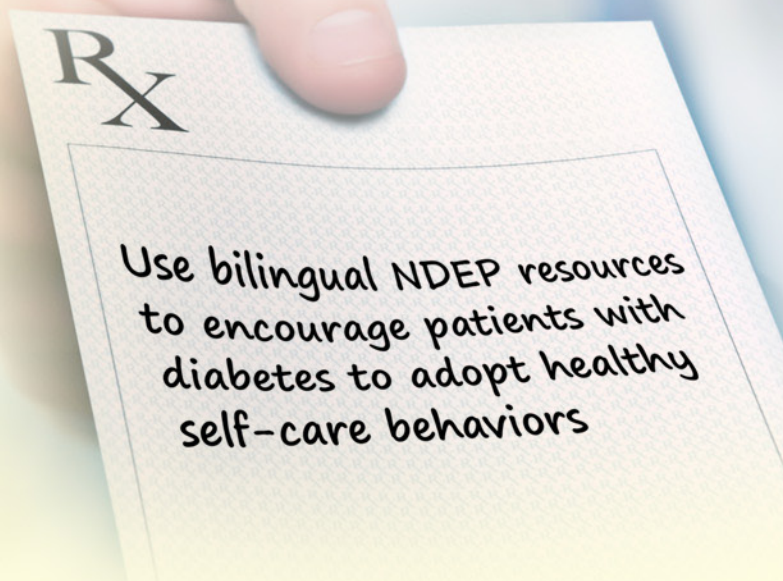




Your prescription for helping Hispanic/Latino patients achieve behavior change through diabetes education

Behavior change is the primary goal of diabetes education. According to the American Association of Diabetes Educators, the most effective diabetes education programs focus on AADE7 Self-Care Behaviors™—healthy eating, being active, monitoring, taking medication, problem solving, reducing risks, and healthy coping. The National Diabetes Education Program (NDEP) offers a variety of publications, diabetes education resources, and tools in English and Spanish that you can use to help patients incorporate these behaviors into their lifestyle and to better manage their diabetes. Copies of the following resources can be downloaded or ordered at www.YourDiabetesInfo.org or by calling 1-888-693-NDEP (6337).

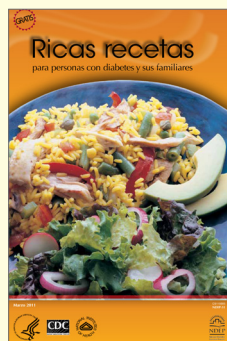


HEALTHY EATING

Healthy eating is a cornerstone of any diabetes management plan. But as you know, it's not just what your patients eat that affects their blood sugar level. How much, and when they eat also matters. Check out the following tools to help patients make better food choices, understand portion sizes, and learn more about healthy eating.

Tasty Recipes for People with Diabetes and Their Families (Ricas recetas para personas con diabetes y sus familiares) recipe booklet and recipe card sets—What makes a recipe OK for someone with diabetes? No sugar? No fat? And what about your patient's favorite family recipes? Do they need to be tossed out because someone has diabetes? This booklet provides healthy recipes and tips to make recipes diabetes-friendly.

It's More Than Food, It's Life (Más que comida, es vida) poster—With this colorful, eye-catching poster, you can remind Hispanic/Latino patients that they can prepare healthier versions of treasured family recipes.



NDEP-51 (Bilingual)



NDEP-122 (English)
NDEP-122SP (Spanish)



NDEP-124 (English)
NDEP-124SP (Spanish)



NDEP-99 (Bilingual)

BEING ACTIVE

Being physically active is essential, especially when it comes to managing diabetes. Physical activity can help improve blood sugar control, as well as boost overall fitness and reduce the risk of heart disease and nerve damage. So what better way to get moving than with music! Your patients will enjoy this popular collection of Latin rhythmic tunes.



NDEP-62CD

Movimiento Por Su Vida CD/DVD—This lively music CD/DVD urges listeners to dance. With strong Latin rhythms and empowering messages, the disk features six original songs and a bonus music video that will get everyone moving.

MONITORING, PROBLEM SOLVING, AND REDUCING RISKS

Daily monitoring, working through problems, and limiting risky behavior, such as smoking, can reduce diabetes complications and improve quality of life. These publications help patients monitor their blood glucose and work together with their health care team to manage diabetes.



NDEP-67 (English)
NDEP-80 (Spanish)



NDEP-10 (English)
NDEP-10SP (Spanish)

4 Steps to Control Your Diabetes. For Life (4 pasos para controlar la diabetes de por vida)

This booklet is helpful for individuals who are newly diagnosed with diabetes or who just want to learn more. It helps patients better understand, monitor, and manage diabetes in four major steps.

Know Your Blood Sugar Numbers (Conozca sus niveles de azúcar en la sangre)

This tip sheet contains information to help people understand how to use the A1C test, self-monitor blood glucose, and work with their health care team to set and reach blood glucose targets.

TAKING MEDICATION AND HEALTHY COPING

Remembering to take medication and coping with the emotional effects of living with diabetes can be overwhelming sometimes. That's why it's important for patients to stay in close touch with their care team and seek help during times of high stress. These handy documents show individuals and loved ones how to find support and take steps to effectively manage these problems.



NDEP-8 (English)
NDEP-79 (Spanish)



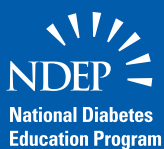
NDEP-57 (English)
NDEP-57SP (Spanish)

Tips to Help You Stay Healthy (Consejos para ayudarle a mantenerse saludable)

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

Helping a Loved One With Diabetes (Ayuda a un ser querido que tiene diabetes)

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



For additional information on copyright-free NDEP diabetes education materials, visit the website. Do you have questions? E-mail Betsy Rodríguez, CDC's Deputy Director of NDEP, at bjr6@cdc.gov.

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.