



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** – [www.ndep.nih.gov](http://www.ndep.nih.gov)

## Changing the way diabetes is treated



### **Diabetes Numbers at-a-Glance Reference Card** (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.

### **And much more, including:**

- <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
- *Working Together to Manage Diabetes: A Guide for Pharmacists, Podiatrists, Optometrists, and Dental Professionals*
- *Feet Can Last a Lifetime: A Health Care Provider's Guide to Diabetes Foot Problems*
- A wide range of resources for people with diabetes and people at risk for diabetes

*We encourage you to utilize all of the support, resources, tools, and expertise the NDEP offers.*

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