



Diabetes Prevention Resources

Links can be found at www.icanpreventdiabetes.org


American Diabetes Association:

- **Information About Pre-diabetes**, including a risk quiz and tips for preventing and managing diabetes for adults who may be at risk for pre-diabetes. <http://www.diabetes.org/diabetes-basics/prevention/>
- Standards of Care for Clinical Practice download to handheld: http://professional.diabetes.org/CPR_search.aspx

Centers for Disease Control and Prevention:

- 2011 National Diabetes Fact Sheet <http://www.cdc.gov/diabetes/pubs/factsheet11.htm>
- Additional National Diabetes Fact Sheet resources <http://www.cdc.gov/diabetes/pubs/factsheet11.htm>



Medicare Diabetes Screening Initiative:

- **Medicare Diabetes Screening Project** <http://www.screenfordiabetes.org/>
- **CMS Medicare Codes** 475 Kb 
- **Risk Assessment Card** 1.42 Mb
- Medicare Spanish Brochure, Secret Flyer, Risk Assessment, Palm Card, Church Bulletin

Minnesota Department of Health Diabetes Program: <http://www.health.state.mn.us/diabetes/>

- Learn about the I CAN Prevent Diabetes community based Diabetes Prevention Program (16 week DPP group sessions) www.icanpreventdiabetes.org
- *Is Diabetes in your Family Tree?* Contact vicki.gayles@state.mn.us for additional copies. Request 8.5 x 11 in or 11 x 17 in printed poster or pdf file to print your own from <http://www.health.state.mn.us/diabetes/> or <http://www.mn-dc.org/>

National Diabetes Education Program (NDEP):

- Visit the redesigned NDEP website for a sortable list of publications by topic and a reorganized resources section (formerly campaign tools), www.YourDiabetesInfo.org <http://ndep.nih.gov/>
- **A Step in the Right Direction: 80 kb PDF**  Lose Weight & Lower Your Risk for Type 2 <http://ndep.nih.gov/media/lose-weight-lower-your-risk.pdf>
- **Diabetes Prevention Program Fact Sheet 131 kb PDF**  http://ndep.nih.gov/media/DPP_FactSheet.pdf
- **Prevenamos la Diabetes Tipo 2. Paso a Paso** <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=73>
- **Small Steps, Big Reward Game Plan** <http://www.ndep.nih.gov/partners-community-organization/campaigns/SmallStepsBigRewards.aspx>
- **Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs** (available in 14 Asian languages) <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=126>
- **The Road to Health Toolkit. NDEP-111. New March 2009.** Designed for African Americans and Hispanics/Latinos at risk for type 2 diabetes, this tool kit provides materials to start a community outreach program reinforcing the message that type 2 diabetes can be delayed or prevented. See Users,

Activities, Resource Guides and Flip chart sections.

<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=152>

- **Tips for Kids: How To Lower Your Risk for Type 2 Diabetes** (NDEP-98) This easy-to-read tip sheets contain the basics about reducing risk for type 2 diabetes for children and their families. Includes a list of resources for more information. April 2009 <http://www.ndep.nih.gov/media/kids-tips-lower-risk.pdf>
- **Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention NDEP-69ENT** (2.93 MGB)
<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=124>

Revised 6/30/11