawaiian, and Pacific Islander communities, these resources promote sustainable behavior change among those at high risk for type 2 diabetes. The materials offer practical advice to help people take the small steps that bring the big reward of preventing diabetes.

Articles

- Preventing Diabetes for Our Future and Theirs: The Diabetes Epidemic Among Asian Americans and Pacific Islanders
- Step up to Nutrition and Health and Help Prevent Type 2 Diabetes
- Two Reasons to Prevent Diabetes

Booklets

- My Game Plan: Food and Activity Tracker
- Your Game Plan to Prevent Type 2 Diabetes: Fat and Calorie Counter
- Your Game Plan to Prevent Type 2 Diabetes: Information for Patients

Flyer

- A Step in the Right Direction: Lose Weight & Lower Your Risk for Type 2 Diabetes

Print Ad

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

Radio Script

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

Tip Sheets

- Grade-A Grocery List: Tips to Prevent Type 2 Diabetes in Asian Americans
- Grade-A Grocery List: Tips to Prevent Type 2 Diabetes in Pacific Islander Communities
- Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs

WORKING TOGETHER TO MANAGE DIABETES

These resources promote a team approach to comprehensive diabetes care and provide recommendations to clinicians about making cross-disciplinary treatment referrals.

Poster

- Managing Diabetes: Sorcy's Story

Tool Kit

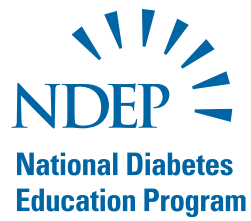
- Working Together to Manage Diabetes: A Guide for Pharmacy, Podiatry, Optometry, and Dental Professionals

Resources in Asian American, Native Hawaiian, or Pacific Islander Languages

	Bengali	Cambodian	Chamorro	Chinese	Chuukese	Gujarati	Hindi	Hmong	Ilokano	Indonesian	Japanese	Korean	Laotian	Samoan	Tagalog	Thai	Tongan	Urdu	Vietnamese
4 Steps to Control Your Diabetes. For Life. <i>booklet</i>	●	●		●		●	●	●		●	●	●	●	●	●	●	●	●	●
Take Care of Your Heart. Manage Your Diabetes. <i>flyer</i>		●	●	●	●	●	●	●			●	●	●	●	●	●	●		●
Take Care of Your Heart. Manage Your Diabetes. <i>radio scripts</i>				●								●		●	●				●
Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs <i>print ads</i>		●	●	●		●	●	●			●	●	●	●	●	●	●		●
Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs <i>tip sheet</i>		●	●	●	●	●	●	●			●	●	●	●	●	●	●		●
You Can Do It <i>print ad</i>		●		●		●	●	●	●			●	●	●	●				●
You Can Manage It <i>print ad</i>		●		●		●	●	●	●			●	●	●	●				●

Resources with Culturally Relevant Content

	Asian Americans and Pacific Islanders in General	Asian Americans	Pacific Islanders	Chinese Americans	Filipino Americans	Hawaiians	Indian Americans	Japanese Americans	Korean Americans
Buffet Table Tips <i>tip sheet</i>	●			●	●	●	●	●	●
Capacity Building for Diabetes Outreach <i>tool kit</i>	●								
Control Your Diabetes. For Life. <i>radio script</i>	●								
Diabetes Runs in My Family <i>poster/print ad</i>	●								
Diabetes Runs in My Family <i>web banner</i>	●								
Grade-A Grocery List <i>tip sheet</i>		●	●						
Managing Diabetes <i>podcast</i>	●								
Managing Diabetes <i>poster/print ad</i>	●								
Preventing Diabetes for Our Future and Theirs <i>article</i>	●								
Silent Trauma <i>white paper</i>	●								
Two Reasons to Prevent Diabetes <i>article</i>	●								



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

1-888-693-NDEP (6337) • TTY: 1-866-569-1162 • www.YourDiabetesInfo.org