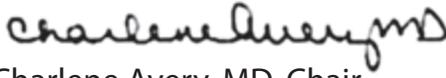




LIVING A BALANCED LIFE WITH DIABETES



TO: National Diabetes Education Program Partner and Health Professional

FROM: 
Charlene Avery, MD, Chair
American Indian/Alaska Native Work Group
National Diabetes Education Program

DATE: September 15, 2011

RE: NDEP's new product: ***Living a Balanced Life with Diabetes: A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Peoples***

Dear NDEP Partner and Health Professional:

The American Indian/Alaska Native Work Group of the National Diabetes Education Program (NDEP), along with the Association of American Indian Physicians, are pleased to share with you the enclosed ***Living a Balanced Life with Diabetes*** toolkit containing materials to help you in addressing the psychosocial needs of American Indians/Alaska Natives living with diabetes.

Depression and denial are common themes in working with patients with diabetes. People with diabetes are twice as likely to be depressed, and the co-occurrence of diabetes and depression greatly enhances the negative outcomes associated with diabetes. Additionally, alcohol abuse and other substance use disorders can interfere with diabetes self management efforts. Yet, psychosocial issues are often overlooked in the clinical setting and in the community. The ***Living a Balanced Life with Diabetes*** toolkit was developed because there is little information available for health care providers on this topic, specifically for American Indian and Alaska Native people.

The ***Living a Balanced Life with Diabetes*** toolkit contains information about psychosocial issues and their relationship with diabetes. This toolkit is intended for use by health care professionals working with American Indians/Alaska Natives living with diabetes. The enclosed toolkit is designed to assist front line health professionals in beginning the process of exploring behavioral barriers to diabetes control and prevention, as well as linking patients with behavioral supports. This toolkit is not intended to definitively meet the needs of patients in crisis or those with complicated psychiatric conditions; these patients should always be directly referred or transported to a health facility with specialized behavioral health services.

Below is an overview of the ***Living a Balanced Life with Diabetes*** toolkit components. These resources and tools may be used separately or can be packaged together to help American Indian/Alaska Native people with diabetes learn ways to manage diabetes and cope with emotional issues associated with it. The enclosed CD-ROM contains the toolkit's screening tools, patient fact sheets, articles, resource list, and Indian Health Service's Diabetes Best Practice Depression Care publication.

USING OUR WIT AND WISDOM TO LIVE WELL WITH DIABETES (BOOK AND AUDIO CD)

This book was written by Barbara Mora, Paiute/Diné, as a collaborative effort of the Indian Health Service Division of Diabetes Treatment and Prevention and the Centers for Disease Control and Prevention, National Diabetes Wellness Program. The book was created to document and sustain a public health effort to prevent and control diabetes in American Indian and Alaska Native people. The book highlights successes and challenges a person may experience while living with diabetes, and addresses myths about diabetes.

INDIAN HEALTH SERVICE DIABETES AND BEST PRACTICE DEPRESSION CARE

The *Indian Health Service (IHS) Diabetes Best Practice Depression Care* was published for use by health care professionals. It provides information for health care professionals to: 1) learn how to screen for depression among patients with diabetes; 2) learn how to provide depression care and treatment; and 3) recognize when to refer patients for expert care.

HEALTH FOR NATIVE LIFE MAGAZINE ARTICLES

Four magazine articles from IHS' *Health for Native Life Magazine* are components of the *Living a Balanced Life with Diabetes* toolkit. These articles cover topics to help American Indian/Alaska Native people with diabetes deal with stress, anger, and grief so that they can develop a more positive outlook on living with diabetes.

PATIENT TIP SHEETS

Five patient tip sheets have been developed exclusively for the *Living a Balanced Life with Diabetes* toolkit to reach American Indian/Alaska Native people. These tip sheets focus on issues related to youth and depression, diabetes and self-esteem, depression and eating behaviors, commercial tobacco and alcohol use, and resources for families caring for a loved one with diabetes.

SUICIDE PREVENTION HOTLINE MAGNET

Each *Living a Balanced Life with Diabetes* toolkit has a magnet that accompanies the other materials. This magnet provides the phone numbers of suicide prevention hotlines, with one of these toll-free numbers being specifically for Native youth.

DEPRESSION SCREENING TOOLS (PHQ-9 AND DEPRESSION CHECKLIST)

The Patient Health Questionnaire-9 is a self-administered diagnostic tool that can assess whether a person is exhibiting depressive symptoms. NDEP developed a Depression Checklist that helps to determine if depressive symptoms may be present. The Depression Checklist also provides resources for additional information related to emotional issues.

RESOURCE LIST OF MATERIALS ON DIABETES FOR AMERICAN INDIANS/ALASKA NATIVES

The *Living a Balanced Life with Diabetes* toolkit includes a list of resources for American Indian/Alaska Native people. The resources include information on diabetes control, nutrition, physical activity, and substance abuse prevention, and other psychosocial issues.

NDEP works with health professionals and other partners to spread the word that diabetes is a serious, common, costly, yet controllable and preventable disease. Removing or reducing the psychosocial barriers to diabetes control and prevention will enable American Indian and Alaska Native people to live healthier lives with and without diabetes.

Visit www.YourDiabetesInfo.org or call **1-888-693-NDEP (6337)** for a free *Living a Balanced Life with Diabetes* toolkit. Additional toolkits can be ordered for a nominal fee at the same website or phone number. Get your copy today!

If you have questions or would like to promote the *Living a Balanced Life with Diabetes* toolkit more broadly, contact Michelle Owens-Gary, PhD, Behavioral Scientist, at the Centers for Disease Control and Prevention (CDC), by email: MOwens1@cdc.gov, or by phone: 770-488-5014.

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www.YourDiabetesInfo.org or 1-888-693-NDEP (6337), TTY: 1-866-569-1162