



Sources for Additional Materials



Material	Type	Session	Source
<i>Resource Lists</i>	VA	All	These need to be developed locally. Many IHS, tribal health and urban Indian diabetes programs have samples.
Pre-gestational/gestational diabetes videos	AV	1,6	Sources include: <ul style="list-style-type: none"> · IHS DDTP 505-248-4182 www.ihs.gov See order form under <i>BYLD</i> Resource Directory: <i>How to Keep the Balance</i> · Milner-Fenwick/AADE Series 800-432-8433 www.milner-fenwick.com: <i>Gestational Diabetes</i> · Pharmaceutical companies
<i>Diabetes and Pregnancy: What to Expect</i>	EB	1,2,4	American Diabetes Association 800-DIABETES (800-342-2383) www.diabetes.org
<i>Gestational Diabetes: What to Expect</i>	EN	1,2,4	American Diabetes Association 800-DIABETES (800-342-2383) www.diabetes.org
<i>Taking Care of Gestational Diabetes</i>	EB	1,2,4,6	International Diabetes Center 888-637-2675 www.idcpublishing.com
<i>Gestational Diabetes: Caring for Yourself and Your Baby</i>	EB	1,2,4	International Diabetes Center 888-637-2675 www.idcpublishing.com
<i>Baby Growing</i>	IH	1	<i>BB</i> , Session 2, Visual #7
Pictures of developmental stages for mother and baby by month	VA, AV	1	Sources include: <ul style="list-style-type: none"> · Albuquerque Service Unit Diabetes Program 505-248-7623 <i>Beautiful Beginnings Calendar</i> · Milner Fenwick/AADE Series 800-432-8433 www.milner-fenwick.com <i>Fetal Development—A Nine-Month Journey</i>
Food (actual)	VA	2	This needs to be collected/purchased locally

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Food models	VA	2	Nasco (plastic) 800-558-9585 www.enasco.com National Dairy Council (cardboard) 708-696-1860 www.nationaldairyCouncil.org
<i>First Step in Diabetes Meal Planning</i>	EB	2	American Diabetes Association 800-DIABETES (800-342-2383) www.diabetes.org
<i>My Food Plan for Gestational Diabetes</i>	EB	2	International Diabetes Center 888-637-2675 www.idcpublishing.com
Daily Food Guide for Pregnant Women	IH	2	Sources include: · USDA: Women, Infants and Children Program www.fns.usda.gov/wic <i>Daily Food Guide for Pregnant Women</i> · Sweet Success Express (California Diabetes and Pregnancy Program) 858.467.4990 www.sweetsuccessespress.com <i>Daily Food Pyramid for Gestational Diabetes</i>
Food Pyramid	VA	2	Sources include: · <i>BYLD</i> , Session 4, Visual #3 · IHS DDTP 505-248-4182 www.ihs.gov See order form under <i>BYLD</i> Resource Directory. <i>Healthy Eating Guide for Diabetes</i> · US Department of Agriculture www.mypyramid.gov
Gestational Diabetes Nutrition Pin	VA	2	Blackfeet Diabetes Program PO Box 760 Browning, MT 59417 406-338-6307
Foods containing sugar substitutes	VA	2	These need to be collected/purchased/prepared locally

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Sugar substitute products	VA	2	Sources include: <ul style="list-style-type: none"> · local supermarkets · product manufacturer These need to be collected/purchased/prepared locally
Samples of products that aid lactose digestion	VA	2	Sources include: <ul style="list-style-type: none"> · Lactaid 800-LACTAID www.lactaid.com · Nature's Way Lactase EnzymeActive™ www.naturesway.com · Natural Factors Lactase Enzyme www.naturalfactors.com · Local natural food stores · Other sources can be found through a search on the Internet
Posters	VA	2,3	These need to be developed locally
Physical activity logbooks	VA	3	These need to be developed locally by adding sample patient information to food records, diaries and logbooks. The Diabetes Prevention Program http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram is a source for logbooks.
<i>My Prenatal Care Record</i>	VA	3	IHS DDTP 505-248-4182 www.ihs.gov See order form under <i>BYLD</i> Resource Directory
Step counters/pedometers	ST	3	Step counters/digiwalkers/pedometers are available from: <ul style="list-style-type: none"> · www.new-lifestyles.com 888-748-5377 · www.accusplit.com 800-935-1996 Other sources can be found through a search on the Internet
Exercise bands	ST	3	REL Distributing Company 623-930-0152 Other sources for exercise bands can be found through a search on the Internet or by contacting local medical supply companies
Simple exercises/stretching videos	AV	3	Armchair Fitness 800-453-6280 www.armchairfitness.com



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Simple exercise/stretching handouts	EB/IH	3	Sources include: <ul style="list-style-type: none"> National Heart, Lung, and Blood Institute 301-592-8573 www.nhlbi.nih.gov <i>Your Heart, Your Life</i> Local physical therapists, exercise physiologists and fitness center staff can assist with handouts for simple exercises and stretching
Logbooks	ST	5	Pharmacy staff and/or meter companies can assist with logbooks
<i>Pregnancy Planning and Care for Women with Diabetes</i>	EB	6	International Diabetes Center 888-637-2675 www.idcpublishing.com
<i>Message of Hope</i>	AV	7	Diabetes Prevention in AI/AN Communities (video) NIDDK National Institutes of Health 301-496-3583 www.niddk.nih.gov
Birth control methods	VA	7	Pharmacy staff, women's health clinics and/or the local health department can assist with providing samples of birth control used locally
Breastfeeding videos	VA	7	Sources include: <ul style="list-style-type: none"> Phoenix Indian Medical Center Breastfeeding Helpline 877-868-9473 <i>Close to the Heart: Breastfeeding our Children, Honoring Our Values</i> Milner Fenwick/AADE Series 800-432-8433 www.milner-fenwick.com <i>Beginning Breastfeeding</i> La Leche League International 847-519-9585 www.lalecheleague.org Local lactation specialist or other breastfeeding resource

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Breastfeeding handouts	EB/IH	7	Sources include: <ul style="list-style-type: none"> · Phoenix Indian Medical Center Breastfeeding Helpline 877-868-9473 · La Leche League International 847-519-9585 www.lalecheleague.org · HHS Public Service Campaign: <i>Babies where born to be breastfed</i> 800-994-9662 www.4woman.gov · Local lactation specialist or other breastfeeding resource
Breast pump (actual and/or photos)	VA	7	Sources include: <ul style="list-style-type: none"> · Medela 800-435-8316 www.medela.com · Local lactation specialist or other breastfeeding resource

