

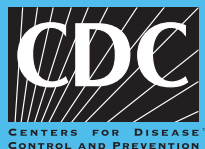
# The Road to Health Toolkit

## RESOURCE GUIDE

How to Prevent or Delay  
Type 2 Diabetes in Your Community  
A Resource Guide for Community Health Workers



October 2008



NDEP-105





### **Suggested Citation**

Centers for Disease Control and Prevention. *Road to Health Resource Guide*. Atlanta, GA:  
U.S. Department of Health and Human Services,  
Centers for Disease Control and Prevention; 2008.

## About This Guide

This guide provides resources recommended by the National Diabetes Education Program's (NDEP) African American/African Ancestry and Hispanic/Latino Work Group member organizations on health, nutrition, and physical activity. Several resources offer educational materials and support to the general public, including people who have diabetes or are at risk for developing it. Some others are geared toward health care professionals.

The resources in the guide are divided into the following sections:

- NDEP resources information and publications list.
- Other federal government organizations dedicated to diabetes prevention, weight loss, and physical activity.
- National volunteer and professional organizations.
- Web sites geared toward people already diagnosed with diabetes.
- Additional Web site resources.
- Meal planning resources.
- Cookbooks.

Each resource can provide materials or information that may help you teach others how to prevent or delay type 2 diabetes. When materials are available in Spanish, you will see this symbol: **SP**

All resources listed were accurate at time of publication: October 2008.

### Need More Information

Have you found additional resources on nutrition and physical activity, health, or how to prevent or delay type 2 diabetes that you would like to share with other community health workers (CHWs)? NDEP has a Web Board just for you called the Diabetes CHW Web Board. You will find a detailed description of the Web Board in the User's Guide of this toolkit. Web Board registration instructions can be found in this Resource Guide under "Diabetes Community Health Worker Web Board" on page 23.

**Disclaimer of Endorsement:** Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation, or preference by the U.S. government. The views and opinions of authors expressed herein do not necessarily state or reflect those of the U.S. government and shall not be used to advertise or endorse products.

Links or references to nonfederal organizations mentioned in this toolkit or in the resource list are provided solely as a service to our readers. These links and references do not constitute an endorsement of these organizations or their programs by NDEP or the federal government, and none should be inferred. NDEP is not responsible for the content of the individual organization Web sites found at these links.

## National Diabetes Education Program (NDEP)

One Diabetes Way  
Bethesda, MD 20814-9692  
Phone: 1 (888) 693-NDEP

### **NDEP has four Web sites:**

[www.ndep.nih.gov](http://www.ndep.nih.gov)

This is the main products Web site with materials that can be downloaded and photocopied, or ordered through the Web site.

### **Other Languages**

**SP** Spanish

[www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsHispLatino](http://www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsHispLatino)

### **Asian and Pacific Islander**

[www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsAsianAm](http://www.ndep.nih.gov/diabetes/pubs/catalog.htm#PubsAsianAm)

[www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)

This is the partner Web site with background information on NDEP functions, partner activities, and other resources.

**SP** [www.diabetesatwork.org](http://www.diabetesatwork.org)

The NDEP has a Web site for healthy worksite programs offering lesson plans on preventing and managing diabetes. Each lesson plan includes an outline for the leader, overheads or slides, and handouts. Many materials are available in both English and Spanish. The lessons can support your work with participants and the tools in this toolkit. These plans, which are designed for sessions lasting 1 hour or less, can be used at a worksite or other community setting. Please go to [www.diabetesatwork.org](http://www.diabetesatwork.org) and click on “Lesson Plans” to learn more. Look on *The Road to Health Supplemental CD-ROM* for the PowerPoint version of two of these lessons.

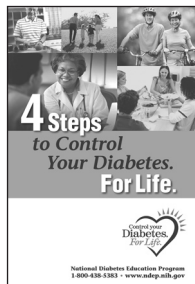
[www.betterdiabetescare.nih.gov](http://www.betterdiabetescare.nih.gov)

This practical resource is designed to help health care professionals nationwide make a difference in the way diabetes is prevented, treated, and controlled.

## National Diabetes Education Program (NDEP) Publications and Resources: Publications and Resources for Consumers

To view and order these materials online, please visit [www.ndep.nih.gov](http://www.ndep.nih.gov).

### Control Your Diabetes. For Life.



#### 4 Steps to Control Your Diabetes for Life

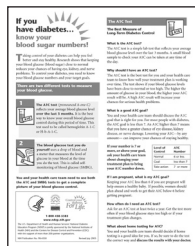
An easy-to-read booklet for people with diabetes, *4 Steps to Control Your Diabetes for Life* helps health care professionals educate patients in vital self-care principles. Written for people newly diagnosed with diabetes as well as for those living with diabetes for years, the four steps help them understand, monitor, and manage their diabetes. Presented in a simple format, *4 Steps* empowers people with diabetes to be active partners in their own care and to take steps to stay healthy. It is available for a variety of audiences in nine different languages. First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.

**Cambodian** (NDEP-67CA) (Jun 2007)    **Tagalog** (NDEP-676TA) (May 2007)  
**Chinese** (NDEP-67CH) (May 2007)    **Thai** (NDEP-52TH) (Jun 2007)  
**English** (NDEP-67) (Oct 2006)    **Tongan** (NDEP-67TO) (Jun 2007)  
**Korean** (NDEP-67KO) (May 2007)    **Vietnamese** (NDEP-67VI) (May 2007)  
**Samoan** (NDEP-67SA)



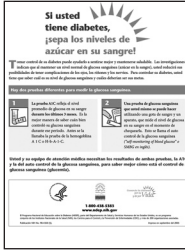
#### 4 Pasos Para Controlar La Diabetes de por Vida (NDEP-80)\*

Spanish version of *4 Steps to Control Your Diabetes for Life* brochure. (Updated October 2006). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



#### If You Have Diabetes, Know Your Blood Sugar Numbers (NDEP-10)\*

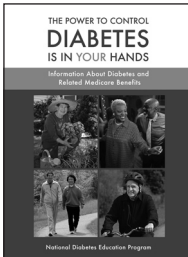
This brochure helps people with diabetes learn about the A1C test and self monitoring blood glucose. It encourages them to work with their health care team to set blood glucose targets and plan how to reach them. (Updated July 2005). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



**Si Usted Tiene Diabetes, ¡Sepa los Niveles de Azúcar en su Sangre!**

(NDEP-10SP)\*

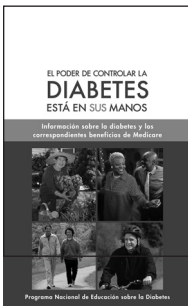
Spanish version of *If You Have Diabetes, Know Your Blood Sugar Numbers*. (Updated September 2005). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



**The Power to Control Diabetes is in Your Hands**

(NDEP-38)\*

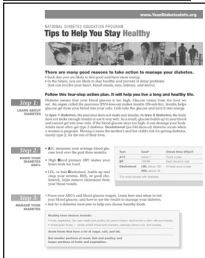
This brochure helps older adults to manage their diabetes. It includes how to check blood glucose levels, manage the ABCs of diabetes, and access Medicare benefits. (Updated September 2005). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



**El Poder de Controlar la Diabetes Está en Sus Manos**

(NDEP-39)\*

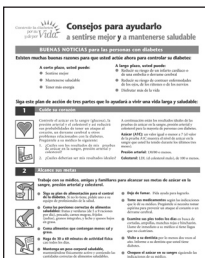
The Spanish version of the *Power to Control Diabetes is in Your Hands* Brochure. (Updated September 2006). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



**Control Your Diabetes. For Life. Tips for Feeling Better and Staying Healthy**

(NDEP-8)\*

This tip sheet provides a three-part action plan. It encourages people with diabetes to know their A1C, blood pressure, and cholesterol, and manage their diabetes to reach their target numbers. (Updated November 2007). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



**Consejos para ayudarlo a sentirse mejor y a mantenerse saludable**

(NDEP-79)

Spanish version of *Control Your Diabetes. For Life. Tips for Feeling Better and Staying Healthy*. (July 2004). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### Tips for Helping a Person with Diabetes (NDEP-57)\*

This tip sheet provides practical suggestions for helping loved ones with diabetes. It also lists organizations that can help. (January 2004). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### Consejos para ayudar a una persona con diabetes (NDEP-57SP)\*

Spanish version of *Tips for Helping a Person with Diabetes*. This tip sheet provides practical suggestions for helping loved ones with diabetes. It also lists organizations that can help. (June 2007). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### Take Care of Your Feet for a Lifetime (NDEP-4)\*

If you have diabetes, your feet need special attention. This illustrated booklet helps you care for your feet and provides tips to help you avoid serious foot problems. (Updated July 2003). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### Cuídense los pies durante toda la vida (NDEP-48)\*

Spanish version of *Take Care of Your Feet for a Lifetime*. (Updated July 2003). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.

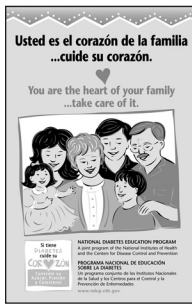


### Tasty Recipes for People with Diabetes and Their Families (Ricas recetas para personas con diabetes y sus familiares) (NDEP-51)

This bilingual (English and Spanish) meal planner is complete with delicious recipes for every day of the week. It includes tips to manage diabetes. Photos of appetizing food and a practical design make the meal planner a terrific addition to any kitchen. (Updated September 2008).



## Be Smart about Your Heart. Control the ABCs of Diabetes.



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

(NDEP-58)\*

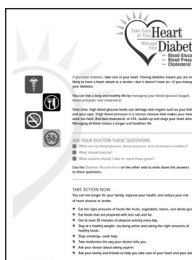
An easy-to-read, bilingual (Spanish and English) booklet that explains the link between diabetes and heart disease for Hispanic and Latino Americans. It encourages patients to work with their health care team to take steps to manage their blood glucose, blood pressure, and cholesterol. A wallet card allows them to track their target numbers. (Updated November 2005). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### Take Care of Your Heart. Manage Your Diabetes —Adapted for American Indians and Alaska Natives

(NDEP-52AI/AN)\*

This reproducible, two-sided 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. (April 2005) First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### Take Care of Your Heart. Manage Your Diabetes—Adapted and translated for Asian Americans and Pacific Islanders

This reproducible, two-sided 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. It is available in the 16 languages listed below. First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.

<b>Cambodian</b> (NDEP-52CA)* (Nov 2002)	<b>Japanese</b> (NDEP-52JA)* (Apr 2003)
<b>Chamorro</b> (NDEP-52CM)* (Apr 2003)	<b>Korean</b> (NDEP-52KO)* (Nov 2002)
<b>Chinese</b> (NDEP-52CH) (Nov 2001)	<b>Laotian</b> (NDEP-52LA)* (Apr 2003)
<b>Chuukese</b> (NDEP-52CK)* (Apr 2003)	<b>Samoan</b> (NDEP-52SA)* (Apr 2003)
<b>English</b> (NDEP-52EN)* (Nov 2002)	<b>Tagalog</b> (NDEP-52TA)* (Nov 2002)
<b>Gujarati</b> (NDEP-52GU)*	<b>Thai</b> (NDEP-52TH)* (Nov 2002)
<b>Hindi</b> (NDEP-52HI)* (Apr 2003)	<b>Tongan</b> (NDEP-52TO)* (Apr 2003)
<b>Hmong</b> (NDEP-52HM)* (Nov 2002)	<b>Vietnamese</b> (NDEP-52VI)* (Nov 2002)

## Small Steps. Big Rewards. Prevent Type 2 Diabetes.



### Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients

(NDEP-60)\*

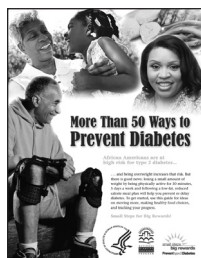
This three-booklet package helps people know whether they are at risk for developing diabetes. It helps people at risk to implement a program to prevent or delay the onset of diabetes. It includes how to set goals, track progress, implement a walking program, and find additional resources. An activity tracker and a fat and calorie counter are included. (Updated July 2006). First package free. Each additional package \$4. Limit 25 packages.

1. **Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients** (Updated July 2006)
2. **GAME PLAN Fat and Calorie Counter** (October 2006)
3. **GAME PLAN Food and Activity Tracker** (July 2006)



### Small Steps. Big Rewards. Diabetes Prevention Tip Sheets for High Risk Audiences

These tip sheets encourage people at risk for type 2 diabetes to take small steps to prevent the disease. Tailored for groups at highest risk for diabetes, the tip sheets supplement the *GAME PLAN* kits and contain culturally appropriate ideas and weight loss information. Tips are included for healthy eating and physical activity. First 25 copies free. Each additional package of 25, \$5. Limit 6 packages of each tip sheet.



### More than 50 Ways to Prevent Diabetes (for African Americans)

(NDEP-71)\*

Tips to help African Americans at risk for type 2 diabetes move more and eat less to lower their risk for diabetes. (Updated August 2006)



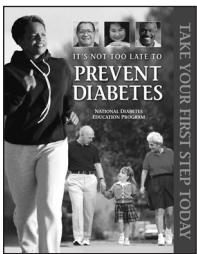
**Prevent type 2 Diabetes. Step by Step. (Prevenemos la diabetes tipo 2. Paso a Paso)** (for Hispanics/Latinos)  
(NDEP-72)\*

Tips to help Hispanics and Latinos at risk for type 2 diabetes move more and eat less to reduce their risk for diabetes. (Updated October 2007)



**We Have the Power to Prevent Diabetes** (for American Indians/Alaska Natives)  
(NDEP-73)\*

Tips to help American Indians/Alaska Natives at risk for type 2 diabetes move more and eat less to lower their risk for diabetes. (April 2004)



**It's Not Too Late to Prevent Diabetes** (for Older Adults)  
(NDEP-75)\*

Tips to help older adults at risk for type 2 diabetes move more and eat less and lower their risk for diabetes. (May 2007)



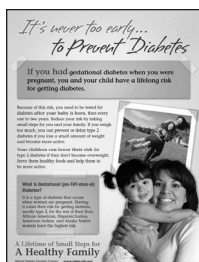
**Get Real! You Don't Have to Knock Yourself Out to Prevent Diabetes** (for General Audience)  
(NDEP-76)\*

Tips to help all Americans at risk for type 2 diabetes move more and eat less to lower their risk for diabetes. (April 2004)



**Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs** (for Asian Americans and Pacific Islanders) (Revised from Take These Small Steps Now to Prevent Diabetes.) Tips to help Asian Americans and Pacific Islanders at risk for type 2 diabetes move more and eat less lower their risk for diabetes. Translated into the following 16 languages. First 25 copies free. Each additional package of 25, \$5. Limit 6 packages of each tip sheet.

- |  |   |
|--|---|
| <b>Cambodian</b> (NDEP-74CA)* (Apr 2004) | <b>Japanese</b> (NDEP-74JA)* (Sep 2005)     |
| <b>Chamorro</b> (NDEP-74CM)* (Sep 2005)  | <b>Korean</b> (NDEP-74KO)* (Apr 2004)       |
| <b>Chinese</b> (NDEP-74CH)* (Apr 2004)   | <b>Laotian</b> (NDEP-74LA)* (Sep 2005)      |
| <b>Chuukese</b> (NDEP-74CK)* (Sep 2005)  | <b>Samoan</b> (NDEP-74SA)* (Sep 2005)       |
| <b>English</b> (NDEP-74EN)* (Jun 2007)   | <b>Tagalog</b> (NDEP-74TA)* (Apr 2004)      |
| <b>Gujarati</b> (NDEP-74GU)* (Sep 2005)  | <b>Thai</b> (NDEP-74TH)* (April 2004)       |
| <b>Hindi</b> (NDEP-74HI)* (Sep 2005)     | <b>Tongan</b> (NDEP-74TO)* (September 2005) |
| <b>Hmong</b> (NDEP-74HM)* (Apr 2004)     | <b>Vietnamese</b> (NDEP-74VI)* (April 2004) |



**It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family.**

(NDEP-88)\*  
This tip sheet provides information to help women with a history of gestational diabetes prevent or delay type 2 diabetes, and to help their children lower their risk for the disease. (Updated January 2007). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



**Nunca es muy temprano para prevenir la diabetes. Pequeños pasos de por vida para una familia sana.**

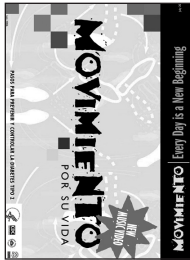
(NDEP-89)\*  
Spanish version of *It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family*. (April 2006) First 25 copies free. Each additional package of 25, \$5. (April 2006). Limit 8 packages.





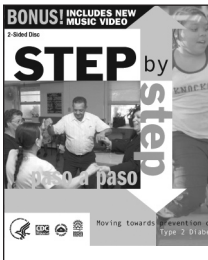
**Movimiento Por Su Vida (CD/DVD)**  
(NDEP-62CD)\*

This lively music CD helps Hispanics and Latinos incorporate more movement into their lives. It features six original songs with empowering messages and strong Latin rhythms that urge listeners to move more. It is a fun way to show how movement can help prevent and manage diabetes. Use this music CD to encourage individuals or groups to exercise. BONUS FEATURE: this CD also contains a music video, *Movimiento Por Su Vida* that can be viewed on a DVD player. (December 2006). Single copy free. Limit 1 CD/DVD.



**Movimiento Por Su Vida (VHS)**  
(NDEP-92)

This VHS tape features two short (less than 4 minutes) music videos to the lead songs from the *Movimiento Por Su Vida* and *Step by Step* music CDs. The music videos show Hispanics/Latinos and African Americans walking, singing, playing with the kids, and even doing housework to the beat of the music. *Movimiento* demonstrates a new dance step. Use the video to promote incorporating physical activity into everyday life. (December 2006). Single copy free. Limit 1 VHS.



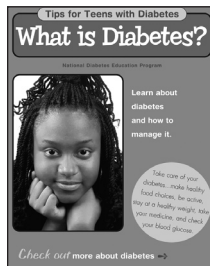
**Step by step: Moving towards prevention of Type 2 Diabetes (CD/DVD)**  
(NDEP-93)

This music CD helps African Americans incorporate more physical activity into their lives. It features three original songs with empowering messages that urge listeners to move more. Three songs from the popular *Movimiento* music CD also are included. BONUS FEATURE: this CD also contains a music video, *Every Day is a New Beginning* that can be viewed on a DVD player. (December 2006). Single copy free. Limit 1 CD/DVD.

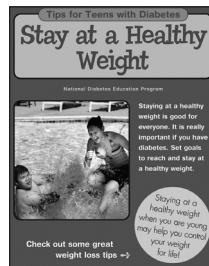
## Publications and Resources for Children and Adolescents

### *Tips for Teens with Diabetes Series*

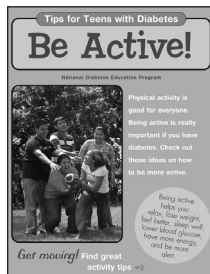
This engaging series of tip sheets provides useful information about diabetes and encourages teens to take action to manage their disease for a long and healthy life. Written in clear and simple language, the tip sheets are helpful for anyone who has diabetes and his or her loved ones. (Revised from *Tips for Kids*, November 2007). First 25 copies free. Each additional package of 25, \$5. Limit 10 packages of each tip sheet.



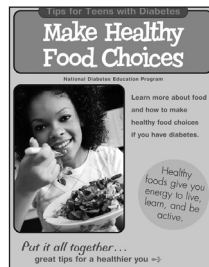
**What Is Diabetes?**  
(NDEP-63)\*



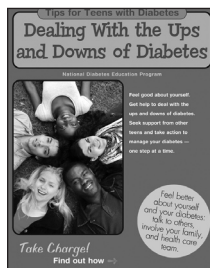
**Stay At a Healthy Weight**  
(NDEP-65)\*



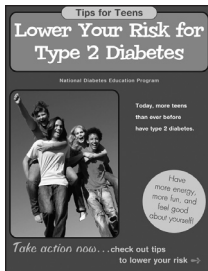
**Be Active**  
(NDEP-64)\*



**Make Healthy Food Choices**  
(NDEP-66)\*



**Dealing With the Ups and Downs of Diabetes**  
(NDEP-81)\*



**Tips for Teens: Lower Your Risk for type 2 Diabetes (NDEP-87)\***

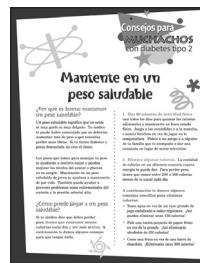
This bright, easy-to-read tip sheet encourages teens to take steps to lower their risk for type 2 diabetes. It provides advice about how to reach a healthy weight and lead an active lifestyle. Healthy food and activity guides are included. (November 2007). First 25 copies free. Each additional package of 25, \$5. Limit 10 packages.

**Consejos para Muchachos con Diabetes tipo 2**

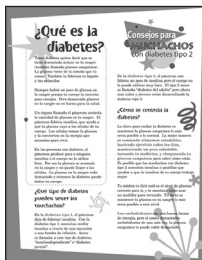
This popular Spanish series of colorful, easy-to-read, reproducible tip sheets contain the basics about managing type 2 diabetes for children and their families. Each tip sheet lists resources for more information. (August 2005). First 25 copies free. Each additional package of 25, \$5. Limit 10 packages of each tip sheet.



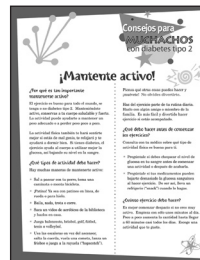
**Come alimentos saludables (NDEP-83)\***



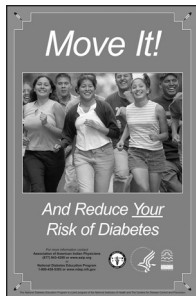
**Mantente en un peso saludable (NDEP-85)\***



**¿Qué es la diabetes? (NDEP-84)\***

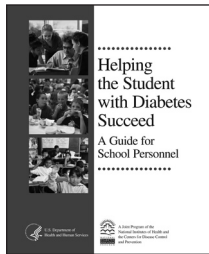


**¡Mantente activo! (NDEP-86)\***



**Move It! And Reduce Your Risk of Diabetes School Kit**  
(NDEP-91)\*

This kit contains three posters of American Indian/Alaskan Native youth engaging in fun, healthful physical activity, fact sheets, resource lists and stories from schools that have used the materials to start *Move It!* programs. The kit features resources that can be customized. An extensive CD-ROM provides supporting materials and references. (Updated December 2006). Single copy free. Each additional kit, \$5. Limit 10 kits.



**Helping the Student with Diabetes Succeed: A Guide for School Personnel**  
(NDEP-61)\*

This comprehensive resource guide empowers school personnel to help ensure a safe learning environment and equal access to educational opportunities for students with diabetes. It helps the student, school staff, parents, and the health care team work together to provide optimal diabetes management in the school setting. (June 2003). Single copy free. Each additional copy, \$3. Limit 10 copies.

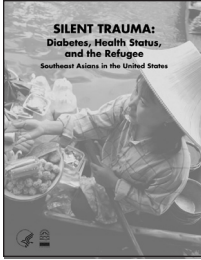
**Publications and Resources for Health Care Professionals**  
**Control Your Diabetes. For Life.**



**Diabetes Numbers at-a-Glance Card**  
(NDEP-12)\*

This handy pocket guide provides a list of current recommendations to diagnose and manage pre-diabetes and diabetes. It is based on the American Diabetes Association's clinical recommendations. (Updated February 2007). Single copy free. Each additional package of 25, \$5. Limit 10 packages.

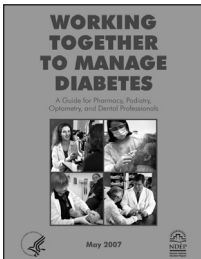




## **Silent Trauma: Diabetes, Health Status, and the Refugee—Southeast Asians in the United States**

(NDEP-90)\*

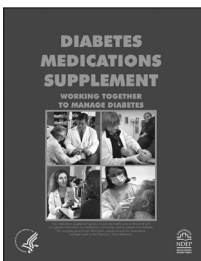
This white paper for health care professionals, community leaders, and policymakers focuses on the challenges faced by Southeast Asians in the United States. The paper discusses these challenges and gives recommendations on how to reduce the impact of diabetes in this population. (June 2006). Single copy free. Each additional copy, \$3. Limit 10 copies.



## **Working Together to Manage Diabetes: A Guide for Pharmacists, Podiatrists, Optometrists, and Dental Professionals**

(NDEP-54)\*

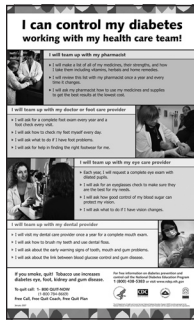
This interdisciplinary primer focuses on diabetes-related conditions affecting the foot, eye, and mouth, as well as the issues related to drug therapy management. Working Together promotes a team approach to comprehensive diabetes care and provides simple care recommendations to clinicians about making cross-disciplinary treatment referrals. The primer has been revised to include the latest statistics. A new section on primary diabetes prevention outlines the results of the Diabetes Prevention Program study and the role pharmacy, podiatry, optometry and dental professionals can play in preventing diabetes in those at risk. This primer package includes Working Together Clinical Images and four prevention brochures targeted at specific medical disciplines. (May 2007). Single copy free. Each additional copy, \$1. Limit 6 copies.



## **Working Together to Manage Diabetes: Diabetes Medications Supplement**

(NDEP-54S)\*

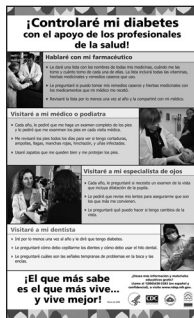
This detailed reference booklet profiles medications to manage blood glucose (including insulin), blood pressure, and cholesterol. (May 2007). Single copy free. Each additional copy, \$1. Limit 10 copies.



## Working Together to Manage Diabetes Poster

(NDEP-55)\*

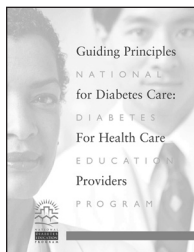
Use this interdisciplinary color poster in exam or waiting rooms. It helps patients learn about the ABCs of diabetes and work with their eye, foot, and dental care professionals and pharmacists to manage their diabetes. (May 2007) Single copy free. Limit 3 copies.



## ¡Controlaré mi diabetes con el apoyo de los profesionales de la salud! Poster

(NDEP-55SP)\*

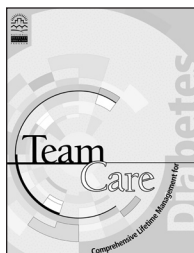
This is a Spanish adaptation of the *Working Together to Manage Diabetes* poster. (May 2007). Single copy free. Limit 3 copies.



## Guiding Principles for Diabetes Care

(NDEP-16)\*

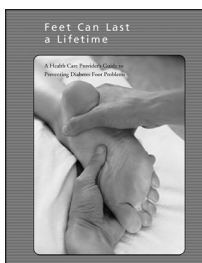
This is an essential and powerful evidence-based booklet that outlines the important patient-centered principles of diabetes care. *Guiding Principles* helps professionals meet key practice challenges to: identify people with pre-diabetes and undiagnosed diabetes; offer comprehensive patient-centered care, including self-management education; and identify, treat, and prevent long-term diabetes complications. (April 2004). First 10 copies free. Each additional package of 25, \$5. Limit 10 packages.



## Team Care: Comprehensive Lifetime Management for Diabetes

(NDEP-37)

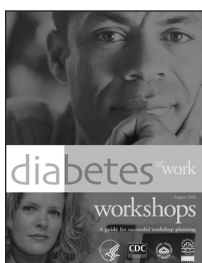
Quality diabetes care involves more than just the primary provider. Find out more about implementing multidisciplinary team care for people with diabetes in all clinical settings and how to reduce the human and economic toll of diabetes through a continuous, proactive, planned, patient-centered, and population-based approach to care. (2001). Single copy free. Each additional copy, \$1. Limit 10 copies.



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

(NDEP-2)\*

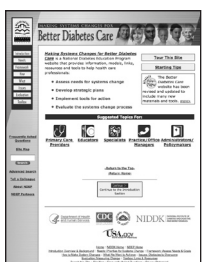
This comprehensive guide provides tools and techniques to implement effective clinical procedures and preventive foot care for people with diabetes. It includes a quick-reference card for conducting a foot exam, a monofilament for sensory testing, and templates for waiting room posters and medical record stickers. (Updated November 2000). Single copy free. Each additional copy, \$3. Limit 10 copies.



## Diabetes At Work Workshop Kit

(NDEP-95)

This CD-ROM contains everything you need to plan a workshop for employers and business coalitions on “making the business case” and using the NDEP Web site [www.DiabetesAtWork.org](http://www.DiabetesAtWork.org). The CD includes ample Power Point presentations, agendas, invitation letters, evaluations and more taken from actual workshops held throughout the country. Includes materials in Spanish and English. (October 2007). Single copies free. Each additional copy, \$5.



## [www.BetterDiabetesCare.nih.gov](http://www.BetterDiabetesCare.nih.gov)

This easy-to-use online resource is designed to educate health care professionals about the need for systems changes and ways to implement them. The site provides steps, models, guidelines, resources and tools for the process of making and evaluating effective systems changes. NDEP believes that systems change is essential to provide the type of evidence-based patient-centered care needed to effectively manage diabetes and prevent the serious complications associated with this disease.



## Be Smart about Your Heart, Control the ABCs of Diabetes

### If You Have Diabetes, Take Care of Your Heart. Flipchart Presentation (Si tiene diabetes, cuide su corazón. Presentación en rotafolio)

(NDEP-58FC)\*

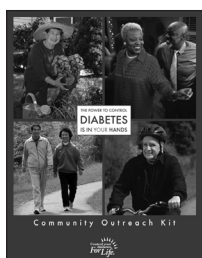
This bilingual presentation flipchart makes it easy to educate Hispanic and Latino Americans about the link between diabetes and heart disease. It includes easy-to-understand illustrations along with a scripted presentation (in Spanish and English). Each flipchart also includes two copier-ready handouts. (May 2003). Single copy free. Each additional copy, \$4. Limit 5 copies.



**Small Steps. Big Rewards. Prevent Type 2 Diabetes**  
**Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Health Care Provider Toolkit**  
(NDEP-59)\*

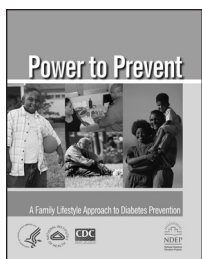
This toolkit contains a decision pathway to diagnose and treat pre-diabetes, proven strategies to counsel and motivate patients, an office poster, and copier-ready patient education materials. These materials help people to take steps to prevent diabetes. (February 2003). Single copy free. Each additional copy, \$5. Limit 10 copies.

## Publications and Resources for Organizations



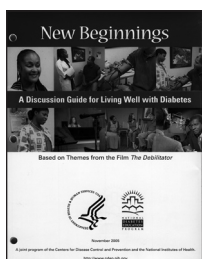
**The Power to Control Diabetes is in Your Hands. Community Outreach Kit**  
(NDEP-44K)

This resource kit provides information about diabetes in older adults and suggests how to promote the Power to Control campaign through educational activities, media events, and promotional campaigns. Available online only. (Updated October 2005).



**Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention**  
(NDEP-69ENT)

This modular curriculum can be used by small groups to learn how to make healthy lifestyle changes around food and physical activity to prevent and manage diabetes. Accompanying CD-ROM has files for NDEP materials used in conjunction with the curriculum. **Single copy free.** Additional copies \$5. Limit 5 copies.



**New Beginnings: A Discussion Guide for Living Well with Diabetes**  
(NDEP-82)

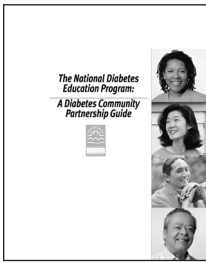
This discussion guide focuses on issues brought out in a privately produced docudrama *The Debilitator*. The guide contains 13 modules for use in small group discussions or larger community gatherings to discuss the emotional impact of living with diabetes and how social support can help people with diabetes. (November 2005). Single copy free. Each additional copy, \$5. Limit 10 copies.





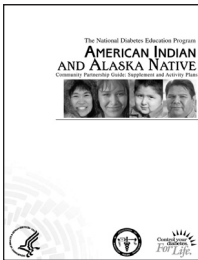
**Control Your Diabetes. For Life. Campaign Guide for Partners**  
(NDEP-15)

This 58-page how-to guide is designed to help partner organizations disseminate the *Control Your Diabetes. For Life.* campaign messages. (1999) Single copy free. Each additional copy, \$3. Limit 10 copies.



**Diabetes Community Partnership Guide**  
(NDEP - 21)

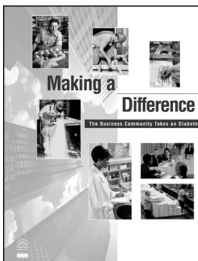
This how-to kit contains ideas, tools, and guidelines to develop community partnerships to promote diabetes activities. (1999). Single copy free. Each additional copy, \$3. Limit 10 copies.



**American Indian/Alaska Native Community Partnership Guide: Supplement and Activity Plans**

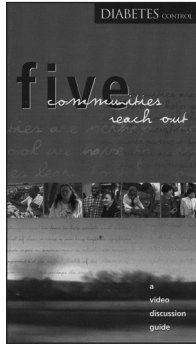
(NDEP-21S) \*Available on-line only

This supplement to the *Diabetes Community Partnership Guide* (NDEP-21) contains awareness activities customized for American Indian/Alaska Native (AI/AN) communities, as well as information about diabetes and AI/ANs, NDEP's campaigns for AI/ANs, and AI/AN resources and partners. (Updated 2004).



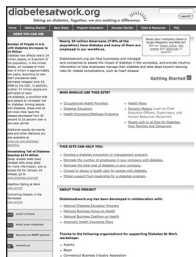
**Making a Difference: The Business Community Takes on Diabetes**  
(NDEP-33)\*

This white paper is a call to action for business leaders to become involved in workplace and community activities to control diabetes-related complications. It provides information on the human and economic impact of diabetes and gives suggestions on how businesses can help employees with diabetes achieve improved glycemic control. (1999). Single copy free. Each additional copy, \$1. Limit 10 copies.



### **Five Communities Reach Out Videotape (VHS)** (NDEP-36)

This powerful 22-minute video and accompanying guide show how different communities can work together and use available resources to improve diabetes management. The video can be used as part of a community action–planning workshop when combined with the NDEP publication *Diabetes Community Partnership Guide* (NDEP–21). It can also be used independently in waiting rooms, community and church gatherings, and as a motivational tool for communities to establish diabetes programs and interventions. Single copies \$10 each. Limit 1 copy.



### ***www.DiabetesAtWork.org***

This diabetes and health resource Web site helps businesses and managed care companies to assess the impact of diabetes in the workplace. It provides easy-to-understand information for employers to conduct employee wellness programs and help employees manage their diabetes and take steps toward reducing the risk for diabetes-related complications such as heart disease. The site contains assessment tools, a planning guide, how to choose a health plan, lesson plans, fact sheets, and resources.



### **Control Your Diabetes. Poster** (NDEP-99)

This bilingual (English and Spanish) poster is the take away piece of the *Más que comida, es vida.* (It's more than food. It's Life.) nutritional campaign. The poster reminds patients that among the many ways to manage their diabetes, some of them might be waiting for them in their own kitchen. The campaign dispels the misunderstandings about healthy eating and teaches Hispanics/Latinos how to adopt a tasty but nutritional meal plan that maintains the cultural uniqueness of their food. (September 2008) Single copy free. Limit 3 copies.

## NDEP Publications Order Form

We regret that we cannot provide more than the limits noted. The commercial printer-ready CDs and online versions are provided to help you create your own inventory and add your own logos and contact information. **All NDEP publications are copyright-free and are on the Web (for order and download) at [www.ndep.nih.gov](http://www.ndep.nih.gov).**

Please duplicate and distribute as many copies of these materials as you like.

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- Bulk orders must be prepaid in U.S. dollars.
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- Allow 4 to 6 weeks for delivery.

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Telephone \_\_\_\_\_ Email \_\_\_\_\_

### Please return this order form with your payment to:

National Diabetes Information Clearinghouse (NDIC)

1 Information Way, Bethesda, MD 20892-3560

Phone: 1-800-860-8747 (for bulk orders or CDs) or **1-888-693-NDEP** (for no cost orders)

Fax: 1-703-738-4929; E-mail: [ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)

## Other Federal Government Organizations

All materials produced by the federal government are public domain and copyright-free. This means that you can download materials, photocopy them, and use them without any special permission. In many cases you can order printed materials from these Web sites for free or for a nominal fee to cover shipping charges.

### **Centers for Disease Control and Prevention (CDC)**

National Center for Chronic Disease Prevention and Health Promotion

Division of Diabetes Translation

Phone: 1 (877) CDC-DIAB

E-mail: [diabetes@cdc.gov](mailto:diabetes@cdc.gov)

Web site: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

The main site links to fact sheets, statistics, publications, and information about state diabetes prevention and control programs. For a position statement on CHWs and additional resources go to [www.cdc.gov/diabetes/news/docs/qacomm.htm](http://www.cdc.gov/diabetes/news/docs/qacomm.htm).

CDC distributes several publications, including *Take Charge of Your Diabetes* (a patient guide for people with diabetes, available in English and Spanish) and the 8-page *National Diabetes Fact Sheet: National Estimates and General Information on Diabetes in the United States*. State-based diabetes prevention and control programs develop and maintain local programs and produce materials on diabetes for the general public and health care professionals. CDC also provides clip art related to diabetes and many other tools for health care providers, decision makers, and people with or at risk for diabetes.

### **Division of Nutrition, Physical Activity, and Obesity**

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention

4770 Buford Highway, NE, MS/K-24

Atlanta, GA 30341-3717

Phone: (770) 488-5820

Fax: (770) 488-5473

Web site: [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)

Physical activity reduces the risk for diabetes, but identifying the best foods for a healthy diet can be challenging. The CDC Division of Nutrition, Physical Activity, and Obesity has resources you can use to help you get started with promoting healthy food choices and regular physical activity.

## **Diabetes Community Health Worker Web Board**

**DISCLAIMER:** The content of this Web Board does not represent the views of CDC, NDEP, or National Institutes of Health (NIH).

Community Health Workers told us they want to share stories, ideas, and support. To help, NDEP created the Community Health Worker Web Board. This Internet “bulletin board” is free and you can post messages to which others can respond. It is a place of your own to share ideas, advice, and resources. You can also tell your success stories and lessons learned.

### **How to Use This Tool**

To sign up for the Diabetes CHW Web Board, send an E-mail to [DiabetesWebBoard@cdc.gov](mailto:DiabetesWebBoard@cdc.gov) and include:

- Name
- E-mail address
- Telephone number
- Name of organization
- State in the subject line “Request to join the Diabetes CHW Web Board”

When you sign up for the Web Board, you will receive an E-mail with further directions about how to use it.

### **Centers for Medicare and Medicaid Services (Official Site for People with Medicare)**

7500 Security Boulevard

Baltimore, MD 21244-1850

Phone: 1-800-MEDICARE

Web site: <http://www.medicare.gov/health/overview.asp>

Web site: <http://my.medicare.gov>

### **SP**

If a person’s Medicare Part B coverage began on or after January 1, 2005, Medicare will cover a one-time preventive physical exam within the first 6 months after enrollment in Part B.

The exam will include a thorough review of health, education, and counseling about the preventive services needed, such as certain screenings and shots, and referrals for other care.

The “Welcome to Medicare” physical exam is a great chance to get screened for diabetes risk and to talk with a health care provider about family history and how to stay healthy.



### **Diabetes Prevention Program (DPP)**

DPP Coordinating Center  
George Washington University  
Biostatistics Center  
6110 Executive Boulevard, Suite 750  
Rockville, MD 20852  
Web site: <http://www.bsc.gwu.edu/dpp/manuals.htmlvdoc>

### **SP**

The Diabetes Prevention Program (DPP) is a study that showed that type 2 diabetes can be prevented or delayed in people at high risk for the disease. The DPP lifestyle manuals used by case managers and DPP participants are available to the public at [www.bsc.gwu.edu/dpp/manuals.htmlvdoc](http://www.bsc.gwu.edu/dpp/manuals.htmlvdoc). Look here for ideas to work with people at risk for diabetes on helping them eat better and be more physically active. PowerPoint slides (which can be made into overheads or printed as handouts) on the DPP findings are also on this Web site at [www.bsc.gwu.edu/dpp/slides.htmlvdoc](http://www.bsc.gwu.edu/dpp/slides.htmlvdoc). These slides can be helpful in explaining the importance of the DPP findings to community leaders.

### **Indian Health Service (IHS)**

National Diabetes Program  
IHS Division of Diabetes Treatment and Prevention  
5300 Homestead Road NE  
Albuquerque, NM 87110  
Phone: (505) 248-4182  
Fax: (505) 248-4188  
E-mail: [diabetesprogram@mail.ihs.gov](mailto:diabetesprogram@mail.ihs.gov)  
Web site: <http://www.ihs.gov/MedicalPrograms/Diabetes/index.asp>

IHS makes many diabetes resources available, including the Diabetes Curriculum Packet, nutrition education materials, general diabetes information, professional resources, training programs, posters, audiovisual materials, and other patient education materials. Educational materials are targeted to American Indian and Alaska Native populations, and some materials are available for low-literacy audiences.

### **National Diabetes Information Clearinghouse (NDIC)**

1 Information Way

Bethesda, MD 20892-3560

Phone: 1 (800) 438-5383 for NDEP materials

Phone: 1 (800) 860-8747 for NDIC materials

E-mail: [ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)

Web site: <http://diabetes.niddk.nih.gov>

(SP) Internet in Spanish:

Web site: <http://diabetes.niddk.nih.gov/spanish/index.asp>

### **SP**

Diabetes education materials are available for free or at little cost. Literature searches on myriad subjects related to diabetes are provided. NDIC publishes *Diabetes Dateline*, a semiannual newsletter, and is the official dissemination clearinghouse for NDEP publications.

### **U.S. Department of Agriculture (USDA)**

#### **Food and Nutrition Information Center (FNIC)**

Agricultural Research Service, USDA

National Agricultural Library, Room 105

10301 Baltimore Avenue

Beltsville, MD 20705-2351

Phone: (301) 504-5719

Fax: (301) 504-6409

TTY: (301) 504-6856

E-mail: [fnic@nal.usda.gov](mailto:fnic@nal.usda.gov)

Web site: <http://www.nal.usda.gov/fnic/etext/000013.html>

### **SP**

The FNIC Web site contains many links to current and reliable nutrition information specific to diabetes. The following Web site provides links to food pyramids for different audiences: [http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=2&tax\\_subject=256&topic\\_id=1348](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=256&topic_id=1348). The new food pyramid for ethnic/cultural foods is based on typical food choices and styles.

### **Weight-Control Information Network (WIN)**

1 Win Way  
Bethesda, MD 20892-3665  
Phone: 1 (877) 946-4627  
Fax: (202) 828-1028  
E-mail: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)  
Web site: <http://win.niddk.nih.gov>

### **SP**

WIN produces culturally relevant brochures in English and Spanish. In addition, WIN has fact sheets for health professionals and literature searches on weight control, physical activity, obesity, and weight-related nutrition disorders. WIN also provides a newsletter for health professionals with the latest research findings and updates from a variety of sources concerning weight control and related issues.

## **Professional and Volunteer Organizations**

### **American Association of Diabetes Educators (AADE)**

100 West Monroe, Suite 400  
Chicago, IL 60603  
Phone: 1 (800) 338-3633 or (312) 424-2426  
Fax: (312) 424-2427

### **Diabetes Educator Access Line**

Phone: 1 (800) TEAMUP4 [1 (800) 832-6874]  
E-mail: [aade@aadenet.org](mailto:aade@aadenet.org)  
Web site: [www.diabeteseducator.org](http://www.diabeteseducator.org)  
Web site: [http://www.diabeteseducator.org/export/sites/aade/\\_resources/pdf/Community\\_Health\\_Workers.pdf](http://www.diabeteseducator.org/export/sites/aade/_resources/pdf/Community_Health_Workers.pdf)

All materials are copyright-protected and may require a membership to receive them. AADE publishes the *Diabetes Educator*, a bimonthly journal for multidisciplinary members of the diabetes health care team. The journal publishes the latest diabetes education research and provides valuable teaching tools and techniques. AADE also produces the diabetes education resource, *The Art and Science of Diabetes Self-Management Education: A Desk Reference for Healthcare Professionals*.

AADE members receive *AADE News*, providing association-related news and practice information, nine times per year. For a complete list of all educational products, including publications, videotapes, and patient materials, call AADE.

**American Diabetes Association (ADA)**

1701 North Beauregard Street  
Alexandria, VA 22311

**Order Fulfillment**

American Diabetes Association  
PO Box 930850,  
Atlanta, GA 31193-0850  
Phone: 1 (800) DIABETES [1 (800) 342-2383]  
Fax: (703) 549-6995  
E-mail: askada@diabetes.org  
Web site: www.diabetes.org

**SP**

The ADA Web site provides information on type 2 diabetes prevention, including guidance on nutrition, such as making healthy choices, recipes, eating out, and holidays. ADA publishes many books and resources for health professionals and people with diabetes. The Web site includes a diabetes at-risk test and a questionnaire that assesses diabetes risk (available in English and Spanish). All materials are copyright-protected.

**American Dietetic Association**

120 South Riverside Plaza, Suite 2000  
Chicago, IL 60606-6995  
Phone: (312) 899-0040  
Fax: 1 (800) 899-1976  
Web site: www.eatright.org

**SP**

American Dietetic Association publishes a monthly professional journal, the *Journal of the American Dietetic Association*, and a monthly newsletter, *ADA Courier*. In addition, it publishes many books and other resources for consumers and professionals.

**Diabetes Care and Education Dietetic Practice Group (DCE)**

(American Dietetic Association)

For information, contact the American Dietetic Association using the information above.

All materials are copyright-protected and may require a membership to receive them. Professional and consumer publications are created by DCE in conjunction with both the American Dietetic Association and the American Diabetes Association. Materials can be ordered through either association. A bimonthly newsletter is published for members.

**Consumer Nutrition Hotline**

(American Dietetic Association)

Phone: 1 (800) 366-1655

Web site: [www.eatright.org](http://www.eatright.org)

**SP**

This toll-free consumer nutrition hotline provides a referral service to registered dietitians.

**National Area Health Education Center Organization (NAO)**

Health Education Training Center (HETC)

109 VIP Drive, Suite 220

Wexford, PA 15090

Phone: 1 (888) 412-7424

Fax: (724) 935-1560

E-mail: [info@nationalahec.org](mailto:info@nationalahec.org)

Web site: [http://nationalahec.org/members/HETC\\_committee.asp](http://nationalahec.org/members/HETC_committee.asp)

HETCs provide community health education and health professions training programs in border and non-border areas of the United States with severely underserved populations, such as communities with diverse cultures and languages. This Web site provides a link to helpful resources for all CHWs. This Web site shares programs from across the country that CHWs put into practice in their communities with good results. It can be found at <http://www.nationalahec.org/About/Highlights-SuccessStories.asp>.

**Community Health Works**

San Francisco Department of Health Education

1600 Holloway Avenue

San Francisco, CA 94132-4161

Phone: (415) 338-3034

Fax: (415) 338-7948

E-mail: [chw@sfsu.edu](mailto:chw@sfsu.edu)

Web site: <http://www.communityhealthworks.org>

Community Health Works is a partnership between San Francisco State University and City College of San Francisco. This Web site provides many resources for CHWs, including education materials, community partnering ideas, and teaching tools.



**University of Arizona, School of Public Health**  
Division of Environmental and Community Health  
1435 N. Fremont  
PO Box 210468  
Tucson, AZ 85721  
Phone: (520) 882-5852  
Fax: (520) 882-5014  
Web site: <http://www.publichealth.arizona.edu/chwtoolkit/>

The *Community Health Worker Evaluation Toolkit* was developed to be a practical and useful guide to program evaluation for CHWs and CHW programs. It concentrates on results and focuses on developing an evaluation plan and choosing appropriate measurements and evaluation tools for a CHW program. One of the main purposes is to make evaluation a simple and empowering experience for everyone.

## **Web Sites for People with a Diagnosis of Diabetes**

### **American Diabetes Association National Call Center**

(Part of the American Diabetes Association)  
Phone: 1 (800) DIABETES [1 (800) 342-2383]

Callers who need support, encouragement, and education on diabetes management can get a variety of free pamphlets and brochures from ADA-trained staff, who are available Monday through Friday from 8:30 a.m. to 8:00 p.m, Eastern standard time.

### **American Podiatric Medical Association Foot Care Information Center**

Phone: 1 (800) FOOT-CARE [1 (800) 366-8227]

All materials are copyright-protected and may require a membership to receive them. APMA publishes a monthly magazine, *APMA News*, a monthly journal, *Journal of the American Podiatric Medical Association*, and a diabetes-specific booklet, *Your Podiatric Physician Talks about Diabetes*, along with many other brochures on foot health topics.

### **Diabetes Action Research and Education Foundation**

426 C Street NE  
Washington, DC 20002  
Phone: (202) 333-4520  
Fax: (202) 558-5240  
E-mail: [info@diabetesaction.org](mailto:info@diabetesaction.org)  
Web site: [www.diabetesaction.org](http://www.diabetesaction.org)

All materials are copyright-protected and may require a membership to receive them. The foundation publishes the booklet *Managing Your Diabetes: Basics and Beyond*.

### **Diabetes Exercise and Sports Association (DESA)**

8001 Montcastle Drive  
Nashville, TN 37221  
Phone: 1 (800) 898-4322  
Fax: (615) 673-2077  
E-mail: [desa@diabetes-exercise.org](mailto:desa@diabetes-exercise.org)  
Web site: [www.diabetes-exercise.org](http://www.diabetes-exercise.org)

All materials are copyright-protected and may require a membership to receive them. *The Challenge* is DESA's quarterly newsletter. DESA also provides pamphlets on diabetes and exercise.

### **Joslin Diabetes Center**

One Joslin Place  
Boston, MA 02215  
Telephone: (617) 732-2400  
E-mail: [Marjorie.Dwyer@joslin.harvard.edu](mailto:Marjorie.Dwyer@joslin.harvard.edu) (for communications)  
Web site: [www.joslin.org](http://www.joslin.org)

All materials are copyright-protected and may require a membership to receive them. The Center provides information packets, e-newsletters, information on prevention of diabetes, and information for the patient newly diagnosed with diabetes. Additional nutritional information includes questions on sugar, fiber, and carbohydrates. The Center has a special program, called JumpStart, for children with newly diagnosed diabetes.

### **Juvenile Diabetes Research Foundation International (JDRF)**

120 Wall Street, 19th floor  
New York, NY 10005-4001  
Phone: 1 (800) 533-2873 or (212) 785-9500  
Fax: (212) 785-9595  
E-mail: [info@jdf.org](mailto:info@jdf.org)  
Web site: [www.jdf.org](http://www.jdf.org)

All materials are copyright-protected and may require a membership to receive them. JDRF publishes the quarterly magazines *Countdown* and *Countdown for Kids*, a series of patient education brochures about type 1 and type 2 diabetes, and a research e-newsletter to provide the latest information about research on type 1 diabetes and its complications.

### **Lower Extremity Amputation Prevention Program**

National Hansen's Disease Programs  
1770 Physicians Park Drive  
Baton Rouge, LA 70816  
Phone: 1 (800) 642-2477  
Fax: (225) 756-3760  
Web site: <http://www.hrsa.gov/leap/>

The Lower Extremity Amputation Prevention (LEAP) Program is a comprehensive prevention program, developed at the Gillis W. Long Hansen's Disease Center in 1992. It can dramatically reduce lower extremity amputations in individuals with diabetes or any condition that results in loss of protective sensation in the feet. The LEAP foot screening will identify patients with a foot at risk of developing problems. Individuals can obtain a free LEAP filament by calling 1 (888) ASK-HRSA [1 (888) 275-4772]. A 5-minute video on how to use the monofilament is available by calling 1 (888) ASK-HRSA [1 (888) 275-4772].

### **National Eye Institute (NEI)**

National Eye Health Education Program  
2020 Vision Place  
Bethesda, MD 20892-3655  
Phone: 1 (800) 869-2020 (health professionals only) or (301) 496-5248  
Fax: (301) 402-1065  
E-mail: [2020@nei.nih.gov](mailto:2020@nei.nih.gov)  
Web site: [www.nei.nih.gov](http://www.nei.nih.gov)

### **SP**

NEI produces patient and professional education materials related to diabetic eye disease and its treatment, including literature for patients, guides for health professionals, and education kits for community health workers and pharmacists. The following titles focus on diabetic eye disease: *Educating People with Diabetes* (kit), *Information Kit for Pharmacists*, and (in Spanish) *Ojo Con Su Visión* (*Watch Out for Your Vision*).

## SP

### **National Heart, Lung, and Blood Institute (NHLBI) Information Center**

The NHLBI Information Center  
PO Box 30105  
Bethesda, Maryland 20824-0105  
Phone: (301) 592-8573  
Fax: (301) 592-8563  
E-mail: [nhlbiinfo@rover.nhlbi.nih.gov](mailto:nhlbiinfo@rover.nhlbi.nih.gov)  
Web site: <http://www.nhlbi.nih.gov>

### **Materials**

Patient education and health professional materials cover a wide variety of health topics such as heart health and physical activity. Treatment guidelines for health professionals are available on cholesterol, high blood pressure, obesity, and asthma. The serial publication, “*HeartMemo*,” provides program updates about cholesterol, high blood pressure, and heart attack; it is available online only.

NHLBI also has a cardiovascular disease (CVD) curriculum for CHWs in English and Spanish: “*Su Corazón Su Vida: Manual del Promotor y Promotora de Salud*,” “*Your Heart Your Life: A Lay Health Educator’s Manual*.” This curriculum is comprehensive, culturally appropriate, and user-friendly. It contains a 9-lesson course on heart-health education for the Hispanic/Latino community and has skill-building activities, reproducible handouts, and idea starters. Cover, spine, and 3-hole punched text are ready to assemble in a 1-inch binder. 228 pages. NIH Publication Nos.: 99-3674 (English) and 00-4087 (Spanish) [http://www.nhlbi.nih.gov/health/prof/heart/latino/eng\\_mnl.pdf](http://www.nhlbi.nih.gov/health/prof/heart/latino/eng_mnl.pdf) and [http://www.nhlbi.nih.gov/health/prof/heart/latino/spn\\_mnl.pdf](http://www.nhlbi.nih.gov/health/prof/heart/latino/spn_mnl.pdf).

### **Veterans Health Administration (VHA)**

Program Chief, Diabetes  
Veterans Health Affairs  
810 Vermont Avenue NW  
Washington, DC 20420  
Phone: (202) 273-8490  
Fax: (202) 273-9142  
Web site: <http://www1.va.gov/diabetes/>

The VA hospital system provides care for veterans with diabetes. More detailed information on diabetes with fact sheets, information for patients, and more resource links can be found at <http://www1.va.gov/diabetes/>.

**WebMD–Type 2 Diabetes**

Healthwise, Inc.

111 8th Avenue

7th Floor

New York, NY 10011

Phone: (212) 624-3700

Web site: [www.webmd.com](http://www.webmd.com)

The Web site offers extensive health information from a clinical health perspective. It includes information on nutrition, physical activity, diabetes, and many other health topics. All information is reviewed by health care professionals and is kept up-to-date.



## **Additional Web sites**

The following Web sites provide information on various health issues, including diabetes, nutrition, physical activity, and health care.

### **Annie E. Casey Foundation**

[www.aecf.org](http://www.aecf.org)

This Web site hosts the National Community Health Advisor Study, which may provide useful information.

### **The Center for Sustainable Health Outreach**

[www.usm.edu/csho/](http://www.usm.edu/csho/)

This Web site assists CHWs in promoting community wellness. It provides toolkits, a newsletter, and training tools.

### **Health Care for the Homeless**

Clinician's Network (HCHCN)

<http://www.nhchc.org/>

The Web site includes a manual on overcoming barriers to care for those with diabetes.

### **Institute for Healthcare Improvement**

[www.ihc.org](http://www.ihc.org)

This Web site contains a resource guide on diabetes, including case studies and self-management issues.

### **Kansas University Community Tool Box**

<http://ctb.ku.edu>

### **SP**

This Web site provides more than 6,000 pages of practical, skill-building information on over 250 topics. Topic choices include step-by-step instruction, examples, checklists, and resources related to community health and development.

### **The Mendosa Site**

[www.mendosa.com/diabetes.htm](http://www.mendosa.com/diabetes.htm)

### **SP**

This Web site lists diabetes resources and provides answers to common questions on the disease.

### **The Migrant Clinicians Network**

[www.migrantclinician.org](http://www.migrantclinician.org)

This Web site has information on free diabetes supplies and other resources.

### **The National Alliance on Hispanic Health (NAHH)**

[www.hispanichealth.org](http://www.hispanichealth.org)

NAHH provides resources and information by phone and online. Culturally relevant Spanish materials include fact sheets, brochures, and information resources with related Web links.

### **National Latina Health Network**

[www.nlhn.net](http://www.nlhn.net)

The National Latina Health Network (NLHN) nationwide program will enhance existing efforts to prevent diabetes among Latinos at risk and also prevent complications and premature death for Latinos living with diabetes. The NLHN proposes an innovative peer-education program using situational pláticas/health vignettes as a tool to motivate Latinas in health prevention strategies.

### **Black Women's Health Imperative**

[www.blackwomenshealth.org](http://www.blackwomenshealth.org)

The organization is dedicated to promoting physical, mental and spiritual health and well-being for African American women and girls. This Web site provides culturally relevant materials including information resources on physical activity and nutrition.

### **Native American Diabetes Program: Strong in Body and Spirit**

[www.laplaza.org/health/dwc/nadp](http://www.laplaza.org/health/dwc/nadp)

This Web site is designed to help people eat healthier foods and increase exercise. This resource provides meeting ideas, lesson plans, and tip sheets.

### **SP**

This Web site provides information, newsletters, and additional helpful links.

### **Office of Minority Health Resource Center (OMH-RC)**

[www.omhrc.gov](http://www.omhrc.gov)

<http://www.cdc.gov/omhd/>

### **SP**

OMH-RC offers information, publications, mailing lists, database searches, referrals, and more for African American, Asian, Hispanic/Latino, American Indian/Alaska Native, and Pacific Islander populations. OMH-RC publishes the newsletter *Closing the Gap*.

### **The President's Challenge**

[www.presidentschallenge.org](http://www.presidentschallenge.org)

This Web site contains information on physical activities, including facts, activity ideas, and more.

### **Ready-Set-Go**

[www.playsport.net](http://www.playsport.net)

This is a sports Web site for families that includes a kids' section, coloring books, interactive games, and more.

### **Community Health Workers Program Resources University of Texas Health Science Center at San Antonio**

<http://www.famhealth.org/CHWResources/index.htm>

### **SP**

This Web site gathers in one place program materials available to make CHW programs more successful. The site includes links and resource topics such as CHW curricula and other resource and training links.

### **Spark**

[www.sparkpe.org/index.jsp](http://www.sparkpe.org/index.jsp)

This Web site offers more than 450 pages of games, dances, sports, and tools for children aged 5–14.

### **United States-Mexico Border Health Commission**

[www.borderhealth.org](http://www.borderhealth.org)

This Web site provides information on Healthy Border 2010, including resources and brochures.

### **International Diabetes Federation**

<http://www.idf.org/>

### **SP**

Download free diabetes education modules, which are available in English and Spanish.

## **Washington State Department of Health**

[www.doh.wa.gov/ndep/wallet.htm](http://www.doh.wa.gov/ndep/wallet.htm)

### **SP**

Download a free wallet card for managing diabetes care, which is available in English and Spanish.

## **Meal Planners**

### **[www.Diabetes.org](http://www.Diabetes.org)**

This Web site includes information on diabetes and daily menu ideas.

### **[Americanheart.org](http://Americanheart.org)**

This Web site provides information on the Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet.

### **[www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm](http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm)**

This Web site teaches heart healthy home cooking for traditional African American recipes.

### **[DeliciousDecisions.org](http://DeliciousDecisions.org)**

This site contains recipes provided by the American Heart Association.

### **[Foodfit.com](http://Foodfit.com)**

This Web site offers traditional recipes from Cuba, Mexico, Puerto Rico, and Ecuador.

### **[www.fns.usda.gov](http://www.fns.usda.gov)**

This Web site includes cookbooks for kids: the *Healthy Body Cookbook*, *Holidays of the World Cookbook for Students*, *Kid's Cookbook*, *The Healthy Start Kid's Cookbook*, and *Dinner from Dirt*.

### **[Learningandlivingwell.org](http://Learningandlivingwell.org)**

This web site provides information on food, nutrition, and recipes for kids and families, and links to the national 4-H youth Web site.

## Cookbooks

These books are available at your local bookstore or any online bookstore. Check with your local library as well.

### Traditional African American Cooking

*At Home with Gladys Knight: Her Personal Recipe for Living Well, Eating Right, and Loving Life*  
by Gladys Knight et al.

ISBN: 1580400752

*Low-Fat Soul*

by Jonell Nash

ISBN: 0345413636

*The New Soul-Food Cookbook: Healthier Recipes for Traditional Favorites*

by Wilbert Jones

ISBN: 0806526947

*The New Soul Food Cookbook for People with Diabetes*

by Fabiola Demps Gaines and Roniece Weaver

ISBN: 158040250X

*Patti LaBelle's Lite Cuisine*

by Patti LaBelle and Laura Randolph Lancaster

ISBN: 159240085X

*Slim Down Sister: The African-American Woman's Guide to Healthy, Permanent Weight Loss*

by Roniece Weaver et al.

ISBN: 0525944583

*Southern Style Diabetes Cooking*

by Martha Chitwood and Marti Chitwood

ISBN: 0945448694



## Traditional Hispanic and Latino Cooking

### SP

*Healthy Mexican Cooking: Authentic Low Fat Recipes*

by Velda Garza, MS, RD

ISBN: 0962047155

Also available in Spanish, *Cocina Mexicana Saludable: Recetas Auténticas con bajo Contenido de Grasa*

ISBN: 096204718X

*Latina Lite Cooking: 200 Delicious Lowfat Recipes from All Over the Americas*

by María Dolores Beatriz

ISBN: 0446672971

*Steven Raichlen's Healthy Latin Cooking: 200 Sizzling Recipes from Mexico, Cuba, Caribbean, Brazil, and Beyond*

by Steven Raichlen

ISBN: 0875964982

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

by The National Diabetes Education Program

NDEP-51

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.







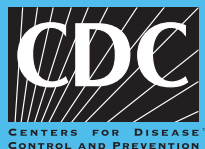


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**National Diabetes Education Program**  
**1-888-693-6337 [www.ndep.nih.gov](http://www.ndep.nih.gov)**



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