



*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

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. (updated 3/05)

Guiding Principles of Diabetes Care

- 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. (updated 4/04)

***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.

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**