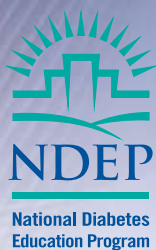




Changing  
the Way  
Diabetes is  
Treated

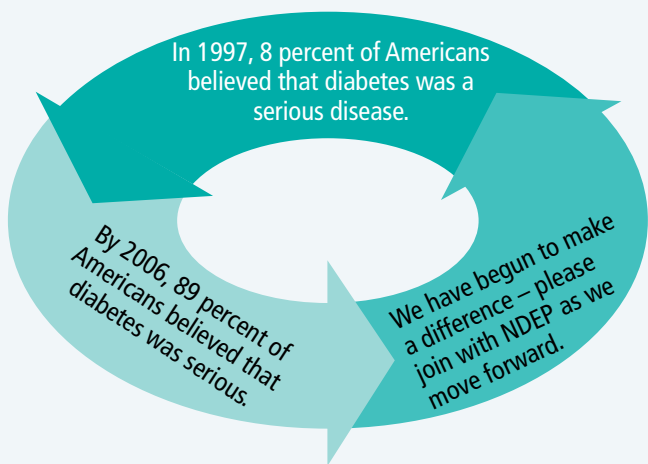


*A Joint Program of the National Institutes of Health and  
the Centers for Disease Control and Prevention*

# The National Diabetes Education Program

The National Diabetes Education Program (NDEP) is a federally funded program sponsored by the U.S. Department of Health and Human Services' National Institutes of Health and the Centers for Disease Control and Prevention and includes over 200 partners at the federal, state, and local levels, working together to reduce the morbidity and mortality associated with diabetes. NDEP translates the latest science and spreads the word that diabetes is serious, common, and costly, yet *controllable* and, for type 2, *preventable*. Many organizations and volunteers have joined with NDEP to develop effective public education initiatives and bring them to life.

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



We encourage you to use all of the resources, tools, and expertise NDEP offers. All materials are copyright-free and may be reproduced or reprinted. Materials may be ordered from our clearinghouse by calling 1-888-693-NDEP (6337), TTY: 1-866-569-1162, or downloaded from [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

## What NDEP Can Do for You

NDEP offers a wide range of resources around two 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, kits, public service advertisements, articles, and more—that you can use to reach out to people with diabetes, people at risk, or health care professionals, community groups, schools, businesses, faith-based programs, medical offices, pharmacies, and more. Go to [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) for all of our promotional tools and resources.

## What NDEP Can Do for Your Community

NDEP has created tools for community leaders and lay health educators who want to help tackle diabetes prevention and diabetes control. These tools help community leaders take advantage of NDEP campaign resources and introduce diabetes issues in group discussions, one-on-one presentations, and through a curriculum based on the behavioral approach that worked in the Diabetes Prevention Program to establish and maintain lifestyle changes.

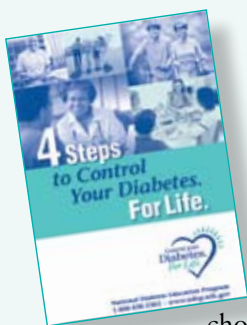
## How You Can Get Involved

NDEP's success is due to its extensive Partnership Network. Join us by helping to spread the word about diabetes prevention and control. Distribute our brochures, print ads, and news articles to members and local media contacts. Share NDEP resources through 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 website at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-693-NDEP (6337), TTY: 1-866-569-1162. To sign up for a monthly e-newsletter of activities, visit our About NDEP section and click on "NEWS & NOTES."



*Control Your Diabetes. For Life.* promotes the importance of comprehensive diabetes control. This campaign, based on findings from the landmark Diabetes Control and Complications Trial (DCCT), and regularly updated with the results of other major clinical studies, has distilled essential information into easy-to-read materials for people with diabetes—from children to older adults—and their loved ones. NDEP also has tools for health care teams—family doctors, specialists, nurses, diabetes educators, dietitians, and pharmacists—all of whom need to be engaged in caring for the person with diabetes. NDEP’s school guide empowers school personnel, parents, and students to create a safe learning environment and equal access to educational opportunities for all children with diabetes.



**ABCs of Diabetes**—Based on data from the United Kingdom Prospective Diabetes Study (UKPDS), the *Control* campaign includes 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.

**Resources—addressing the life span from child to older adult—include:**

- *4 Steps to Control Your Diabetes. For Life.*
- *Tips for Helping a Person with Diabetes*
- *Tips for Teens with Diabetes Tip Sheet Series*
- *Helping the Student with Diabetes Succeed: A Guide for School Personnel*
- *Guiding Principles for Diabetes Care: For Health Care Professionals*
- *Working Together to Manage Diabetes: A Guide for Pharmacists, Podiatrists, Optometrists, and Dental Professionals*
- *The Power to Control Diabetes Is in Your Hands*

# Connect with our **online** resources



## [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

Learn more about diabetes, download diabetes education resources and tools, learn how to work with 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](http://www.BetterDiabetesCare.nih.gov)

Changing the health care system is an essential step toward changing the way diabetes is treated and improving outcomes for people with diabetes. This easy-to-use, comprehensive website for health care professionals has information and tools to make effective systems changes in the way diabetes is diagnosed, treated, and prevented. Using the site can qualify for continuing education credits (CE/CME).



## [www.DiabetesAtWork.org](http://www.DiabetesAtWork.org)

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



small steps  
**big rewards**

## 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 57 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—from women with a history of gestational diabetes and their children to older adults—take the small steps needed to achieve the big reward of preventing or delaying type 2 diabetes. NDEP also produces materials for the full health care team responsible for helping people at risk prevent or delay the onset of type 2 diabetes.

### Resources—addressing the life span from child to older adult—include:

- *Your GAME PLAN for Preventing Type 2 Diabetes* for patients, including a fat and calorie counter and daily tracker
- Tools for health care professionals to help them help their patients to prevent and control diabetes.
- Tip sheets, tailored for multicultural and older audiences, help motivate people to lose weight and increase their physical activity
- Tip sheet for women who had gestational diabetes to encourage them to take small steps to prevent type 2 diabetes for themselves and their offspring
- Tip sheet for youth at risk for type 2 diabetes

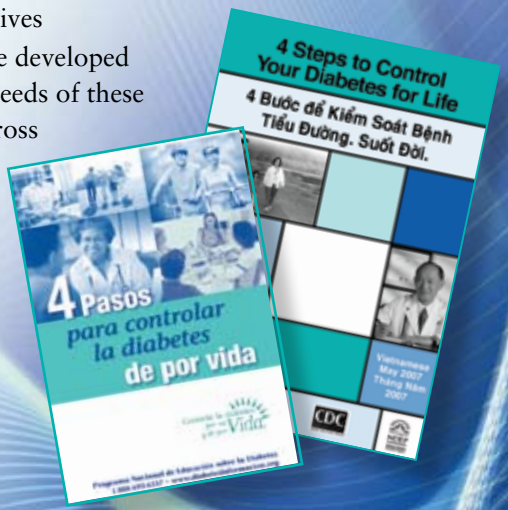




Addressing health disparities is a core goal of NDEP. Materials have been adapted to reach audiences at highest risk for developing diabetes and with the highest prevalence of diabetes. The adaptations address cultural issues such as food choices and health literacy. NDEP's easy-to-read materials include those developed for:

- African Americans and people of African ancestry
- Hispanics/Latinos
- Asian Americans in Cambodian, Chinese, English, Hmong, Japanese, Korean, Laotian, Thai, and Vietnamese
- Pacific Islanders in Chamorro, Chuukese, English, Samoan, Tagalog, and Tongan
- Asian Indians in English, Gujarati, and Hindi
- American Indians
- Alaska Natives

Resources are developed to meet the needs of these audiences across their life span, from child to older adult.



## STEERING COMMITTEE ORGANIZATIONS include

- Agency for Healthcare Research and Quality
- American Academy of Family Physicians
- American Academy of Nurse Practitioners
- American Academy of Pediatrics
- 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 Medical Association
- American Pharmacists Association
- Association of American Indian Physicians
- Association of Asian Pacific Community Health Organizations
- Black Women's Health Imperative
- 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 Hispanic Medical Association
- National Kidney Disease Education Program
- National Latina Health Network
- National Medical Association
- Papa Ola Lokahi
- Veterans Health Administration

### For additional information, please contact:

National Institute of Diabetes and Digestive and Kidney Diseases

National Institutes of Health

Phone: (301) 496-3583

[ndep@mail.nih.gov](mailto:ndep@mail.nih.gov)

Division of Diabetes Translation

Centers for Disease Control and Prevention

Phone: 1-800-CDC-INFO

[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health and the Division of Diabetes Translation of the Centers for Disease Control and Prevention with the support of over 200 partner organizations.



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