



NATIONAL
DIABETES
EDUCATION
PROGRAM

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

Materials for Health Care Providers

- Distilled from evidence-based national guidelines for diagnosis and care
- Critical information you need – right at your fingertips
- All available in one place – **the National Diabetes Education Program** – <http://www.ndep.nih.gov>

Diabetes Numbers at-a-Glance (updated 3/05)

Use this handy pocket guide for a quick listing of ADA recommendations for diagnosing pre-diabetes and diabetes and for managing your patients with diabetes.

Guiding Principles of Diabetes Care (updated 4/04)

- Identify people with pre-diabetes and undiagnosed diabetes.
- Offer comprehensive patient-centered care, including self-management education and encouragement.
- Identify, treat, and prevent long-term diabetes complications.

Small Steps. Big Rewards. GAMEPLAN for Preventing type 2 Diabetes

The latest evidence-based tools and techniques to help your patients start their own personalized diabetes prevention program, including a decision pathway to diagnose and treat pre-diabetes, proven strategies to counsel and motivate patients, office poster, and reproducible patient education handouts.

<http://www.BetterDiabetesCare.nih.gov>

An online resource for health care providers offering the resources and tools necessary to effect and evaluate systems change and improve patient outcomes

Call 1-800-438-5383 to order materials or go to <http://www.ndep.nih.gov> to download materials for your practice.

Changing the way diabetes is treated