



Resource Directory



Curricula Resources

(Note: See also Curricula in *BYLD* Resource Directory.)

Diabetes-Cardiovascular Disease Toolkit. American Diabetes Association, Alexandria, VA, 2004.

Educational Tool Kit on Beverage Alcohol Consumption. Distilled Spirits Council of the United States, 2003.

Honoring the Gift of Heart Health: A Heart Health Educator's Manual for American Indians and Alaska Natives. National Institutes of Health, NHLBI, 2004.

Hosey, Gwen. Honor the Gift of Food: Learn At Home Lessons, Portland Area Indian Health Service Diabetes Program, 1995.

Kaiser Permanente. Cultivating Healthy Weight Management Kit. Portland, OR, 2003.

Kitchen Creations: A Cooking School for People with Diabetes and Their Families. New Mexico State University Cooperative Extension Service and New Mexico Department of Health, 2001.

Native American Diabetes Project: Strong in Body and Spirit. University of New Mexico School of Medicine, Albuquerque, NM, 1995.

Northern Plains Nutrition Consulting. The Four Winds Model for Native Nutrition. Rapid City, SD, 2000.

Powers, Maggie. Indian Health Service Nutrition Series Diabetes Curriculum, Indian Health Service, Albuquerque, NM, 1996.

Woolf, Nonie. Cooking for Good Health: A Series of Cooking Classes Designed to Teach Healthy Eating to American Indian People, Blackfeet Diabetes Program, Blackfeet, MT, 1995.





Community Resources

The following organizations may be able to assist with grocery store tours, consumer education and other food and nutrition related presentations:

- American Diabetes Association regional and local affiliates
- American Dietetic Association state and local affiliates
- American Heart Association state and local affiliates
- Local community service organizations
- Registered dietitians working in tribal, Indian Health Service, and urban Indian health clinics, centers and programs
- Schools, including middle, junior high and high schools, community colleges, and university home economics/consumer education and nutrition /diabetes departments
- State or local health department chronic disease programs, diabetes prevention and control programs and Special Supplement Food Program for Women, Infants and Children
- State or local Human Services/Income Support Department—Food Stamps
- Tribal diabetes programs and Special Supplement Food Program for Women, Infants and Children
- Tribal United States Department of Agriculture (USDA) Food Distribution Programs on Indian reservations (Commodity Food Program)
- USDA Cooperative Extension Service affiliated with state land grant universities, including county home economics/consumer education/food and nutrition education program agents



Internet Resources

(Note: See also Internet Resources in *BYLD* Resource Directory.)

American Dietetic Association

www.eatright.org

Calorie Control Council

www.caloriecontrol.org

Center for Food Safety and Applied Nutrition

www.cfsan.fda.gov

Center for Nutrition Policy and Promotion

www.usda.gov/cnpp

Center for Science in the Public Interest

www.cspinet.org

Food and Nutrition Information Center

www.nal.usda.gov/fnic

Food Safety

www.foodsafety.gov

Healthfinder®—Gateway to Reliable Consumer Health Information

www.healthfinder.gov

My Pyramid Food Guidance System

www.mypyramid.gov

National Dairy Council

www.nationaldairycouncil.org

NIDDK Weight Control Information Network

win.niddk.nih.gov/

Nutrition Information (USDA)

www.nutrition.gov

United States Department of Agriculture (USDA)

www.usda.gov

A variety of nutrition and diabetes resources are available on the Internet. Patient and professional information on nutrition and diabetes, chat rooms and support groups can be found under “health and nutrition/diabetes” through a variety of online services and search engines. Companies maintain websites for their products and offer patient and professional information. Not all information found on the Internet is accurate or useful—be sure to verify information and advise participants to check with their health care provider before making any changes in their care.



