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.
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 (NDEP) offers a variety of publications and diabetes education resources and tools in English and Spanish.
Areas that NDEP has Resources on

- Healthy Eating
- Taking Medication & Healthy Coping
- Monitoring, Problem Solving & Reducing Risks
- Being Active

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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.
Bilingual Recipe Booklet

English side

Spanish side

NDEP-51

The National Diabetes Education Program
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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

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 familias (Tasty Recipes for People with Diabetes and Their Families), tiene recetas específicamente diseñadas para el paladar latinoamericano.

TAGOS 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 familias (Tasty Recipes for People with Diabetes and Their Families), tiene recetas específicamente diseñadas para el paladar latinoamericano.

Fantasía de FRUTAS TROPICALES

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 familias (Tasty Recipes for People with Diabetes and Their Families), tiene recetas específicamente diseñadas para el paladar latinoamericano.

Arroz con Pollo a la 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 familias (Tasty Recipes for People with Diabetes and Their Families), tiene recetas específicamente diseñadas para el paladar latinoamericano.
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

PIZZA de dos quesos

CARNE de lecho o de pavo guisada

PARGO ROJO caribeño

POZOLE

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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.
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 recipe book for people with diabetes and their families booklet visit www.ndep.nih.gov or call 1-888-655-4335. The call is free and confidential.

Control your diabetes. With food. For life.

The U.S. Department of Health and Human Services’ National Diabetes Education Program (NDEP) was developed to address the need for better communication among health care providers, the public, and other organizations about diabetes and its prevention. NDEP is a joint program of the Centers for Disease Control and Prevention and the National Institutes of Health.

www.YourDiabetesInfo.org

A joint program of CDC and NIH

Controle su diabetes.

Más que comida, es vida.

Entre todas las formas para manejar la diabetes, algunas de su agrade podían estar esperándolo... ¡en la cocina!

Así se—but are food based carbohydrates good for you. Here's the best way to eat them. These foods can be eaten every day and won't affect your blood glucose. You don't have to give up your favorite foods, just eat the right foods in the right amounts. To learn more about making healthy choices in the kitchen visit www.ndep.nih.gov or call 1-888-655-4335. The call is free and confidential.

Controle su diabetes, con comida, por su vida.

The U.S. Department of Health and Human Services’ National Diabetes Education Program (NDEP) was developed to address the need for better communication among health care providers, the public, and other organizations about diabetes and its prevention. NDEP is a joint program of the Centers for Disease Control and Prevention and the National Institutes of Health.

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The National Diabetes Education Program

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Another great resource that is part of NDEP’s *Más que comida, es vida* campaign is the poster. Which has one side is in English and one side is 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.
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
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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!
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

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.
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
4 Steps to Control Your Diabetes. For Life.

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

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Medication and Healthy Coping

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