

# Controlemos y prevengamos la diabetes

## Materiales y recursos para prevenir y controlar diabetes



### 4 Pasos Para Controlar La Diabetes De Por Vida

(NDEP-80)

Spanish version of 4 Steps to Control Your Diabetes for Life brochure. Learn more about diabetes and the 4 steps you can take to control your diabetes and live a long, active life. First 25 copies free. Each additional package of 25, \$5. Limit 2 packages.



### Si Usted Tiene Diabetes, ¡Sepa los Niveles de Azúcar en su Sangre! [^ top](#)

(NDEP-10SP)

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 (updated 10/05).



### 7 principios para controlar la diabetes para toda la vida

(NDEP-18)

Spanish version of the *7 Principles for Controlling Your Diabetes for Life*. First 25 copies free. Each additional package of 25, \$5. Limit two packages.



### Si tiene diabetes, cuide su corazón (If You Have Diabetes, Take Care of Your Heart)

(NDEP-58)

An easy-to-read, bilingual (Spanish and English) brochure that explains the link between diabetes and heart disease for Hispanic and Latino Americans.. A detachable wallet card allows patients to track these target numbers (published 09/02). First 25 copies free. Each additional package of 25, \$5.



### Si tiene diabetes, cuide su corazón, Presentación en rotafolio (If You Have Diabetes, Take Care of Your Heart, Flipchart Presentation)

(NDEP-58FC)

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). Available online only.



### El poder de controlar la diabetes está en sus manos

(NDEP-39)

Spanish version of *The power to control diabetes is in your hands* brochure. First 25 copies free. Each additional package of 50, \$5.



### Expansión de la cobertura de medicare para los servicios de diabetes

(NDEP-77SP)

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



### Cuide sus pies durante toda su 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.



### Movimiento Pos Su Vida

(NDEP-62CD)

This is a music CD created to help Hispanics and Latinos incorporate more movement into their lives. It is a fun reminder that diabetes can be controlled AND prevented by integrating MOVIMIENTO into life. This music CD could be used to encourage individuals or groups to exercise. Single CD free.



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

(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 (published 7/01). Available on-line only.



## ¿Corro el riesgo de que me de diabetes tipo 2?

Are you at risk for developing type 2 diabetes? Find out more about the risk factors for type 2 diabetes and what you can do to prevent or delay the onset of the disease. You'll also learn about the condition called "pre-diabetes," which puts people at high risk for diabetes. First 25 copies free. Each additional package of 25, \$5.



## Paso a Paso Tip Sheet

(NDEP-72)

This bilingual tip sheet (Spanish and English) provides information and ideas to help Hispanic and Latino Americans prevent diabetes, Paso a Paso. First 25 copies free. Each additional package of 25, \$5. Limit two packages.



## Food and Activity Tracker

(NDEP-70)

One of the most successful techniques for losing weight is to write down everything you eat and drink and to figure out how many calories and fat grams you consume every day. Use this tracker to record your food and drink intake, as well as the time you spend on physical activity. Print out copies of the tracker and put them in your purse or pocket. Keeping track of your progress will help you reach your weight loss and activity goals. Available on-line only



## 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.

## 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.



Que es la diabetes?  
NDEP-83



Mantente en un peso saludable  
NDEP-85



Mantente activo  
NDEP-86



Come alimentos saludables  
NDEP-83

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