



National Diabetes Education Program (NDEP) Publications & Resources

Publications and Resources for Consumers

The following materials and more are available on the NDEP website. To view and order these materials online, go to www.ndep.nih.gov.

Control Your Diabetes. For Life.



4 Steps to Control Your Diabetes for Life

(NDEP - 67)*

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. (Updated October 2006) First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.

4 Pasos Para Controlar La Diabetes de por Vida

(NDEP - 80)*

Spanish version of *4 Steps to Control Your Diabetes for Life* brochure. (October 2004) 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 2005). 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. (September 2003). 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.

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.

Cuidese 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.

Recipe and Meal Planner Guide (Recetas y plan de comidas)

(NDEP - 51)

This bilingual (English & 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 October 2004) Available on-line only.

Be Smart About Your Heart. Control the ABCs of Diabetes.**If You Have Diabetes You Are at High Risk For Heart Attack and Stroke (Be Smart About Your Heart. Control the ABCs of Diabetes: A1C, Blood Pressure, and Cholesterol)**

(NDEP - 52)*

This brochure explains the link between diabetes and heart disease. It encourages people with diabetes to take action to work with their health care team to set targets and manage the ABCs of diabetes: A1C, blood pressure, and cholesterol. It includes a record form to track the ABCs. (November 2001) First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.

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.

Cambodian (NDEP - 52CA)* (November 2002)**Chamorro** (NDEP - 52CM)* (April 2003)**Chinese** (NDEP - 52CH) (November 2001)**Chuukese** (NDEP - 52CK)* (April 2003)**English** (NDEP - 52EN)* (September 2001)**Gujarati** (NDEP - 52GU)* (April 2003)**Hindi** (NDEP - 52HI)* (April 2003)**Hmong** (NDEP - 52HM)* (November 2002)**Japanese** (NDEP - 52JA)* (April 2003)**Korean** (NDEP - 52KO)* (November 2002)**Laotian** (NDEP - 52LA)* (April 2003)**Samoan** (NDEP - 52SA)* (April 2003)**Tagalog** (*for Filipinos*) (NDEP - 52TA)* (November 2002)**Thai** (NDEP - 52TH)* (November 2002)**Tongan** (NDEP - 52TO)* (April 2003)**Vietnamese** (NDEP - 52VI)* (November 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 October 2006) First package free. Each additional package \$4. Limit 10 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** (July 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 reduce overweight and lower their risk for diabetes. (Updated August 2006)

Prevent type 2 Diabetes. Step by Step. (Prevengamos 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 overweight and lower their risk for diabetes. (April 2004)

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 reduce overweight and 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 to reduce overweight and lower their risk for diabetes. (April 2004)

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 reduce overweight and 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 to reduce overweight and 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.

Cambodian (NDEP - 74CA)* (April 2004)

Chamorro (NDEP - 74CM)* (September 2005)

Chinese (NDEP - 74CH)* (April 2004)

Chuukese (NDEP - 74CK)* (September 2005)

English (NDEP - 74EN)* (2004)

Gujarati (NDEP - 74GU)* (September 2005)

Hindi (NDEP - 74HI)* (September 2005)

Hmong (NDEP - 74HM)* (April 2004)

Japanese (NDEP - 74JA)* (September 2005)

Korean (NDEP - 74KO)* (April 2004)

Laotian (NDEP - 74LA)* (September 2005)

Samoan (NDEP - 74SA)* (September 2005)

Tagalog (for Filipinos) (NDEP - 74TA)* (April 2004)

Thai (NDEP - 74TH)* (April 2004)

Tongan (NDEP - 74TO)* (September 2005)

Vietnamese (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 pasa 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 Hispanic/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 Kids with type 2 Diabetes Series

This popular 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. First 25 copies free. Each additional package of 25, \$5. Limit 10 packages of each tip sheet.

What Is Diabetes? (NDEP - 63)* (Updated August 2005)

Be Active (NDEP - 64)* (Updated August 2005)

Stay At a Healthy Weight (NDEP - 65)* (Updated August 2005)

Eat Healthy Foods (NDEP - 66)* (Updated August 2005)

Consejos para Muchachos con Diabetes tipo 2

Spanish version of *Tips for Kids with type 2 diabetes.* First 25 copies free. Each additional package of 25, \$5. Limit 10 packages of each tip sheet.

Qué es la diabetes? (NDEP - 84)* (August 2005)

Mantente activo! (NDEP - 86)* (August 2005)

Come alimentos saludable (NDEP - 83)* (August 2005)

Mantente en un peso saludable (NDEP - 85)* (August 2005)

Dealing With the Ups and Downs of Diabetes

(NDEP - 81)*

This colorful, easy-to-read tip sheet encourages teens with type 2 diabetes to feel OK about themselves and their diabetes. It provided tips to help them deal with the ups and downs of diabetes—to reach out and get support from others, to involve their family and the health care team, and to take action to manage the disease for a long and healthy life. A number of resources are included. (August 2005) First 25 copies free. Each additional package of 25, \$5. Limit 10 packages.

Lower Your Risk for type 2 Diabetes

(NDEP - 87)*

This colorful, easy-to-read tip sheet encourages young people to take steps to lower their risk for type 2 diabetes. It provides tips to reach a healthy weight and lead an active lifestyle and includes activity and healthy food guides. (November 2005) First 25 copies free. Each additional package of 25, \$5. Limit 10 packages.

Move It! And Reduce 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. (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 Providers

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 American Diabetes Association 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 issues related to drug therapy management. It promotes a team approach to comprehensive diabetes care and makes recommendations for treatment referrals across disciplines. (2004) Single copy free. Each additional copy, \$1. Limit 10 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. (2004) 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. (2004) Single copy free. Limit 3 copies.

Controlaré mi diabetes ;Trabajando en equipo con mis profesionales de la salud!: Poster

(NDEP - 55SP)*

This is a Spanish adaptation of the *Working Together to Manage Diabetes* poster. (March 2005) Single copy free. Limit 3 copies.

Guiding Principles of 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. (November 2000) Single copy free. Each additional copy, \$3. Limit 10 copies.

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)

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, in 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 website 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.

NDEP Publications Order Form

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