

## Developing Community Based Resources for People with Diabetes

### Tools and Resources

This guide provides links to tools and resources listed in the training, “Developing Community Based Programs for People with Diabetes”.

It also includes links to additional resources to support the strategies outlined in section 2 of the training, “Planning Community Based Activities”.

Web site addresses of nonfederal organizations are provided solely as a service to readers. Provision of an address does not constitute an endorsement of this organization by CDC or the federal government, and none should be inferred. CDC is not responsible for the content of other organizations’ Web pages.

#### Resources for People with Diabetes

- [Tips to Help You Stay Healthy With Diabetes](#)
- [I Can Control My Diabetes by Working with my Health Care Team!](#)
- [How to Help a Loved One Cope with Diabetes](#)

[Visit the National Diabetes Education Program for more resources for people with and at risk for diabetes.](#)

#### Promote Healthy Living

- [The New Beginnings Discussion Guide](#)  
This guide helps group leaders lead discussions about the emotional side of living with diabetes, and helps people with diabetes identify family and social support needs and develop goal setting, positive coping and problem solving skills. New Beginnings can be used to supplement diabetes self-management education sessions and in diabetes support groups.
- [Diabetes Health Sense](#)  
Diabetes Health Sense provides a variety of resources for people with and at-risk for diabetes, their family members and caregivers to help support making healthy choices.
- [Planning Your Diabetes Awareness Event: Tips from the Society for Public Health Education](#)  
This guide provides tips and resources for raising awareness of diabetes in your community.

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### Support Diabetes Self-Management Education

- [National Association of Chronic Disease Directors Diabetes Self-Management Education \(DSME\) Resource](#)  
This resource from provides useful information about increasing access to effective DSME programs. It includes links to training resources, approved curricula and success stories.
- [National Certification Board for Diabetes Educators \(NCBE\)](#)  
The NCBE certifies diabetes educators. This website includes useful information about professional certification, and how to find and work with certified diabetes educators.
- [American Association of Diabetes Educators \(AADE\)](#)  
AADE is a professional organization for Certified Diabetes Educators. This organization also certifies programs that meet the National Standards for Diabetes Self-Management Education. This website provides information about diabetes education, how to find a Certified Diabetes Educator, and how to find an accredited or recognized DSME program.
- [American Diabetes Association \(ADA\) Recognition Program](#)  
The ADA recognizes DSME programs that meet the National Standards for Diabetes Self-Management Education. This website has more information about program recognition and how to find ADA recognized programs.
- [Stanford University Diabetes Self-Management Program](#)  
The Stanford Diabetes Self-Management Program was designed to be delivered in community settings by peer leaders who have diabetes. This website provides information for organizations that might be interested in offering the program. It also includes a list of organizations that already offer the program.
- [Recognizing Health Education Specialists Roles in Diabetes Prevention and Management: A Toolkit for Diabetes Self-Management Education](#)  
This toolkit provides an overview of Diabetes Self-Management Education and the role of health education specialists in implementing self-management programs.

### Community Health Workers

- [CDC Community Health Worker Toolkit](#)  
This toolkit has links to tools to help develop and implement community health worker programs.
- [Community Health Workers: Allies in Health Improvement](#)  
This site explains the roles of community health workers and includes links to tools and resources.

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### Create Healthy Environments

#### *Improve Access to Healthier Food Choices*

- [Let's Move Faith and Communities: Access to Healthy, Affordable Food](#)  
This website provides links to resources to help community based organizations start community gardens and increase the healthy choices offered in their food banks.
- [Healthy Food Service Guidelines](#)  
Food service guidelines are used to create a food environment in which healthier choices are more available for consumers. These guidelines are used to increase the availability of healthier food and beverages, and to display them more prominently, so that healthier options are more accessible.
- [The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables](#)  
This guide will help you pick strategies that will encourage people to eat more fruits and vegetables.

#### *Improve Access to Places to be Physically Active*

- [CDC Community Strategies for Physical Activity](#)  
This site includes resources to help increase physical activity in communities.
- [Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities](#)  
This booklet describes the benefits of walking, explains some of the barriers, and offers ideas on how you and the organizations you are involved with can help make walking more accessible to all Americans. It also includes success stories from communities that are already making a difference.
- [Joint Use Agreements](#)  
This website provides a variety of tools and resources to help communities collaborate to make community facilities more accessible to promote physical activity.

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### Learn About the Health of Your Community

- [Community Health Assessment and Group Evaluation: Building a Foundation of Knowledge to Prioritize Community](#) (The CHANGE Tool)

The CHANGE tool helps community teams (such as coalitions) develop their community action plan. This tool walks community team members through the assessment process and helps define and prioritize possible areas of improvement. Having this information as a guide, community team members can create sustainable, community-based improvements that address the root causes of chronic diseases and related risk factors. It can be used annually to assess current policy, systems, and environmental change strategies and offer new priorities for future efforts.

- [Diabetes Data and Statistics from the Centers for Disease Control and Prevention](#)

Diabetes Data and Statistics provides resources documenting the public health burden of diabetes and its complications in the United States.

### Develop Partnerships

- [CDC Partnership Toolkit](#)

This resource has tools to help organizations identify partnership needs, and develop, evaluate and sustain partnerships.

- [Coalitions Work Tools and Resources](#)

Coalitions Work provides tools, training, and technical assistance to help coalitions be more effective.

- [Webinar: Partners in Health: Engaging Faith Communities](#)

This webinar is a discussion about engaging faith-based organizations in diabetes prevention and control. It features a panel from the American Diabetes Association, Faith Fights Diabetes, and The Center for Appalachian Philanthropy who share the tools and strategies for working with faith-based organizations to address diabetes.

### Set Goals and Objectives and Evaluate Your Activities

- [Developing an Effective Evaluation Plan](#)

This workbook walks you through the process of developing an evaluation plan, including engaging partners and setting goals and objectives. It contains tools and worksheets to help you through the process.

- [Links to Evaluation Resources](#)

Links to a variety of resources to help plan for program evaluation.

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### Other Resources

- [Community Toolbox](#)  
The community toolbox was designed to help you through all stages of program development and implementation. It provides guidance, tools and resources to help you assess needs, plan, take action, evaluate, and sustain your work.
- [The Guide to Community Preventive Services](#)  
The Guide to Community Preventive Services is a resource to help you choose programs and policies to improve health and prevent disease in your community. Systematic reviews are used to identify which program and policy interventions have been proven effective, if there are effective interventions that are right for your community, and what effective interventions might cost. The recommendations in the guide are useful for community groups and worksites that are trying to decide what strategies are right for their organization, engage partners, and apply for funding and other resources.

Find recommendations related to:

- [Diabetes](#)
- [Nutrition](#)
- [Physical activity](#)

### **National Diabetes Education Program**

For more information call 1-800-CDC-INFO (800-232-4636)

TTY 1-(888) 232-6348 or visit [www.cdc.gov/info](http://www.cdc.gov/info).

To order resources, visit [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep).