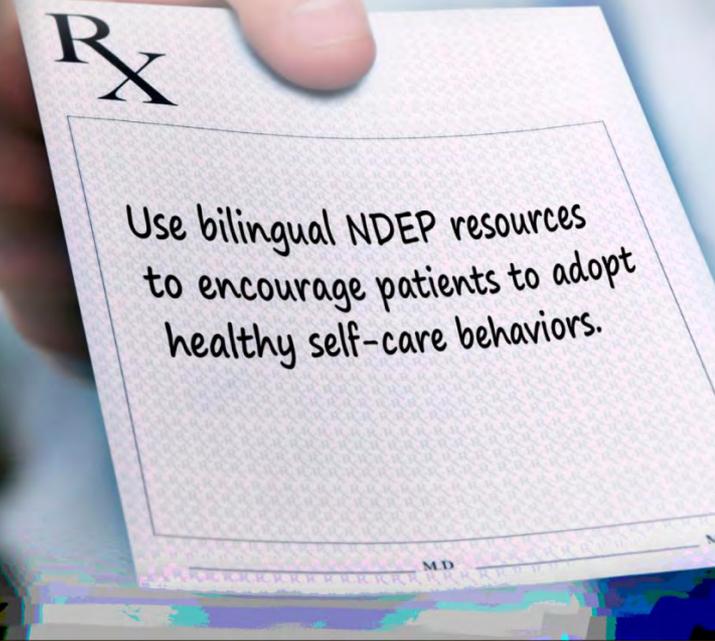


Entre todas las formas para controlar la diabetes, algunas de su agrada, pueden estar aprendiendo... con la comida. No se trata de un control de la diabetes que sea más fácil, de un control de la diabetes que sea más fácil de aprender, de un control de la diabetes que sea más fácil de aprender, de un control de la diabetes que sea más fácil de aprender. Para más información y recursos, visite www.ndep.nih.gov o llame al 1-888-695-6337. La diabetes es grave y controlarla es importante.

Controlar su diabetes es...



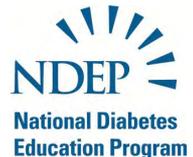
...formas para controlar su diabetes, puede sentirse bien ahora y más saludable en el futuro.



Your prescription for helping Hispanic/Latino patients achieve behavior change through diabetes education



The National Diabetes Education Program
www.YourDiabetesInfo.org
 A joint program of CDC and NIH



Behavior Change!

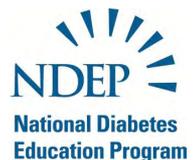
- Is the primary goal of diabetes education.
- The most effective diabetes education programs focus on Seven Self-Care Behaviors™.
 - healthy eating,
 - being active,
 - monitoring,
 - taking medication,
 - problem solving,
 - reducing risks,
 - and healthy coping.



The National Diabetes Education Program

www.YourDiabetesInfo.org

A joint program of CDC and NIH



According to the American Association of Diabetes Educators, the most effective diabetes education programs focus on Seven Self-Care Behaviors™—healthy eating, being active, monitoring, taking medication, problem solving, reducing risks, and healthy coping.

The National Diabetes Education Program helps you

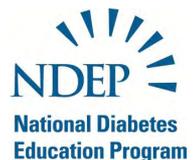
- With a variety of publications and diabetes education resources and tools.
- Both in English and Spanish.
- To help patients incorporate these behaviors into their lifestyle and better manage their diabetes.



The National Diabetes Education Program

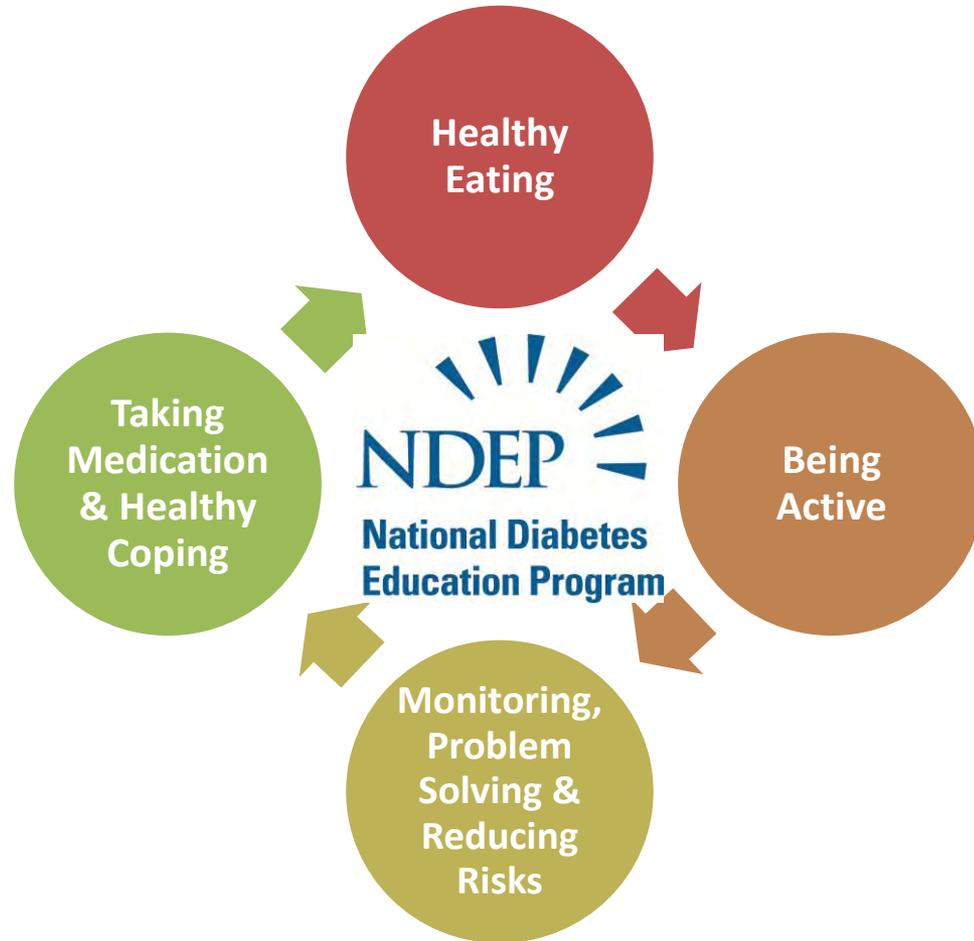
www.YourDiabetesInfo.org

A joint program of CDC and NIH



The National Diabetes Education Program (NDEP) offers a variety of publications and diabetes education resources and tools in English and Spanish.

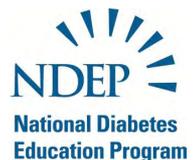
Areas that NDEP has Resources on



The National Diabetes Education Program

www.YourDiabetesInfo.org

A joint program of CDC and NIH

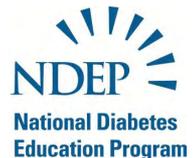




HEALTHY EATING



The National Diabetes Education Program
www.YourDiabetesInfo.org
A joint program of CDC and NIH



Healthy Eating

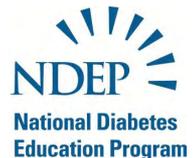
- Healthy eating is a cornerstone of any diabetes management plan.
- It's not just what your patients eat that affects their blood sugar level. How much they eat and when they eat matters, too.
- Help patients make better food choices, understand portion sizes, and learn more about healthy eating.



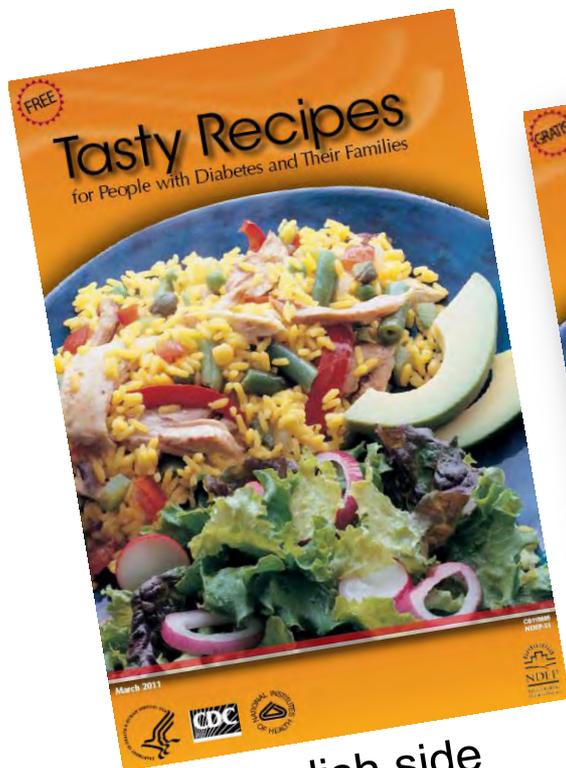
The National Diabetes Education Program

www.YourDiabetesInfo.org

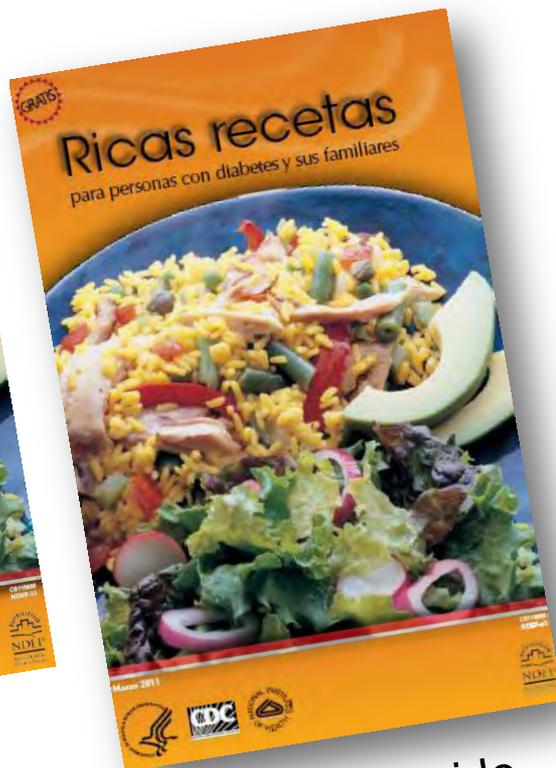
A joint program of CDC and NIH



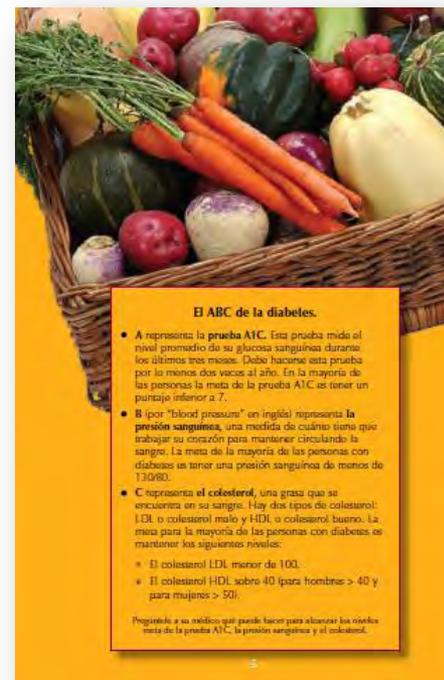
Bilingual Recipe Booklet



English side



Spanish side



NDEP-51



The National Diabetes Education Program

www.YourDiabetesInfo.org

A joint program of CDC and NIH



What makes a recipe OK for someone with diabetes? No sugar? No fat? What about your patient's favorite family recipes? Do they need to toss them out because someone has diabetes? This booklet provides healthy recipes and tips to make recipes diabetes-friendly. Your patients can turn almost any recipe into diabetes-friendly food!

The recipes included in this recipe booklet are: the Spanish Omelet, Beef Stew, Red Caribbean Snapper, Two Cheese Pizza, Spanish Rice with Chicken, Pozole, Avocado Tacos, and Tropical Fruits Fantasia

You can use these resources during your diabetes and nutrition classes or incorporate them as part of the teaching tools that you use.

The latest edition of the NDEP bilingual recipe booklet, contains new and revised recipes and more detailed information about diabetes control and prevention messages for people with diabetes and their families.

Topics include: What is diabetes; symptoms of diabetes; types of diabetes; tips in how to control diabetes; the ABCs of diabetes; the creation of a healthy meal plan; healthy food selection; and other links to obtain additional information. Plus, recipes are accompanied by their nutritional facts table.

This effective, yet practical, educational tool is a terrific addition to any diabetes management class, nutrition class or as a giveaway to patients or clients.

Recipe cards – Set 1

Programa Nacional de Educación sobre la Diabetes

TORTILLA Española



Más que comida, es vida. It's more than food. It's Life.
¿Le gustaría disfrutar de otras sabrosas recetas? El recetario del NDEP, Ricas recetas para personas con diabetes y sus familiares (Tasty Recipes for People with Diabetes and Their Families), tiene recetas específicamente diseñadas para el paladar latinoamericano.




2011 El NDEP del DHHS es un programa conjunto de los NIH y de los CDC. NDEP-122SP

Programa Nacional de Educación sobre la Diabetes

TACOS de aguacate



Más que comida, es vida. It's more than food. It's Life.
¿Le gustaría disfrutar de otras sabrosas recetas? El recetario del NDEP, Ricas recetas para personas con diabetes y sus familiares (Tasty Recipes for People with Diabetes and Their Families), tiene recetas específicamente diseñadas para el paladar latinoamericano.




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Programa Nacional de Educación sobre la Diabetes

Fantasia de FRUTAS TROPICALES



Más que comida, es vida. It's more than food. It's Life.
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Programa Nacional de Educación sobre la Diabetes

Arroz con Pollo a la ESPAÑOLA



Más que comida, es vida. It's more than food. It's Life.
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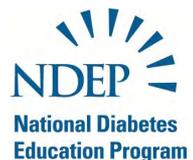



2011 El NDEP del DHHS es un programa conjunto de los NIH y de los CDC. NDEP-122SP

NDEP-122



The National Diabetes Education Program
www.YourDiabetesInfo.org
 A joint program of CDC and NIH



Because of the popularity of the recipe booklet, and because people wanted to share the recipes with others, the NDEP came up with another yet great idea and produced 2 sets of recipe cards of all the recipes.

Here you can see the recipes in recipe card set 1. All the recipe card sets are available to download from the NDEP website, in English or Spanish.

Recipe cards – Set 2

Programa Nacional de Educación sobre la Diabetes

PIZZA

de dos quesos



Más que comida, es vida. It's more than food. It's Life.
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2011 • El NDEP del DHHS es un programa conjunto de los NIH y de los CDC. NDEP-1245P

Programa Nacional de Educación sobre la Diabetes

CARNE

de res o de pavo guisada



Más que comida, es vida. It's more than food. It's Life.
 ¿Le gustaría disfrutar de otras sabrosas recetas? El recetario del NDEP, Ricas recetas para personas con diabetes y sus familiares (Tasty Recipes for People with Diabetes and Their Families), tiene recetas específicamente diseñadas para el paladar latinoamericano.





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Programa Nacional de Educación sobre la Diabetes

PARGO ROJO

caribeño



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Programa Nacional de Educación sobre la Diabetes

POZOLE



Más que comida, es vida. It's more than food. It's Life.
 ¿Le gustaría disfrutar de otras sabrosas recetas? El recetario del NDEP, Ricas recetas para personas con diabetes y sus familiares (Tasty Recipes for People with Diabetes and Their Families), tiene recetas específicamente diseñadas para el paladar latinoamericano.





2011 • El NDEP del DHHS es un programa conjunto de los NIH y de los CDC. NDEP-1245P

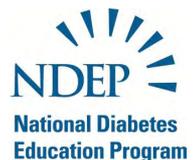
NDEP-124



The National Diabetes Education Program

www.YourDiabetesInfo.org

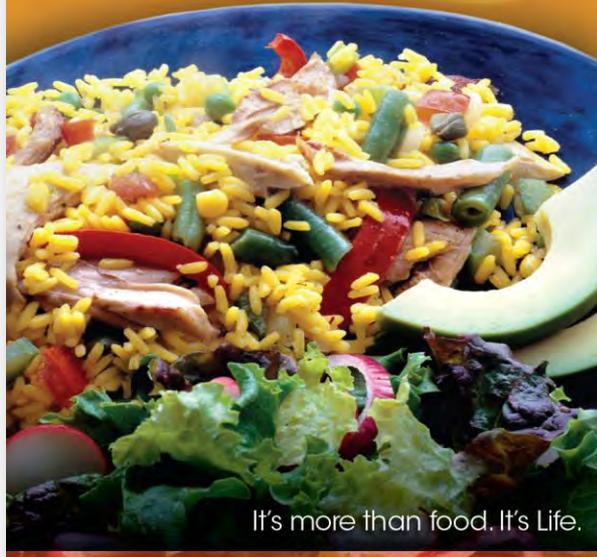
A joint program of CDC and NIH



This is the 2nd set, is also available for downloading from the NDEP site. All the recipe card sets are available in English or Spanish in packages of four cards, which make the set.

English and Spanish posters

Control Your Diabetes.



It's more than food. It's Life.

Among the many ways to manage your diabetes, some of them might be waiting for you, right in your own kitchen!

That's right. Food is the fuel that keeps everything working. The physical activity you do, the medications you take, and your blood glucose levels are all affected by how much and what you eat. You don't have to give up your favorite foods, just take small steps to eat better. Learn how much to eat, how often, and how to prepare the foods you love in a healthy way. To order your free *Tasty Recipes for People with Diabetes and Their Families* booklet, visit www.ndep.nih.gov or call 1-888-693-NDEP. The call is toll-free and confidential.

Control your diabetes. With food. For Life.

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.



September 2009 • NDEP-99

Controle su diabetes.



Más que comida, es vida.

Entre todas las formas para manejar la diabetes, algunas de su agrado podrían estar esperándole... ¡en la cocina!

Así es. Los alimentos son el combustible que dan vitalidad a todo. La actividad física que usted haga, los medicamentos que se tome y sus niveles de glucosa en la sangre se ven afectados por lo que usted come y cómo lo consume. Usted no tiene que dejar de comer los alimentos que más le gustan; sólo de pequeños pasos para comer saludablemente. Aprenda cuánto comer, con qué frecuencia y cómo preparar los alimentos que le encantan. Para recibir gratuitamente su recatario *Ricos recetas para personas con diabetes y sus familiares*, visite www.ndep.nih.gov, o llame al 1-888-693-6337. La llamada es gratuita y confidencial.

Controle su diabetes, con comida, por su vida.

El Programa Nacional de Educación sobre la Diabetes (NDEP) del Departamento de Salud y Servicios Humanos de los Estados Unidos es un programa conjunto de los Institutos Nacionales de la Salud (NIH) y los Centros para el Control y la Prevención de Enfermedades (CDC), con el apoyo de más de 200 organizaciones asociadas.



Septiembre 2009 • NDEP-99

NDEP-99



The National Diabetes Education Program

www.YourDiabetesInfo.org

A joint program of CDC and NIH



Another great resource that is part of NDEP's *Más que comida, es vida* campaign is the poster. Which has one side in English and one side in Spanish, showcasing the control message reminding readers that there are many ways to manage your diabetes, some of them might be waiting for you, right in your own kitchen. This is a good piece to post in your office, waiting area, restrooms, lab, or reception area. These posters can also be posted them in hospitals, libraries, laundries, supermarkets or bodegas, restaurants, cafeterias, among other places.

Artwork

Más que comida, es vida. It's more than food. It's Life.
The National Diabetes Education Program's bilingual nutritional campaign for Hispanics/Latinos

Hispanics/Latinos with diabetes can now make healthy food choices when preparing family meals, without giving up the traditional foods they love.

Más que comida, es vida campaign features a recipe booklet that 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 booklet a terrific addition to any kitchen.

Más que comida, es vida campaign materials (available in English and Spanish) include:

- Revised recipe booklet, *Tasty Recipes for People with Diabetes and Their Families* (Recetas deliciosas para personas con diabetes y sus familias)
- Full-color poster
- Print ads (full page, 1/2 page and 1/4 page)

Download or order your recipe booklet and poster from www.ndep.nih.gov or call 1-888-693-NDEP.

Promotional materials can be downloaded from the Web site.



The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.
 September 2008

1 page - English

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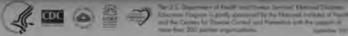
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1/2 horizontal page - English

Más que comida, es vida. It's more than food. It's Life.
La campaña nutricional bilingüe del Programa Nacional de Educación sobre la Diabetes para hispanos/latinos

Los hispanos/latinos con diabetes ahora pueden hacer una selección más saludable de alimentos a la hora de preparar sus comidas familiares, sin tener que renunciar a los platos típicos que tanto les gustan.

La campaña Más que comida, es vida trae un recetario con recetas deliciosas para cada día de la semana y consejos para controlar la diabetes de manera deliciosa. Mediante imágenes apetitosas y un diseño práctico, este libro de recetas se convertirá en un fantástico complemento de su cocina.

Los materiales de la campaña Más que comida, es vida (disponibles en español e inglés) incluyen:

- La más reciente edición del recetario *Recetas deliciosas para personas con diabetes y sus familias* (*Tasty Recipes for People with Diabetes and Their Families*)
- Folletos a color
- Anuncios de prensa (surgido completo, 1/2 página, 1/4 página)

Acceda y ordene su recetario y poster visitando www.ndep.nih.gov o llame al 1-888-693-6337.

Los materiales promocionales pueden ser accedidos en el sitio de Internet.



El Programa Nacional de Educación sobre la Diabetes (NDEP) del Departamento de Salud y Servicios Humanos de los Estados Unidos es un programa conjunto de los Institutos Nacionales de la Salud (NIH) y los Centros para el Control y la Prevención de Enfermedades (CDC), con el apoyo de más de 200 organizaciones asociadas.
 Septiembre 2008

1/4 page - Spanish

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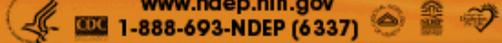


El Programa Nacional de Educación sobre la Diabetes (NDEP) del Departamento de Salud y Servicios Humanos de los Estados Unidos es un programa conjunto de los Institutos Nacionales de la Salud (NIH) y los Centros para el Control y la Prevención de Enfermedades (CDC), con el apoyo de más de 200 organizaciones asociadas.
 Septiembre 2008

1/2 vertical page Spanish

Más que comida, es vida. It's more than food. It's Life.
The National Diabetes Education Program's bilingual nutritional campaign for Hispanics/Latinos.

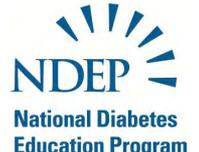
www.ndep.nih.gov
 1-888-693-NDEP (6337)



Online banner (English & Spanish)



The National Diabetes Education Program
www.YourDiabetesInfo.org
A joint program of CDC and NIH

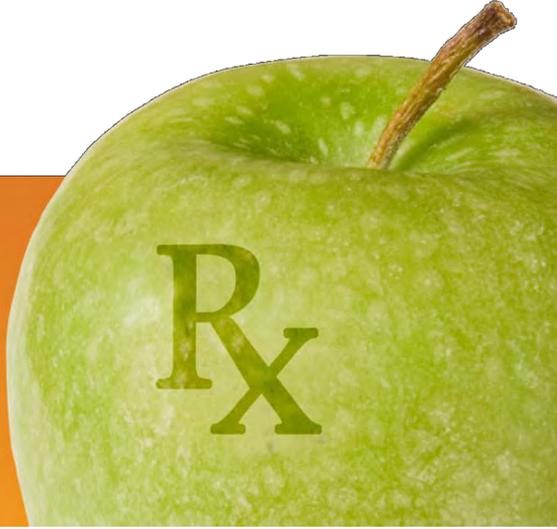


If you want to go further, you could use this artwork and web banner. You can print it as flyers, handouts, tip sheets, or in a newsletter, e-mail message, e-blast, or any other preferred form. You can give them to your patients, so they can order the recipe booklet and other resources through NDEP. As you can see, these resources come in various sizes and formats. The online banner can be posted in the consumer education section of your organization's Website or in any online diabetes communications, such as a blog, group, listserv email, etc., even as supplements during a presentation.

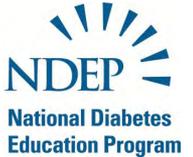
To access these resources directly from this presentation, view it as "Slide Show" and then click over the artwork. Each image will take you directly to that particular NDEP publication.



BEING ACTIVE



The National Diabetes Education Program
www.YourDiabetesInfo.org
A joint program of CDC and NIH

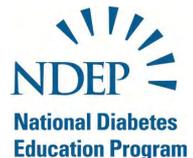


Diabetes and Physical Activity

- Diabetes and physical activity go hand in hand, at least when it comes to managing diabetes.
- So what better way to get moving than with music!



The National Diabetes Education Program
www.YourDiabetesInfo.org
A joint program of CDC and NIH



Physical activity can help improve blood sugar control, as well as boost the overall fitness and reduce the risk of heart disease and nerve damage.

Even moderately intense physical activity –such as dancing– can make a difference. You can dance, walk, or play with the kids while listening to music. People can be more physically active in their daily lives.

Movimiento Por Su Vida



NDEP-62CD

This lively music CD helps Hispanics and Latinos incorporate more movement into their lives. It features six original songs with empowering messages and strong Latin rhythms that urge listeners to move more. It is a fun way to show how movement can help prevent and manage diabetes. Use this music CD to encourage individuals or groups to be physically active.

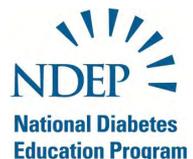
BONUS FEATURE: This CD also contains a music video, *Movimiento Por Su Vida*, that can be viewed on a DVD player.



The National Diabetes Education Program

www.YourDiabetesInfo.org

A joint program of CDC and NIH



For Hispanics and Latinos, music is a big part of any of their activities. Movimiento Por Su Vida is a CD/DVD that includes original salsa, merengue, and other Latin music. Your patients don't have to go to the gym or buy expensive equipment to do physical activity with their family and friends. They can opt to dance and move to the rhythms of Movimiento at least five days a week for at least 30 minutes each day. This CD/DVD can help them become more active during family outings, summer events, at the house or while doing chores. For those Hispanic/Latino patients at increased risk of developing type 2 diabetes, it is important to recommend that they include physical activity in their daily activities to help prevent or delay, and even control, type 2 diabetes.

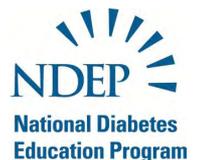
If during your diabetes education classes you offer a physical activity component, you can give Movimiento CD/DVDs as the takeaway piece or raffle a few copies among your participants. Please contact Betsy Rodríguez (bjr6@cdc.gov) if you would like to receive bulk quantities of the Movimiento CD/DVD.



MONITORING, PROBLEM SOLVING AND REDUCING RISKS



The National Diabetes Education Program
www.YourDiabetesInfo.org
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4 Steps to Control Your Diabetes. For Life.

- It help patients better understand, monitor, and manage diabetes in 4 major steps.



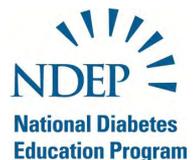
NDEP-67



The National Diabetes Education Program

www.YourDiabetesInfo.org

A joint program of CDC and NIH



This booklet is helpful for individuals newly diagnosed with diabetes or who just want to learn more.

- Step 1: Learn about diabetes.
- Step 2: Know your diabetes ABCs.
- Step 3: Manage your diabetes.
- Step 4: Get routine care.

Know Your Blood Sugar Numbers

- Helps people learn more about the importance of knowing your blood sugar numbers.



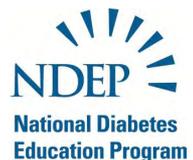
NDEP-10



The National Diabetes Education Program

www.YourDiabetesInfo.org

A joint program of CDC and NIH



This tip sheet contains information to help people understand the A1C test, self-monitoring blood glucose, and working with a health care team to set blood glucose targets and reach them.

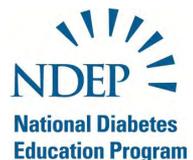
In addition to a downloadable file (PDF) of the four-page tip sheet, online only, two-page PDF versions in two-color and black & white formats are available for ease of printing.



TAKING MEDICATION AND HEALTHY COPING



The National Diabetes Education Program
www.YourDiabetesInfo.org
A joint program of CDC and NIH



Medication and Healthy Coping

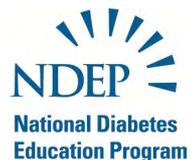
- Medication adherence and coping with the emotional effects of living with diabetes can be overwhelming to your patients.



The National Diabetes Education Program

www.YourDiabetesInfo.org

A joint program of CDC and NIH



It is important for patients to stay in close touch with their care team and seek help during times of high stress or discouragement. You can help individuals with diabetes and their loved ones how to find support and take steps to effectively manage these problems.

Tips to Help You Stay Healthy

- These tips show patients how to work with their health care team to create a successful diabetes action plan.



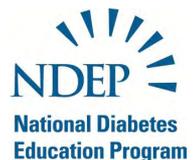
NDEP-8



The National Diabetes Education Program

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This tip sheet helps people work with their health care team to make a successful diabetes action plan.

Message: **Taking action to manage your diabetes can help you to** feel good today and stay healthy in the future.
Work with your doctor and other health care team members to make a diabetes care plan that works for you.

In addition to a downloadable file (PDF) of the four-page tip sheet, online only, two-page PDF versions in two-color and black & white formats are available for ease of printing. Also available in Spanish.

Helping a Loved One with Diabetes

- This tip sheet offers practical suggestions for helping someone with diabetes and finding organizations that can help.

Ayude a un ser querido que tiene diabetes

diabetes

NDEP
National Diabetes Education Program

Si un ser querido tiene diabetes, ya sea un miembro de la familia o un amigo, hay muchas cosas que usted puede hacer para ayudarlo. A continuación le damos algunos consejos para que comience hoy mismo.

Aprenda sobre la diabetes.

Hay mucho que aprender sobre cómo vivir con la diabetes. Usted puede usar sus conocimientos para ayudar a su ser querido a manejar la diabetes.

- Participe en un grupo de apoyo sobre lo que significa vivir con la diabetes. Pregunte a su doctor, o llame al hospital o clínica de salud local para ver dónde hay uno.
- Lea sobre la diabetes en Internet. Si tiene preguntas o para recibir más información, vaya a www.diabetesinformacion.org
- Pregúntele al equipo de cuidados de la salud de su ser querido cómo usted puede aprender más.

Hable con su ser querido sobre cómo enfrentar la diabetes.

- ¿Qué cosas o situaciones le son difíciles de controlar?
- ¿Cuáles son fáciles de controlar?
- ¿Su ser querido se plantea metas para su cuidado?
- ¿Qué hace para lograr estas metas?
- ¿Cómo podría ayudarle usted con las tareas del cuidado de la diabetes?
- ¿Hay momentos en que su ser querido se siente triste o decaído?
- ¿Qué puede hacer usted para que su ser querido se sienta mejor?
- ¿El o ella habla sobre sus sentimientos de tristeza con el médico o con otro miembro de su equipo de cuidados de la salud?

Averigüe cuáles son las necesidades de su ser querido.

Pregúntele:

- ¿Cómo puedo ayudarlo para que controle mejor su diabetes?
- ¿Hay algo que yo hago que se hace más difícil controlar su diabetes?
- ¿Qué puedo hacer para ayudarlo más de lo que hago ahora?

Busque formas para poder ayudar a su ser querido.

El quejarse no va a beneficiar a su ser querido ni a usted. Una vez que haya encontrado una manera de ayudar, añada otra manera de hacerlo.

www.diabetesinformacion.org | 1-800-692-6337 | 1-800-692-NDEP



La meta de Roberto es ser más activo. Por eso, ahora va con su esposa a pasear al perro todos los días después del trabajo.

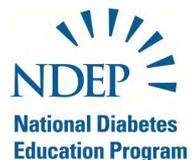


Caró ayuda a Isabel a manejar su vida al comer alimentos saludables y preparar los comidas en casa.

NDEP-57



The National Diabetes Education Program
www.YourDiabetesInfo.org
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This tip sheet provides practical suggestions for helping loved ones with diabetes. It also lists organizations that can help.

Message: There are many things you can do to help your loved one—a family member or friend—with diabetes. Use these tips to get started today.

In addition to a downloadable file (PDF) of the two-color tip sheet, an online only, black & white PDF version is available for ease of printing. It is also available in Spanish.



National Diabetes Education Program

NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations.



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NDEP translates the latest science and spreads the word that diabetes is serious, common, and costly, yet *controllable* and, for type 2, *preventable*.

Diabetes Topics:

Find Publications for Me

To search the NDEP database for publications specifically for you, select from the options below. To view more publications, select fewer options. At least one option must be selected.

Age

Diabetes Status

Ethnicity/Race

Language

Publications

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[4 Steps to Control Your Diabetes. For Life.](#)

(NDEP-87)

These four steps help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy. This publication is excellent for people newly diagnosed with diabetes or who just want to learn more about controlling the disease.



[Small Steps, Big Rewards, Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients](#)

(NDEP-88)

This three-booklet package helps people assess their risk for developing diabetes and implement a program to prevent or delay the onset of the disease. Includes an activity tracker and a fat and calorie counter.



[Guiding Principles for Diabetes Care](#)

(NDEP-18)

This evidence-based booklet outlines important patient-centered principles of diabetes care, helping health care professionals identify people with pre-diabetes and undiagnosed diabetes for treatment.

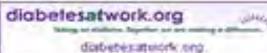
What's New

[Más que comida, es vida. \(It's more than food, it's life.\) Bilingual Poster](#)

This poster is designed to dispel misunderstandings about healthy eating and teaches Hispanics/Latinos to adopt a meal plan that maintains the cultural uniqueness of their food.

[Ten Smart Snacks for Teens](#)

Most teens need snacks as part of their daily food intake – the trick is making healthy food choices in the right amounts. NDEP offers 10 simple and healthy snack suggestions.



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We invite you to use the resources on our website at www.yourdiabetesinfo.org. Here you will find information for people with diabetes, at risk for diabetes, health care professionals, businesses, schools, and community organizations.

For more information, or to order materials please call our number at 1-888-693-NDEP or visit our Website at www.yourdiabetesinfo.org.

To search the NDEP database for publications specifically for you, select from the options listed under **Find Publications for Me**. To view more publications, select fewer options. At least one option must be selected. To find NDEP's *Más que comida, es vida recipe* booklet and poster, visit our website and search under "Diabetes Topics" and select "Recipes". You may also find other publication and resources for the H/L population by selecting "Spanish" under the language menu box or "Hispanic/Latino American" under the Ethnicity/Race menu box.

About the National Diabetes Education Program

The National Diabetes Education Program is a partnership of the Centers for the Disease Control and Prevention, the National Institutes of Health, and more than 200 public and private partner organizations.

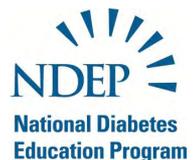
Our goal is to reduce the illness and deaths caused by diabetes.



The National Diabetes Education Program

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NDEP translates the latest science and spreads the word that diabetes is serious, common, and costly, yet controllable and preventable. If you would like to become a partner, please contact Betsy Rodríguez, deputy director of the NDEP at the Centers for Disease Control and Prevention. Her e-mail is bjr6@cdc.gov.

For NDEP resources in Spanish or to discuss training, workshops or other educational ideas, please contact:

Betsy Rodríguez, MSN, CDE
Deputy Director, CDC/NDEP
bjr6@cdc.gov

For more information about NDEP or to order other free materials:

Call 1-888-693-NDEP (6337)
or visit
www.YourDiabetesInfo.org
or
www.DiabetesInformacion.org

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the Centers for Disease Control and Prevention and the National Institutes of Health with the support of more than 200 partner organizations.



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For questions or comments about this presentation or any other resources, please send an email to Betsy Rodríguez, deputy director of the NDEP at the Centers for Disease Control and Prevention. Her e-mail is bjr6@cdc.gov

To order NDEP resources, please select the “Publications” tab. There, you will be able to order resources by audience, language, and whether your patients are at risk of diabetes or with diabetes. Materials can be ordered online or downloaded. Many materials are also available in Spanish, culturally appropriate and designed for H/L audiences.

For more information, or to order materials please call the toll-free number at 1-888-693-NDEP (6337) or visit NDEP’s website at www.yourdiabetesinfo.org.