

Connect With Our Online Resources



www.ndep.nih.gov

Learn more about diabetes, download diabetes education resources and tools, learn how to work with the NDEP to promote diabetes prevention and control, and find out more about how NDEP works to change the way diabetes is treated.



www.BetterDiabetesCare.nih.gov

Many argue that we cannot change the way diabetes is treated until we change the health care system. This easy-to-use, comprehensive website for health care providers has information and tools to make effective systems changes in the way diabetes is diagnosed, treated, and prevented.



www.DiabetesAtWork.org

Take advantage of this comprehensive website to assess the impact of diabetes in the workplace and to help employees with diabetes. This site contains a complete package of tools to create and implement an education program on diabetes prevention and control.

What NDEP Can Do For You

NDEP offers a wide range of resources around three major public education campaigns. These campaigns provide the foundation for conducting outreach activities in communities across the country. Each campaign provides a wealth of tools—brochures, tip sheets, provider kits, public service advertising, and more—that you can use to reach out to people with diabetes, people at risk, or health care providers.

Consumer materials are carefully tailored for groups at highest risk for diabetes—older adults, African Americans, American Indians, Alaska Natives, Hispanics and Latinos, Asian Americans, and Pacific Islanders. Many materials are available in 16 languages, from Spanish to Samoan.

Translations and adaptations have been pre-tested with intended populations.

How You Can Get Involved

The NDEP's success is due to its extensive Partnership Network of over 200 partners. Become an NDEP partner and help us spread the word about diabetes prevention and control. Distribute our brochures, print ads, and news articles to your members and your local media contacts. Place NDEP articles in your organization's newsletter and link to NDEP on your homepage. Promote our materials at meetings, health fairs, work sites, and community events.

To learn more about NDEP, visit our main website at www.ndep.nih.gov or call 1-800-438-5383. To sign up for a monthly e-newsletter of activities, send an email to NDEP@info.niddk.gov.

STEERING COMMITTEE ORGANIZATIONS

America's Health Insurance Plans • American Academy of Family Physicians • American Academy of Nurse Practitioners • American Academy of Physician Assistants • American Association of Clinical Endocrinologists • American Association of Diabetes Educators • American College of Physicians • American Diabetes Association • American Dietetic Association • American Pharmacists Association • Association of American Indian Physicians • Association of Asian/Pacific Community Health Organizations • Black Women's Health Imperative • Bureau of Primary Healthcare • Centers for Medicare and Medicaid Services • Diabetes Council (State Diabetes Prevention and Control Programs) • Diabetes Research and Training Centers • The Endocrine Society • Health Resources and Services Administration • Indian Health Service • Juvenile Diabetes Research Foundation International • Khmer Health Advocates • Lions Clubs International • National Alliance for Hispanic Health • National Association of School Nurses • National Latina Health Network • National Medical Association • National Hispanic Medical Association • Office of Minority Health, DHHS • Papa Ola Lokahi • Veterans Health Administration

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Changing



the Way



Diabetes



Is Treated

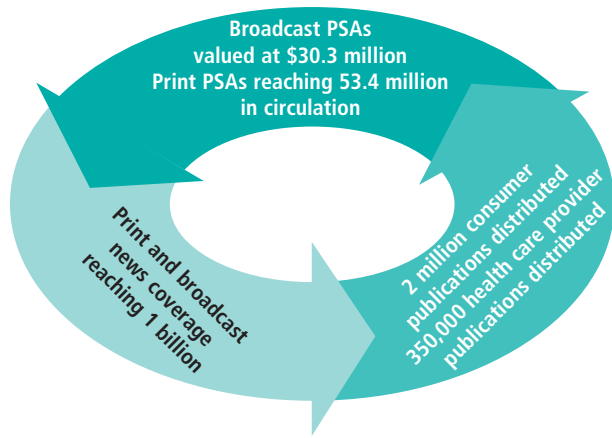


A Joint Program of the
National Institutes of Health and the
Centers for Disease Control and Prevention

The National Diabetes Education Program

The National Diabetes Education Program (NDEP) is the leading Federal government public education program that promotes diabetes prevention and control. Launched in 1997, the NDEP's mission is to reduce the morbidity and mortality associated with diabetes. NDEP translates the latest science and spreads the word that type 2 diabetes is serious, common, and costly, yet *controllable* and *preventable*. More than 200 organizations and many volunteers have joined with the NDEP to help develop effective public education initiatives and bring them to life.

The results of NDEP's public education campaigns have been powerful.



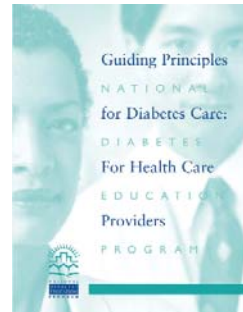
Our work has just begun. We invite you to join with NDEP as we move forward to meet our goals.

We encourage you to use all of the resources, tools, and expertise the NDEP offers. All materials are copyright-free and may be reproduced or reprinted. Materials may be ordered from our clearinghouse by calling 1-800-438-5383 or downloaded from www.ndep.nih.gov.

Diabetes is serious, common, and costly, yet controllable and preventable.

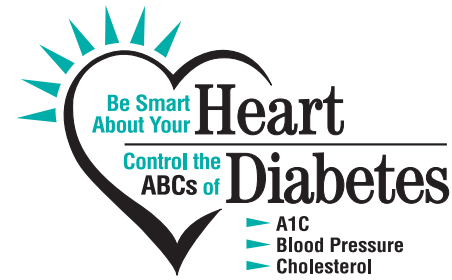


Control Your Diabetes. For Life. promotes the importance of optimal blood glucose control. Based on findings from the landmark Diabetes Control and Complications Trial, the campaign has distilled essential information into easy-to-read materials for people with diabetes and their loved ones. NDEP also has tools for the health care team and school personnel—family doctors, specialists, nurses, diabetes educators, dietitians, and pharmacists, among many others—all of whom need to be engaged in caring for the person with diabetes.

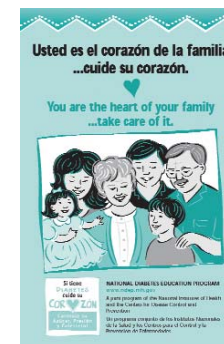


Resources include:

- *4 Steps to Control Your Diabetes. For Life*
- *Tips for Helping a Person with Diabetes*
- *Tip Sheets for Kids with type 2 Diabetes*
- *Helping the Student with Diabetes Succeed: A Guide for School Personnel*
- *Guiding Principles of Diabetes Care for Health Care Providers*
- *Working Together to Manage Diabetes: A Guide for Pharmacists, Podiatrists, Optometrists, and Dental Professionals*



Be Smart About Your Heart. Control the ABCs of Diabetes drives home the message that comprehensive control is the key to preventing the heart attacks and strokes that kill 2 out of 3 people with diabetes. Based on data from the United Kingdom Prospective Diabetes Study, the campaign promotes comprehensive control of the **ABCs of diabetes: A** for the A1C test to measure blood glucose control, **B** for blood pressure and **C** for cholesterol. A reproducible brochure, *Be Smart About Your Heart. Control the ABCs of Diabetes*, provides guidance to help people with diabetes track their ABC numbers and reach their ABC goals. Also available are materials adapted for multi-cultural audiences, including American Indians and Alaska Natives, Hispanics and Latinos, and Asian Americans and Pacific Islanders.



Prevent type 2 Diabetes

NDEP's prevention initiative, **Small Steps. Big Rewards. Prevent type 2 Diabetes**, is the nation's first comprehensive campaign to stem the diabetes epidemic by reaching out to the more than 41 million Americans with pre-diabetes. Based on the groundbreaking findings from the Diabetes Prevention Program clinical trial, the campaign delivers practical, real world tools to help people take the small steps needed to achieve the big reward of preventing type 2 diabetes.



Resources include:

- *Your GAME PLAN for Preventing type 2 Diabetes for Patients*, including a fat and calorie counter and daily tracker.
- *Your GAME PLAN for Preventing type 2 Diabetes for Health Care Providers*, a comprehensive toolkit
- Tip sheets, tailored for multicultural and older audiences, help motivate people to lose weight and increase their physical activity.