



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:

- Frequently Asked Questions: Preventing Diabetes <http://www.cdc.gov/diabetes/faq/preventing.htm#5>
- Frequently Asked Questions: Pre-diabetes <http://www.cdc.gov/diabetes/faq/prediabetes.htm>



Medicare Diabetes Screening Initiative:

- Medicare Diabetes Screening Project <http://www.screenfordiabetes.org/>
- Seniors Risk Assessment card and Medicare & Medicaid Services (CMS) HCPCS/CPT & ICD-9-CM codes available free of charge. Contact Jim McGowan, MN Director of the Medicare Diabetes Screening Project at jim@mcgowan.mn

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>