



NDEP Publications & Resources

Publications and Resources for Consumers

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 providers 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 take control of 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. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

4 Pasos Para Controlar La Diabetes de por Vida

(NDEP- 80) *

Spanish version of *4 Steps to Control Your Diabetes for Life* brochure. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

7 Principles for Controlling Your Diabetes. For Life

(NDEP-17)*

This booklet expands on *4 Steps to Control Your Diabetes for Life*, providing in-depth information on comprehensive diabetes care. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

7 principios para controlar la diabetes para toda la vida

(NDEP-18)

Spanish version of *7 Principles for Controlling Your Diabetes. For Life*. Available online only.

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

(NDEP-8)

This tip sheet provides an action plan for diabetes control that includes tips for knowing blood glucose levels, reaching blood glucose goals, and maintaining blood glucose control. First 25 copies free. Each additional package of 25, \$5. Limit two 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*. This tip sheet provides an action plan for diabetes control that includes tips for knowing blood sugar levels, reaching blood sugar goals, and maintaining blood sugar control. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

If You Have Diabetes, Know Your Blood Sugar Numbers (Updated 2005)

(NDEP-10)*

This patient education brochure provides information on measuring blood glucose levels using the A1C test and the finger-stick test . First 25 copies free. Each additional package of 25, \$5. Limit two packages.

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

(NDEP-10SP) *Available on-line only.*

Spanish version of *If You Have Diabetes, Know Your Blood Sugar Numbers*. This patient education brochure provides information on measuring blood sugar levels using the A1C test and the finger-stick test.

Expanded Medicare Coverage of Diabetes Services Fact Sheet

(NDEP-77)

This easy-to-read fact sheet provides the latest information on diabetes self-management training, medical nutrition therapy services, and other diabetes benefits covered by Medicare. This fact sheet is an excellent companion to the NDEP's *The Power to Control Diabetes Is in Your Hands* brochure that focuses on the importance of blood glucose testing. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

Expansión de la cobertura de medicare para los servicios de diabetes

(NDEP-78)

Spanish version of the *Expanded Medicare Coverage of Diabetes Services* fact sheet. Provides information on the latest diabetes benefits covered by Medicare. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

The Power to Control Diabetes is in Your Hands (Updated 2005)

(NDEP-38)

This brochure (updated 10/05) provides information for older adults with diabetes on how to manage their disease, including the importance of checking blood glucose levels, managing the ABCs of diabetes and how to access Medicare benefits. An excellent companion piece to the "Expanded Medicare Coverage of Diabetes Services" fact sheet. First 25 copies free. Each additional package of 25, \$5. Limit 2 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. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

Cuidese los pies durante toda la vida

(NDEP-48)*

Spanish version of *Take Care of Your Feet for a Lifetime*. This illustrated booklet helps you care for your feet and provides tips to help you avoid serious foot problems. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

Tips for Helping a Person with Diabetes

(NDEP-57) *

This tip sheet provides practical tips and suggestions for helping loved ones with diabetes. The sheet also lists diabetes organizations that can help. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

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

(NDEP-51)*

This bilingual (English and Spanish) meal planner is complete with recipes for every day of the week and tips to control diabetes deliciously. Appetizing food photography and a practical design make the meal planner a terrific addition to any kitchen.

Be Smart About Your Heart. Control the ABCs of Diabetes.



Be Smart About Your Heart. Control the ABCs of Diabetes: A1C, Blood Pressure, and Cholesterol

(NDEP-52)*

This two-color, two-fold brochure explains the link between diabetes and heart disease and encourages people with diabetes to take action to control the ABCs of diabetes: A1C, blood pressure, and cholesterol. First 25 copies free. Each additional package of 25, \$5. Limit two 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. This illustrated booklet encourages patients to take steps to control not only their blood glucose, but also their blood pressure and cholesterol. A detachable wallet card allows patients to track these target numbers. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

Take Care of Your Heart. Manage Your Diabetes
Adapted for American Indians and Alaska Natives
(NDEP-52-AI/AN)*

This reproducible, two-sided patient education handout tells people with diabetes about the link between diabetes about the link between diabetes and heart disease and encourages them to manage their blood glucose, blood pressure, and cholesterol. Includes a record form for people with diabetes to keep track of their numbers and work with their health care providers to reach their target goals. First 25 copies free. Each additional package of 25, \$5. Limit 2 packages. Commercial printer-ready CDs available.

Take Care of Your Heart. Manage Your Diabetes.

Translated versions of *Be Smart About Your Heart* for Asian Americans and Pacific Islanders
(NDEP-52)*

This reproducible, two-sided patient education handout tells people with diabetes about the link between diabetes and heart disease and encourages them to manage their blood glucose, blood pressure, and cholesterol. Includes a record form for people with diabetes to keep track of their numbers and work with their health care providers to reach their target goals. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

English (NDEP-52EN)	Hindi (NDEP-52HI)	Tagalog (<i>for Filipinos</i>) (NDEP-52TA)
Cambodian (NDEP-52CA)	Hmong (NDEP-52HM)	Thai (NDEP-52TH)
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Gujarati (NDEP-52GU)	Samoan (NDEP-52SA)	

Small Steps. Big Rewards. Prevent Type 2 Diabetes



Small Steps. Big Rewards. Your GAME PLAN for Preventing Type 2 Diabetes: Information for Patients
(NDEP-60)*

This four-booklet package provides patients with information about their risk for developing diabetes and how to implement a program to prevent or delay the onset of the disease, including how to set goals, track their progress, implement a walking program, find additional resources, and monitor and record their food and drink intake and physical activity with the use of a tracker and fat and calorie counter. Single set free. Each additional set, \$4. Limit three sets.

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, containing culturally appropriate ideas and information on losing weight by eating healthier and getting more physical activity. First 25 copies free. Each additional package of 25, \$5. Limit: two packages of each tip sheet.

More than 50 Ways to Prevent Diabetes (for African Americans)
(NDEP-71)

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

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

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

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

Take These Small Steps Now to Prevent Diabetes (for Asian Americans and Pacific Islanders)

English (NDEP-74EN)	Hindi (NDEP-74HI)	Tagalog (<i>for Filipinos</i>) (NDEP-74TA)
Cambodian (NDEP-74CA)	Hmong (NDEP-74HM)	Thai (NDEP-74TH)
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Chinese (NDEP-74CH)	Korean (NDEP-74KO)	Vietnamese (NDEP-74VI)
Gujarati (NDEP-74GU)	Lao (NDEP-74LA)	Samoan (NDEP-74SA)

Movimiento Por Su Vida

(NDEP-62CD)

This music CD encourages Hispanics and Latinos to incorporate more movement into their lives. It features six original songs with empowering messages and strong Latin rhythms urging listeners that moderate physical activity can make a difference in preventing and controlling diabetes. The CD can be used to encourage individuals or groups to exercise. Single CD free. No bulk orders.

Publications and Resources for Children and Adolescents

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. Single copy free. Each additional copy, \$3. Limit six copies.

Tips for Kids with type 2 Diabetes Series

This series of colorful, reproducible tip sheets contain the basics about managing diabetes for children and their families. First 25 copies free. Each additional package of 25, \$5. Limit two packages of each tip sheet.

What Is Diabetes?
(NDEP-63)

Be Active
(NDEP-64)

Stay At a Healthy Weight
(NDEP-65)

Eat Healthy
(NDEP-66)

Consejos para Muchachos con Diabetes tipo 2

Spanish version of Tips for Kids with type 2 diabetes. Colorful, reproducible tip sheets about managing diabetes for kids and their families. First 25 copies free. Each additional package of 25, \$5. Limit two packages of each tip sheet.

☉***Qué es la diabetes?***
(NDEP-63SP)

☉***Mantente activo!***
(NDEP-64)

Come alimentos saludables
(NDEP-65SP)

Mantente en un peso saludable
(NDEP-66SP)

Dealing With the Ups and Downs of Diabetes (New)

(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. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

Lower Your Risk for type 2 Diabetes (New)

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. First 25 copies free. Each additional package of 25, \$5. Limit two packages.

Publications and Resources for Health Care Providers

Control Your Diabetes. For Life.



Diabetes Numbers at-a-Glance Card (Updated 2005)

(NDEP-12)

Use this handy pocket guide for a quick listing of ADA recommendations for diagnosing pre-diabetes and diabetes and for managing your patients with diabetes. Updated March 2005. Single copy free. Each additional package of 25, \$5. Limit five packages.

Guiding Principles of Diabetes Care

(NDEP-16)

An essential and powerful evidence-based tool outlining seven patient-centered principles, *Guiding Principles* will help providers meet three key challenges: identifying people with pre-diabetes and undiagnosed diabetes; offering comprehensive patient-centered care, including self-management education and encouragement; identifying, treating, and preventing long-term diabetes complications. First six copies free. Each additional package of 25, \$5.

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. The primer promotes a team approach to comprehensive diabetes care and provides simple care recommendations to providers on making cross-disciplinary treatment referrals. Single copy free. Each additional copy, \$1. Limit six copies.

Working Together to Manage Diabetes: Poster

(NDEP-55)

This interdisciplinary color poster can be used by health professionals in exam or waiting rooms to help educate patients on controlling "the ABCs of Diabetes" and specific actions patients can take in collaboration with their eye, foot, and dental care professionals and pharmacists to control diabetes. Single copy free. Limit one copy.

Working Together to Manage Diabetes: Diabetes Medications Supplement

(NDEP-54-S)

This reference booklet provides profiles of diabetes medications, insulin medications, and medications for controlling blood pressure and cholesterol. Single copy free. Each additional copy, \$1. Limit six copies.

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. Single copy free. Each additional copy, \$1. Limit six 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 for implementing effective clinical procedures on preventive foot care for people with diabetes. 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. Single copy free. Each additional copy, \$3. Limit six copies.

www.BetterDiabetesCare.nih.gov

This easy-to-use comprehensive resource will help health care providers, educators, policy makers, planners, and purchasers make important changes in systems of care for people with diabetes and achieve exciting results.

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) *Available on-line only.*

This bilingual presentation tool makes it easy to educate Hispanic and Latino Americans about the link between diabetes and heart disease. The presentation includes easy-to-understand illustrations accompanied by a scripted presentation (in Spanish and English). Each flipchart also includes two copier-ready handouts (published 5/03).

Small Steps. Big Rewards. Prevent Type 2 Diabetes



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

Get your patients in the diabetes prevention game. Find the latest evidence-based tools and techniques to help your patients start their own personalized diabetes prevention program, including a decision pathway to diagnose and treat pre-diabetes, proven strategies to counsel and motivate patients, office poster, and copier-ready patient education handouts. Single copy free. Each additional copy, \$5. Limit three copies.

New Beginnings: A Discussion Guide for Living Well With Diabetes

(NDEP-82)

This discussion guide is based on issues brought out by the privately-produced docudrama *The Debilitator*. *New Beginnings* contains 13 modules that can be used in small group discussion or larger community events in discussion of the emotional impact of living with diabetes and social support for people with diabetes. Single copy free. Each additional copy, \$5. Limit two 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. Single copy free. Each additional copy, \$3.

Diabetes Community Partnership Guide

(NDEP-21)

This how-to kit contains ideas, tools, and guidelines for community partnerships and diabetes activities. Single copy free. Each additional copy, \$3. Limit six copies.

The Power to Control Diabetes is in Your Hands Community Kit (Updated 2005)

(NDEP-44K)

This resource kit (updated 10/05) provides information on diabetes and older adults and suggestions on how to promote the Power to Control campaign with ideas for educational activities, media events and promotional campaigns. Single copy free. Each additional copy, \$5. Limit three copies.

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

(NDEP-21-S) **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.

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 control. 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.

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. Single copy free. Each additional copy, \$1.

Team Care: Comprehensive Lifetime Management for Diabetes

(NDEP-37)

This report was created to help organizational leaders in health care systems and health care purchasers implement multidisciplinary team care for people with diabetes in all clinical settings. It describes how to reduce the human and economic toll of diabetes through a continuous, proactive, planned, patient-centered, and population-based approach to care. Single copy free. Each additional copy, \$1. Limit six copies.

www.DiabetesAtWork.org

This online diabetes and health resource kit helps businesses and managed care companies to assess the impact of diabetes in the workplace. It also provides easy-to-understand information for employers to help their employees manage their diabetes and take steps toward reducing the risk for diabetes-related complications such as heart disease.

NDEP Publications Order Form

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