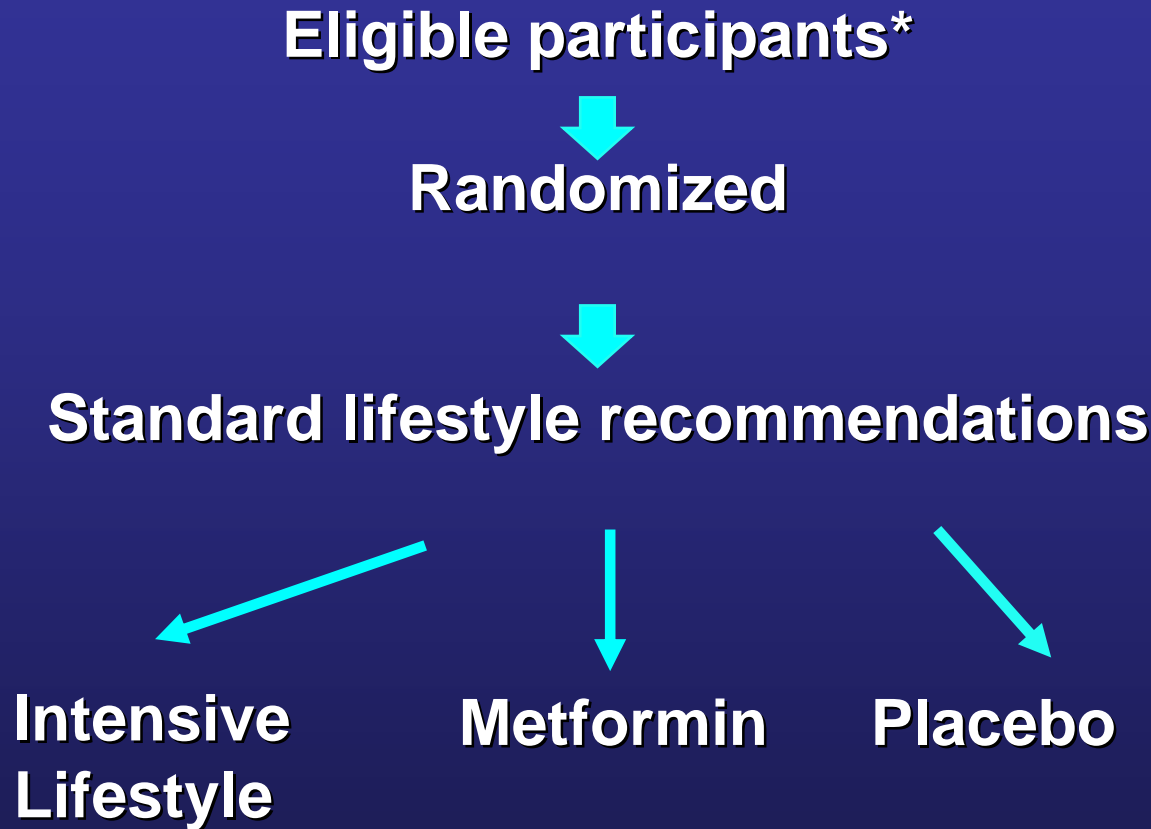


Highlights of NIDDK-Supported Translational Research Efforts to Address Health Disparities in Type 2 Diabetes in Hispanics



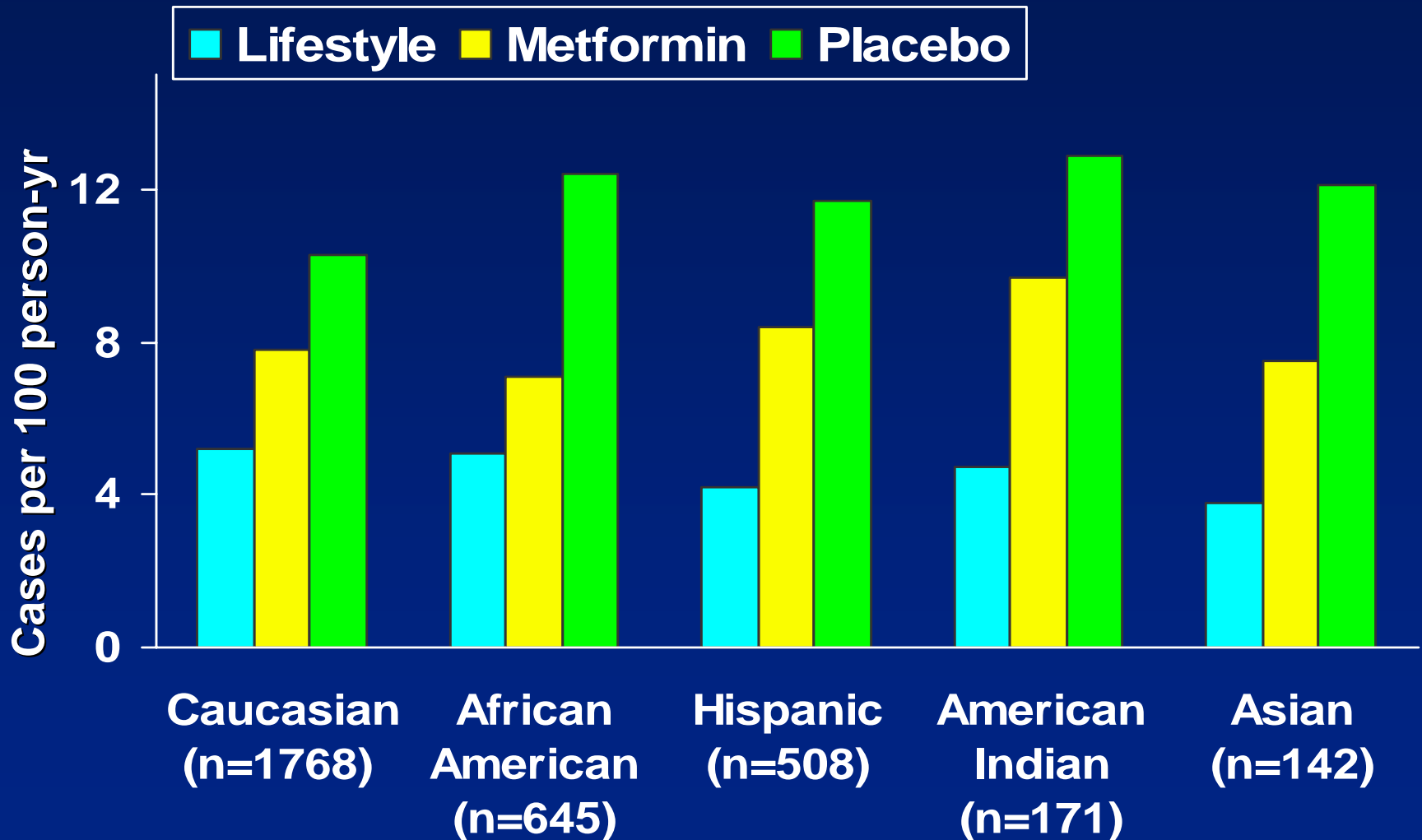
National Institute of
Diabetes & Digestive &
Kidney Diseases

Type 2 Diabetes Can Be Prevented or Delayed: Diabetes Prevention Program (DPP)



* Minority groups (Hispanic Americans, African Americans, Asian Americans and Pacific Islanders, and Native Americans) made up 45% of the 3,234 people in the trial

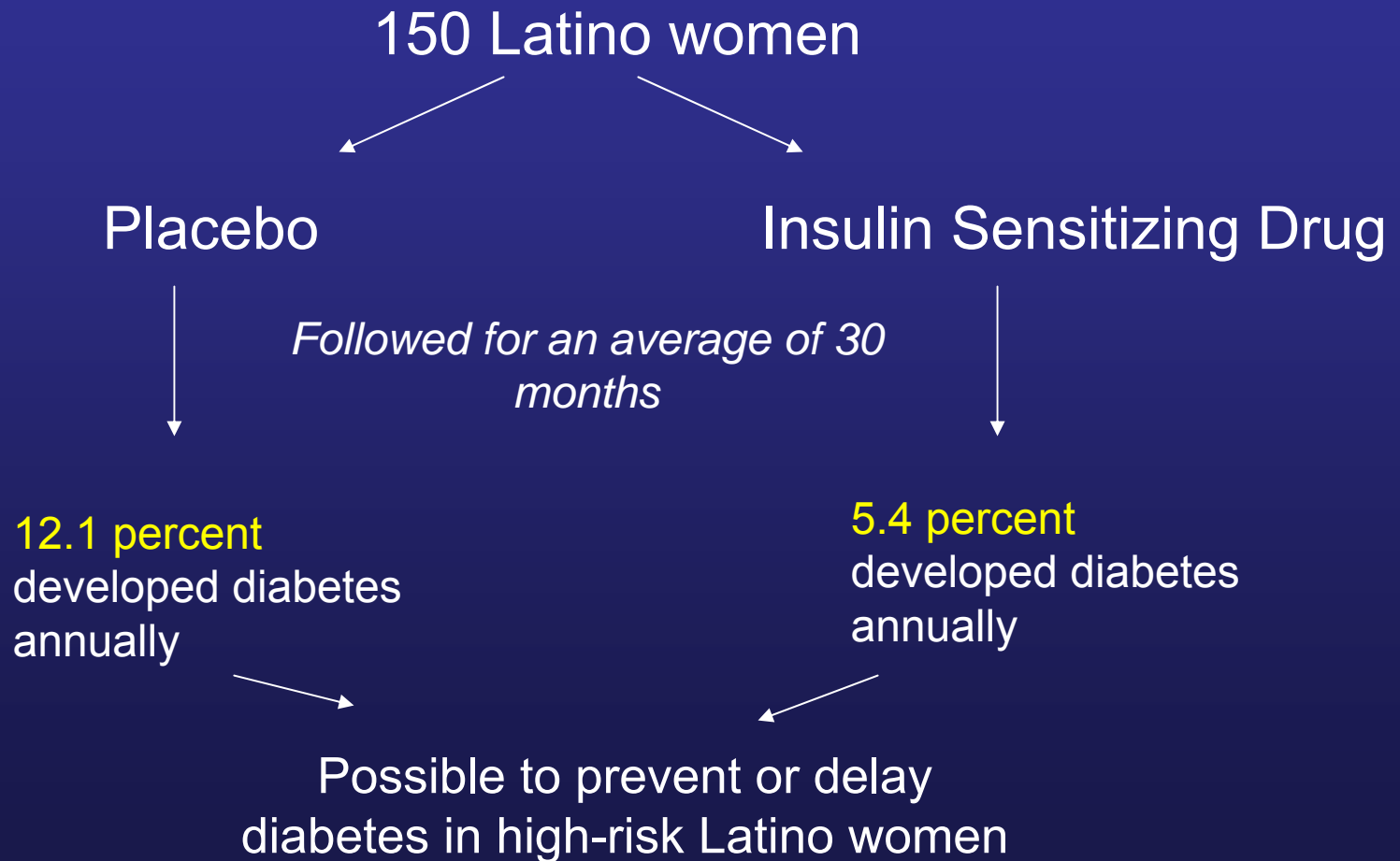
Diabetes Incidence Rates by Race-Ethnicity



Gestational Diabetes Mellitus (GDM)

- Develops during pregnancy.
- Mother is at higher-risk of developing type 2 diabetes in the future; child is also at higher-risk for developing obesity and type 2 diabetes.

Clinical Trial Shows Type 2 Diabetes Can Be Prevented or Delayed in Latino Women Who Previously Had GDM



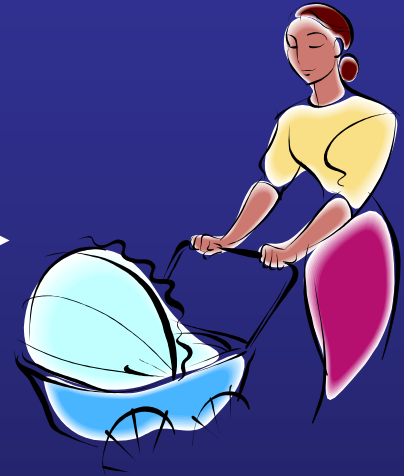
Promoting Healthy Lifestyles Among Women During Prenatal-Postpartum Period



400 Latino and African
American Women



- ▶ Community-based trial to test healthy lifestyle intervention
- ▶ 17-sessions that integrate pregnancy, childbirth, and postpartum preparation
- ▶ Social support from a Women's Health Advocate and group activities



R18DK062344 E. Kieffer, U. Michigan

Bienestar: A School-based Risk Factor Prevention Program Targeting 4th Grade Mexican American Children Residing in Poor Neighborhoods in San Antonio, TX (R. Trevino)



Parents



School Classroom

Intervention



School Cafeteria



After School Care

NIDDK Resources

National Diabetes Education Program

www.ndep.nih.gov

800-438-5383

National Diabetes Information Clearinghouse

www.niddk.nih.gov

800-860-8747

Weight-control Information Network

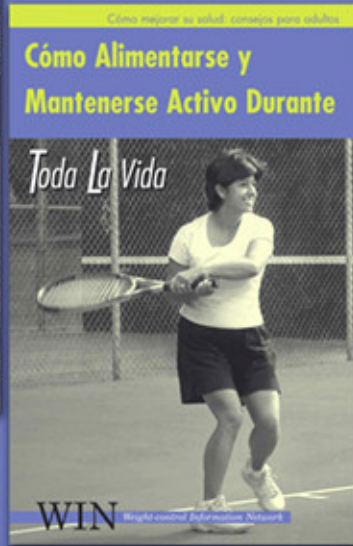
www.niddk.nih.gov/health/nutri/nutri.htm

877-946-4627

Cómo Alimentarse y Mantenerse Activo Durante Toda La Vida



Cómo ayudar a su hijo



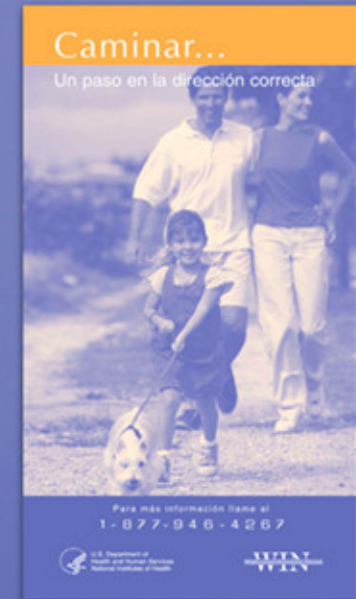
Cómo mejorar su salud: consejos para adultos



Sugerencias para Personas Mayores



Consejos para la futura mamá



Caminar... Un paso en la dirección correcta



U.S. Department of
Health and Human Services
National Institutes of Health



NIDDK
National Institute of Diabetes and
Digestive and Kidney Diseases

WIN
Weight-control Information Network

National Diabetes Information Clearinghouse



National Institute of Diabetes and
Digestive and Kidney Diseases
NATIONAL INSTITUTES OF HEALTH



U.S. Department of Health and Human Services
NATIONAL INSTITUTES OF HEALTH

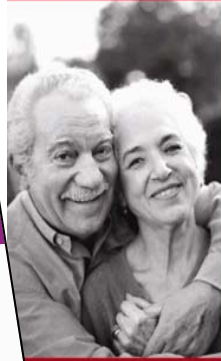


Diabetes Control

Tome su diabetes en serio, para que no se vuelva cosa seria.

Recomendaciones para sentirse mejor y estar más saludable

Expansión de la Cobertura de Medicare para los Servicios para la Diabetes



Controlar su diabetes puede ayudarlo a sentirse mejor y a mantenerse más saludable. Si mantiene los niveles de azúcar en la sangre (también llamada glucosa sanguínea) dentro de un rango normal, usted reducirá las probabilidades de tener problemas con los ojos, los riñones y el sistema nervioso. Para ayudarlo a entender cómo controlar su diabetes mejor, Medicare ahora cubre dos servicios nuevos para las personas con diabetes:

- Entrenamiento para el autocontrol de la diabetes
- Servicios de terapia nutricional médica

Este folleto lo ayudará a aprender más sobre estos dos nuevos servicios y adónde ir para más información.

Recuerde, *el poder de controlar la diabetes está en sus manos!*



LA PRUEBA DE AZUCAR EN LA SANGRE

El poder controlar su diabetes en sus manos.

Usted es el corazón de la familia...cuide su corazón.

You are the heart of your family...take care of it.

Si tiene DIABETES, cuídela.

NATIONAL DIABETES EDUCATION PROGRAM

A free program of the National Institutes of Health that teaches how to control your diabetes.

Un programa gratuito que le enseña cómo controlar su diabetes y los factores que le ayudan a controlar y prevenir las complicaciones.



