

Standards of Care and Clinical Practice
Recommendations:
Type 2 Diabetes

**Additional Tools
and Resources**

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Additional Tools and Resources

Additional Clinical Guidelines

American Association of Clinical Endocrinologists. American Association of Clinical Endocrinologists Medical Guidelines for Clinical Practice for Developing a Diabetes Mellitus Comprehensive Care Plan. *Endocr Pract.* 2011 Mar/Apr;17(Suppl 2):1-53.

<https://www.aace.com/sites/default/files/DMGuidelinesCCP.pdf>

American Diabetes Association. Clinical Practice Recommendations—2011. *Diabetes Care.* 2011 Jan;34(Suppl 1):S1-96. http://care.diabetesjournals.org/content/34/Supplement_1/S11.full

American Diabetes Association. Position Statement Executive Summary: Guidelines and Recommendations for Laboratory Analysis in the Diagnosis and Management of Diabetes Mellitus. *Diabetes Care.* 2011 Jun;34(6):1419–23.

Canadian Diabetes Association Clinical Practice Guidelines Expert Committee. Canadian Diabetes Association. Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. *Can J Diabetes.* 2008;32(Suppl 1):S1-S201.

<http://www.diabetes.ca/files/cpg2008/cpg-2008.pdf>

Department of Veterans Affairs (VA)/Department of Defense (DoD) (US).

- VA/DoD Clinical Practice Guideline for the Management of Diabetes Mellitus (Version 4.0). 2010. Full Guideline. 146 p.

http://www.healthquality.va.gov/diabetes/DM2010_FUL-v4e.pdf

- Guideline Summary. 2010. 43 p.

http://www.healthquality.va.gov/diabetes/DM2010_SUM-v4.pdf

- Pocket Guide.

http://www.healthquality.va.gov/diabetes/Final_DM_Pocket_Card_Aug2010.pdf

Wisconsin Diabetes Prevention and Control Program. Wisconsin Department of Health. Wisconsin Diabetes Mellitus Essential Care Guidelines. 2011. Professional Version. 236 p.

<http://www.dhs.wisconsin.gov/health/diabetes/guidelines.htm#prof>

Additional Tools and Resources for Clinicians and Educators

Alcohol

Guard A, et al., American Public Health Association and Education Development Center, Inc. Alcohol Screening and Brief Intervention: A Guide for Public Health Practitioners. Produced by the American Public Health Association under contract to the National Highway Traffic Safety Administration, U.S. Department of Transportation. Washington DC: 2008. 28 p.

- This guide provides health educators and community health workers with the information, skills, and tools needed to conduct screening and brief intervention to help at-risk drinkers reduce their alcohol use to a safe amount or to stop drinking.

http://www.apha.org/NR/rdonlyres/B03B4514-CCBA-47B9-82B0-5FEB4D2DC983/0/SBImanualfinal4_16.pdf

Cardiovascular Care

National Heart, Lung, and Blood Institute and Indian Health Service. Honoring the Gift of Heart Health: A Heart Health Educator's Manual for American Indians. NIH Publication No. 06-5218. 2006. 303 p.

- A culturally appropriate, user-friendly, ten-lesson course on heart health education for the American Indian community. The manual is filled with skill-building activities, reproducible handouts, and idea starters.

http://www.nhlbi.nih.gov/health/prof/heart/other/aian_manual/ai_manual.pdf

Diabetes Prevention

Healthy Native Communities Partnership Inc. (HNCP).

- Native Lifestyle Balance. Modified, Native American versions of the lifestyle intervention manuals and curriculum used in the NIH Diabetes Prevention Program (DPP) study. Native Lifestyle Balance Core Manual. Manual includes the tools needed to provide the 16 Core sessions of the NLB curriculum.

<http://nlb.hncpartners.org/nlb-core-manual>

- Native Lifestyle Balance After Core Manual. Manual provides tools and lessons for participants after they have completed the 16 Core sessions.

<http://nlb.hncpartners.org/nlb-after-core-manual>

National Diabetes Education Program.

- Small Steps. Big Rewards: Your Game Plan to Prevent Type 2 Diabetes. Healthcare Provider's Toolkit. NIH Publication No. 06-5334. 2006.

Toolkit contains a decision pathway to diagnose and treat pre-diabetes, evidence-based strategies to motivate patients, and copier-ready education materials.

http://ndep.nih.gov/media/GP_Toolkit.pdf

Diabetes Self-Management Education (DSME)

American Association of Diabetes Educators. Continuous Quality Improvement (CQI): A Step-by-Step Guide for Quality Improvement in Diabetes Education. 2nd Ed. Chicago (IL): American Association of Diabetes Educators. 2008.

American Association of Diabetes Educators Diabetes Education Accreditation Program (DEAP).

- Provides instructions, documents, guidance, and an accreditation process for DSME programs to achieve DEAP recognition that meets National Standards for DSME.

<http://www.diabeteseducator.org/ProfessionalResources/accred/>

American Diabetes Association (ADA) Education Recognition Program.

- Provides a mechanism for diabetes education programs and services to apply for ADA recognition that meets the National Standards for DSME.

<http://www.diabetes.org/living-with-diabetes/treatment-and-care/who-is-on-your-healthcare-team/education-recognition-program.html>

Association of American Indian Physicians.

- Website provides easy access to Native American-specific diabetes resources, such as diabetes tip sheets, public service announcements, posters, and more.

http://www.aaip.org/?page=NDEP_MATERIALS#AIAN%20Specific%20Materials

Healthy Interactions, Inc. in collaboration with the American Diabetes Association. US Diabetes Conversation Map® Kit.

- Designed for providers to engage people with diabetes in conversations about diabetes and their self-care in small groups, kit includes a facilitator guide, five 3' by 5' colorful tabletop maps, and conversation cards. Providers need to attend a training session to obtain maps and facilitator kit.

http://www.journeyforcontrol.com/journey_for_control/journeyforcontrol/for_educators/conversation_maps/index.jsp?WT.svl=1

Indian Health Service Division of Diabetes Treatment and Prevention (IHS DDTP).

- IHS DDTP is partnering with the American Association of Diabetes Educators (AADE) to offer diabetes education training for IHS, Tribal and Urban (I/T/U) Indian program employees.

<http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=trainingPartnershipAADE>

- Online catalog of resources for health care providers developed for AI/AN programs.

<http://www.ihs.gov/MedicalPrograms/Diabetes/RESOURCES/Catalog/rde/index.cfm?module=catalog&opt=3>

- Diabetes Self-Management Education Curricula developed for AI/AN programs – 2010.
 - o Balancing Your Life and Diabetes Curriculum
 - o Balancing Your Food Choices: Nutrition and Diabetes
 - o Beautiful Beginnings: Pregnancy and Diabetes.

<http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=toolsCurricula>

Indian Health Service Healthcare Communications.

- Website promotes improved communication between patients and providers, including “Ask Me 3,” “Patient Wellness Handout,” and goal setting document.

http://www.ihs.gov/healthcommunications/index.cfm?module=dsp_hc_toolkit

Learning About Diabetes, Inc.

- Online database of free, easy-to-understand handouts that cover a wide array of diabetes topics.

<http://www.learningaboutdiabetes.org/handouts.html>

National Diabetes Education Program. Making Systems Changes for Better Diabetes Care.

- Web site provides information, models, links, resources and tools for health care professionals.

<http://betterdiabetescare.nih.gov/>

Schaefer J, et al. Partnering in Self-Management Support: A Toolkit for Clinicians. Cambridge (MA): Institute for Healthcare Improvement. 2009. 26 p.

- Toolkit includes tested resources and tools intended for introducing busy clinical practices to a set of activities and changes that support patients and families in the day-to-day management of chronic conditions.

<http://www.newhealthpartnerships.org/provider.aspx?id=1544>

Wisconsin Diabetes Prevention and Control Program.

- Follow-up Instruction Form for a Person with Diabetes. 2011.
Single page, low literacy demand form can be used to document post-visit follow-up plans. Space is provided to address two goals, five medicine changes, when to check blood glucose and when/how to share blood sugar results.

<http://www.dhs.wisconsin.gov/health/diabetes/PDFs/T-FollowUp.pdf>

- Diabetes Flow Sheet/Chart Audit Tool.

Single page diabetes care flow sheet that can be used by clinical sites without access to electronic diabetes flow sheets.

<http://www.dhs.wisconsin.gov/health/diabetes/PDFs/T-FlowSheet.pdf>

Eye Care

Indian Health Service – Joslin Vision Network Teleophthalmology Program (IHS JVN).

- A telemedicine program for diagnosis and management of diabetic retinopathy operating in remote, rural AI/AN health sites. Retinal images obtained for patients at these sites are transmitted to a national reading center for validated interpretation. The IHS JVN program has been very effective in meeting the standard of care for diabetic retinopathy surveillance and bringing high-risk patients to timely treatment for the prevention of vision loss.

http://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Resources/FactSheets/JVN_FactSheet03.13.08.pdf

National Diabetes Education Program. Working Together to Manage Diabetes: A Guide for Pharmacists, Podiatrists, Optometrists, and Dental Professionals. Centers for Disease Control and Prevention and National Institutes of Health. 2007. 68 p.

- A cross-training guide to reinforce consistent diabetes messages across the four disciplines – pharmacy, podiatry, optometry, and dentistry (PPOD) -- and to promote a team approach to comprehensive diabetes care that encourages collaboration among all care providers.

http://www.ndep.nih.gov/media/PPODprimer_color.pdf

National Eye Health Education Program (NEHEP). Diabetes and Healthy Eyes Toolkit.

- A kit designed for community health workers and health promoters, which provides information and tools to help educate people about diabetic eye disease in small group settings. It contains a step-by-step module, a flipchart, DVD, and other resources. NIH Publication No. 10-7363. 2010.

<http://catalog.nei.nih.gov/p-383-diabetes-and-healthy-eyes-toolkit.aspx>

Foot Care

Health Resources and Services Administration.

- The Lower Extremity Amputation Prevention (LEAP) program is a comprehensive 5-step program that can reduce lower extremity amputation rate in individuals with decreased sensation in their feet. Web site includes online course for providers on lower extremity amputation prevention and treatment of the neuropathic foot.

<http://www.hrsa.gov/leap>

National Diabetes Education Program.

- Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Foot Problems. This comprehensive guide includes a quick-reference card for conducting a foot exam, a monofilament for sensory testing, patient education materials, templates for exam room posters, and medical record stickers to identify high-risk feet. 2000. 50 p.

http://ndep.nih.gov/media/feet_kit_eng.pdf

- Working Together to Manage Diabetes: A Guide for Pharmacists, Podiatrists, Optometrists, and Dental Professionals. Centers for Disease Control and Prevention and National Institutes of Health. 2007. 68 p. http://www.ndep.nih.gov/media/PPODprimer_color.pdf

Kidney Care

National Collaborating Centre for Chronic Conditions.

- Chronic Kidney Disease: National Clinical Guideline for Early Identification and Management of Chronic Kidney Disease in Adults in Primary and Secondary Care. London: Royal College of Physicians. 2008. Full Guideline. 204 p.
<http://www.nice.org.uk/nicemedia/live/12069/42116/42116.pdf>
- Quick Reference Guide. 16 p.
Provides a user-friendly, clinical, evidence-based guideline for the early identification and management of CKD in adults.
<http://www.nice.org.uk/Guidance/CG73>

National Kidney Disease Education Program.

- Chronic Kidney Disease (CKD) Information.
Web-based resources for health professionals include CKD treatment guides, nephrology referral form, patient education materials, and fact sheets.
http://www.nkdep.nih.gov/professionals/chronic_kidney_disease.htm
- Nutrition for CKD Patients. 2011.
Website designed for general practice registered dietitians (RDs) to provide effective medical nutrition therapy to CKD patients who are not yet on dialysis, includes an overview guide for RDs, tools for assessment and education of test results with patients, and nutrition handouts for people with CKD.
<http://www.nkdep.nih.gov/professionals/ckd-nutrition.htm>

National Kidney Foundation. Kidney Learning Solutions (KLS). A Curriculum for CKD Risk Reduction and Care.

- Curriculum provides comprehensive education about CKD for professionals in multiple disciplines across the continuum of care through printed materials, boxed programs, CD-ROM, online, videotape, and audiotape.
<http://www.kidney.org/professionals/cls/index.cfm>

Medical Nutrition Therapy (MNT)

Indian Health Service Division of Diabetes Treatment and Prevention.

- Honor the Gift of Food – Curriculum. 2nd edition, 2010.
Sixteen-section workbook and CD ROM contains lesson plans, meal planning activities, and low fat/low sugar recipes designed to be used in the home setting.
<http://www.ihs.gov/MedicalPrograms/Diabetes/RESOURCES/Catalog/rde/index.cfm?module=catalog&opt=3>
- Step-by-Step Guide to Medicare Medical Nutrition Therapy (MNT) Reimbursement. 2nd Edition. 2010.
Provides IHS, Tribal, and Urban Health staff with information for Medicare reimbursement for MNT services.
<http://www.ihs.gov/MedicalPrograms/Diabetes/RESOURCES/Catalog/rde/index.cfm?module=catalog&opt=3>

Envision New Mexico. University of New Mexico Health Sciences Center Department of Pediatrics. Pediatric Nutrition Telehealth (PNT).

- Web-based presentations help nutrition providers develop their skills in pediatric nutrition assessment, MNT, counseling, and working with individuals on treatment goals.
http://www.envisionnm.org/telehealth_pnt.html

Mental Health

Beck AT, et al. Manual for the Beck Depression Inventory–II. Psychological Corporation. San Antonio (TX): Psychological Corporation. 1996.

Fisher L, et al. Development of a brief diabetes distress screening instrument. *Ann Fam Med*. 2008 May; 6(3):246-52.

- Contains a 2-Item Diabetes Distress Screening Scale and 17-Item Diabetes Distress Scale.
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2384991/>

National Institute of Mental Health. Center for Epidemiologic Studies Depressions Scale (CES-D).

- The CES-D is a 20-item instrument developed by NIMH to detect major or clinical depression in adolescents and adults in community samples. The questions are easy to answer and cover most of the areas included in the diagnostic criteria for depression.
<http://www.mededppd.org/CES-D,%20NIMH.pdf>

Physical Activity

Galloway JM, et al. Appropriate exercise prescription for patients with diabetes mellitus. *IHS Prim Care Provid.* 2002;27(11):221-5.

- Includes an exercise prescription for those with diabetes and an algorithm for coronary risk evaluation.

http://www.ihs.gov/provider/documents/2000_2009/PROV1102.pdf

Pregnancy

Healthy Interactions, Inc. in collaboration with the American Diabetes Association. US Diabetes Conversation Map® Kit.

- Designed for providers to engage women with gestational diabetes in conversations about self-care in small groups. Kit includes a facilitator guide, a 3' by 5' colorful tabletop map, and cards to engage women in conversations about their self-care. Providers must receive face-to-face training to use and obtain the maps and facilitator kit.

http://www.journeyforcontrol.com/journey_for_control/journeyforcontrol/for_educators/conversation_maps/index.jsp?WT.svl=1

Office on Women's Health (US).

- Web site offers resources and information on diabetes in pregnancy, breastfeeding, and obesity.

<http://www.womenshealth.gov/pregnancy/>

Rasmussen K, Yaktine AL, editors. *Weight Gain During Pregnancy: Reexamining the Guidelines.* Washington (DC): Committee to Reexamine IOM Pregnancy Weight Guidelines, Institute of Medicine, National Research Council. 2009. 324 p.

- New weight gain guidelines are based on revised Body Mass Index (BMI) categories with recommendations for obese women.

<http://www.iom.edu/Reports/2009/Weight-Gain-During-Pregnancy-Reexamining-the-Guidelines.aspx>

Sweet Success Express (SSEP).

- SSEP offers services and activities that support improved pregnancy outcomes for diabetes in pregnancy, including educational materials, conferences, and membership programs.

<http://www.sweetsuccessexpress.com/>

Tobacco Use

Indian Health Service. IHS Tobacco Free Policy.

- This circular establishes the IHS policy prohibiting the use of commercial tobacco in IHS-operated properties to protect the health, safety, and comfort of IHS employees, contractors, and visitors.

http://www.ihs.gov/epi/index.cfm?module=epi_tobacco_policy

Tobacco Education Clearinghouse of California.

- Offers over 500 low-cost educational materials covering tobacco use prevention, secondhand smoke exposure, and smoking cessation in a variety of formats for diverse audiences, including American Indian people youths and adults.

<http://www.tobaccofreecatalog.org/Default.aspx>

Weight Management, Overweight, and Obesity

National Diabetes Education Program. Small Steps. Big Rewards. Your Game Plan to Prevent Type 2 Diabetes. Healthcare Provider's Toolkit. NIH Publication No. 06-5334. 2006.

- Based on the lifestyle modification strategies used in the Diabetes Prevention Program study, kit contains a decision pathway to diagnose and treat pre-diabetes, evidence-based strategies to motivate patients to lose weight, and copier-ready education materials.

http://ndep.nih.gov/media/GP_Toolkit.pdf

National Heart, Lung, and Blood Institute. NHLBI Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. 1998.

- Revision is being developed. Expected release is in Spring 2012.

<http://www.nhlbi.nih.gov/guidelines/obesity/index.htm>.

U.S. Department of Health and Human Services. The Surgeon General's Vision for a Healthy and Fit Nation. Rockville, MD: Office of the Surgeon General. 2010.

- The recommendations identify opportunities for improving communities, encouraging healthy choices, and mobilizing medical communities.

<http://www.surgeongeneral.gov/library/obesityvision/obesityvision2010.pdf>

Indian Health Service Division of Diabetes Treatment and Prevention and Division of Information Resource Management. Promoting a Healthy Weight in Children and Youth, Clinical Strategies: Recommendations and Best Practices. 2008. 57 p.

- Indian health specific guidelines, best practices, and resources for health care providers.

http://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Tools/ClinicalGuidelines/Promoting_Healthy_Weight_1208.pdf

Weight-control Information Network (WIN). National Institute of Diabetes and Digestive and Kidney Diseases. National Institutes of Health.

- Resources for health professionals on nutrition, physical activity, weight control, and bariatric surgery. NIH Publication No. 08– 4006. 2001.

http://win.niddk.nih.gov/publications/PDFs/Bariatric_Surgery_508.pdf

Youth

Centers for Disease Control and Prevention.

- CDC Clinical Growth Charts.

The revised growth charts consist of 16 charts (eight for boys and eight for girls). These charts represent revisions to the 14 previous charts, as well as the introduction of two new body mass index-for-age (BMI-for-age) charts for boys and for girls, ages two to 20 years. 2000.

http://www.cdc.gov/growthcharts/clinical_charts.htm

- CDC Growth Chart Training Modules.

Offers a set of self-directed, interactive training modules for health care professionals using the pediatric growth charts in clinical and public health settings to assess growth of infants, children, and adolescents. 2000.

- o Overview of the CDC Growth Charts
- o Using the BMI-for-age Growth Charts
- o Overweight Children and Adolescents: Recommendations to Screen, Assess and Manage.

<http://www.cdc.gov/nccdphp/dnpao/growthcharts/training/modules.htm>

Envision New Mexico, University of New Mexico Health Sciences Center Department of Pediatrics

- Childhood Overweight Medical Management Telehealth Consultation (COMM-TC).
Web-based presentations guide healthcare providers through best-practice guidelines for screening, assessment, and therapy for pediatric overweight/obesity and prevalent comorbid conditions.

<http://www.envisionnm.org/telehealth.html>

- Pediatric Nutrition Telehealth (PNT).

Web-based presentations help nutrition providers develop their skills in pediatric nutrition assessment, MNT, counseling, and working with individuals on treatment goals.

http://www.envisionnm.org/telehealth_pnt.html

- In-Clinic Guide to Medical Management of Pediatric Overweight and Obesity. Form for assessment and intervention.
<http://www.envisionnm.org/xpdf/In-ClinicGuide%20to%20Medical%20Management%20of%20Pediatric%20Overweight%20and%20Obesity.pdf>

Indian Health Service Division of Diabetes Treatment and Prevention.

- Promoting a Healthy Weight in Children and Youth, Clinical Strategies: Recommendations and Best Practices. 2008. 57 p.
Indian health specific guidelines, best practices, and resources for health care providers.
http://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Tools/ClinicalGuidelines/Promoting_Healthy_Weight_1208.pdf
- Youth Staying Healthy: A Diabetes Prevention Curriculum for Youth Ages 8-12
A curriculum and CD ROM for health professionals working in American Indian and Alaska Native communities that provides a framework for diabetes prevention education for children ages 8 to 12 who are at risk for diabetes. It also includes ideas for engaging parents and caregivers. The curriculum provides basic information about health and wellness, not about diabetes. 2010.
<http://www.ihs.gov/MedicalPrograms/Diabetes/RESOURCES/Catalog/rde/index.cfm?module=catalog&opt=3>
- Youth Staying Healthy: A Type 2 Diabetes Curriculum for Teens
This curriculum and CD ROM provides health professionals working with American Indian and Alaska Natives with a framework for diabetes education for adolescents, ages 13-18; can be used one-on-one or in group settings. The curriculum provides basic information about type 2 diabetes and general wellness for adolescents. 2010.
<http://www.ihs.gov/MedicalPrograms/Diabetes/RESOURCES/Catalog/rde/index.cfm?module=catalog&opt=3>

Patient Education Materials

Cardiovascular Care

National Diabetes Education Program. Take Care of Your Heart. Manage Your Diabetes. 2005.

- One-page flyer features AI/AN people and talks about the link between diabetes and heart disease, questions to ask your provider, self-care actions to take, and goals for A1C, blood pressure, and cholesterol.

http://www.ndep.nih.gov/media/TCH_AmIndian_flyer.pdf

National Heart, Lung, and Blood Institute. Dietary Approaches to Stop Hypertension (DASH) Eating Plan. NIH Publication No. 06-4082. 2006. 58 p.

- Based on the DASH research findings, this booklet describes how to follow the DASH eating plan, reduce sodium intake, and offers tips on healthy eating and meal planning, including recipes and menus.

http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

National Institute of Diabetes and Digestive and Kidney Diseases. Prevent Diabetes Problems: Keep Your Heart and Blood Vessels Healthy. NIH Publication No. 09-4283. 2009.

- Easy-to-read illustrated booklet describing diabetes self-care to reduce risk for cardiovascular problems caused by diabetes (available in large or standard format).

http://diabetes.niddk.nih.gov/dm/pubs/complications_heart/heart.pdf

Diabetes Prevention

American Association of Indian Physicians (AAIP) Diabetes Prevention Success Stories. Features stories of youth, adults, and elders. <http://www.aaip.org/?page=DSuccessStories>

Indian Health Service Division of Diabetes Treatment and Prevention. Health for Native Life Magazine [DPP Special Edition].

- This special issue focuses on preventing type 2 diabetes and strategies for reducing risk with stories about lifestyle changes made by the participants of the Diabetes Prevention Program study. 39 pages.

<http://www.ihs.gov/MedicalPrograms/Diabetes/RESOURCES/Catalog/rde/index.cfm?module=catalog>

National Diabetes Education Program. We Have the Power to Prevent Diabetes. NIH Publication No. 08-5525. 2008.

- Tips to help American Indians and Alaska Natives at risk for type 2 diabetes move more and eat less to lower their risk for diabetes. http://ndep.nih.gov/media/Power_tips.pdf

National Institute of Diabetes and Digestive and Kidney Diseases. National Institutes of Health. I Can Lower My Risk for Type 2 Diabetes: A Guide for American Indians. NIH Publication No. 06-5337. 2005. 16 p.

- Booklet focuses on strategies for reducing risk with photos of and quotes by American Indian participants in the Diabetes Prevention Program study.

<http://diabetes.niddk.nih.gov/dm/pubs/amlatrisktype2AI/amerindrisk.pdf>

Diabetes Self-Care

Indian Health Service Division of Diabetes Treatment and Prevention.

- A River Runs Through Us: 90-Day Journal for Wellness.

This journal is designed to help people with diabetes write down their thoughts and feelings on their journey to wellness. Includes words of Tribal Community Members and Leaders to help inspire people with diabetes towards good health of mind, body and spirit.

<http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesOtherEduMat>

- A River Runs Through Us: Inspirations of Wellness Book.

This book is a collection of wise words envisioned from members of the Tribal Leaders Diabetes Committee and other Indian community members.

<http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesOtherEduMat>

- Health for Native Life Magazine.

Magazine promotes wellness and prevention of diabetes in American Indian and Alaskan Natives. .

<http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesNativeLife>

- Taking Care Booklets.

A series of booklets that describe the how's and why's of diabetes care, including: eyes, feet, kidneys, pregnancy, teeth, heart, insulin, and physical activity.

<http://www.ihs.gov/MedicalPrograms/Diabetes/RESOURCES/Catalog/rde/index.cfm>

- Using Our Wit and Wisdom to Live Well With Diabetes: A Paiute/Diné Woman's Journey With Diabetes.

Book and audio CD versions present Barbara Mora's true story about her experience with diabetes written to help other American Indians, Alaska Natives, and all those who are beginning their journeys with diabetes.

<http://www.ihs.gov/MedicalPrograms/Diabetes/RESOURCES/Catalog/rde/index.cfm?module=catalog>

Indian Health Service and Partnership for Clear Health Communication at the National Patient Safety Foundation.

- Ask Me 3TM Good Questions for Your Good Health.
Native American-specific brochure that provides tips to patients on how to communicate with their health care providers and get answers to their questions.
http://www.ihs.gov/healthcommunications/documents/AskMe_8-pg_NatAmer.pdf

National Diabetes Education Program.

- 4 Steps to Control Your Diabetes For Life. NIH Publication No. 11-5492. 2011.
Booklet reviews four steps that help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy. Excellent for people newly diagnosed with diabetes or who just want to learn more about controlling the disease.
<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=4>
- 2011 Diabetes Numbers at-a-Glance. NDEP Publication No. 12. 2011.
Based on American Diabetes Association 2011 clinical recommendations, this pocket guide provides a list of current recommendations to diagnose and manage pre-diabetes and diabetes.
http://ndep.nih.gov/media/numatglance_eng-508.pdf
- Diabetes HealthSense.
Web site contains tools to help people with diabetes and those at risk make lifestyle and behavior changes. Includes videos and links to other web resources on lifestyle changes and behavioral strategies.
<http://ndep.nih.gov/resources/diabetes-healthsense/>

National Institute of Diabetes and Digestive and Kidney Diseases.

- Prevent Diabetes Problems: Keep Your Diabetes Under Control. NIH Publication No. 08-4349. 2008.
Easy-to-read illustrated booklet describing diabetes self-care to reduce risk for diabetes complications (available in large or standard format).
http://diabetes.niddk.nih.gov/dm/pubs/complications_control/control.pdf
- What I Need to Know About Diabetes Medicines. NIH Publication No. 11-4222. 2010.
Easy-to-read illustrated booklet describing diabetes medicines and their actions (available in large or standard format).
http://diabetes.niddk.nih.gov/dm/pubs/medicines_ez/meds.pdf

Eye Care

National Eye Institute. Facts About Diabetic Retinopathy.

- This online resource guide provides information about diabetic eye disease, answers questions about causes and symptoms, and discusses diagnosis and types of treatment.

<http://www.nei.nih.gov/health/diabetic/retinopathy.asp>

National Institute of Diabetes and Digestive and Kidney Diseases. Prevent Diabetes Problems: Keep Your Eyes Healthy. NIH Publication No. 09–4279. 2008.

- Easy-to-read illustrated booklet describing diabetes self-care to reduce risk for diabetes eye problems (available in large or standard format).

http://diabetes.niddk.nih.gov/dm/pubs/complications_eyes/eyes.pdf

Foot Care

National Institute of Diabetes and Digestive and Kidney Diseases. Prevent Diabetes Problems: Keep Your Feet and Skin Healthy. NIH Publication No. 08-4282. 2008.

- Easy-to-read illustrated booklet describing diabetes self-care to reduce risk for feet and skin problems caused by diabetes (available in large or standard format).

http://diabetes.niddk.nih.gov/dm/pubs/complications_feet/feet.pdf

Gestational Diabetes

Agency for Healthcare Research and Quality. Gestational Diabetes: A Guide for Pregnant Women. AHRQ Publication No. 09-EHC014-A. 2009.

- Booklet designed to help women talk with their health care professional about treatments for gestational diabetes and screening for type 2 diabetes after pregnancy. Also available in audio version.

http://www.effectivehealthcare.ahrq.gov/ehc/products/107/162/2009_0804GDM_Cons_singlpgs.pdf

National Diabetes Education Program. It's Never Too Early to Prevent Diabetes. NIH Publication No. 08-6019. 2010.

- Tip sheet for women who have had gestational diabetes to help prevent onset of type 2 diabetes.

http://ndep.nih.gov/media/nevertotooearly_tipsheet.pdf

National Institute of Diabetes and Digestive and Kidney Diseases.

- For Women with Diabetes: Your Guide to Pregnancy. NIH Publication No. 08–5491. 2008. Easy-to-read illustrated booklet on diabetes before, during, and after pregnancy.

<http://diabetes.niddk.nih.gov/dm/pubs/pregnancy/DiabetesandPregnancy.pdf>

- What I Need to Know About Gestational Diabetes. NIH Publication No. 06-5129. 2006.
Easy-to-read illustrated booklet on gestational diabetes.
<http://diabetes.niddk.nih.gov/dm/pubs/gestational/gestationalDM.pdf>

Immunizations

Centers for Disease Control and Prevention.

- Take Charge of Your Diabetes: Vaccinations.
Online resource with information on immunizations and vaccines for people with diabetes.
<http://www.cdc.gov/diabetes/pubs/tcyd/vaccin.htm>

Kidney Care

National Institute of Diabetes and Digestive and Kidney Diseases. Prevent Diabetes Problems: Keep Your Kidneys Healthy. NIH Publication No. 10-4281. 2010.

- Easy-to-read illustrated booklet describing diabetes self-care to reduce risk for chronic kidney disease (available in large or standard format).
http://diabetes.niddk.nih.gov/dm/pubs/complications_kidneys/kidneys.pdf

National Kidney Disease Education Program and Indian Health Service Division of Diabetes Treatment and Prevention.

- Chronic Kidney Disease: What Does It Mean for Me? 2010.
Booklet features AI/AN people and explains chronic kidney disease, medical treatment, and self-care.
http://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Tools/QuickGuides/IHS_NKDEP_CKD_Dx_Broch_508c.pdf
- People with Diabetes or High Blood Pressure: Get Checked for Kidney Disease. Make the Kidney Connection. 2010.
Booklet features AI/AN people and explains why it is important to get checked for kidney disease, lab tests that are used, and how to keep your kidneys healthy.
http://www.ihs.gov/MedicalPrograms/Diabetes/HomeDocs/Tools/QuickGuides/IHS_NKDEP_GenPopBrochure_508c.pdf

Mental Health/Depression

National Institute of Mental Health. Depression and Diabetes. NIH Publication No. 11-5003. 2011.

- This brochure describes the signs and symptoms of depression and how it is linked to diabetes.
<http://www.nimh.nih.gov/health/publications/depression-and-diabetes/index.shtml>

Neuropathy

National Institute of Diabetes and Digestive and Kidney Diseases. Prevent Diabetes Problems: Keep Your Nervous System Healthy. NIH Publication No. 08–4284. 2008.

- Easy-to-read illustrated booklet describing diabetes self-care to reduce risk for neuropathy (available in large or standard format).

http://diabetes.niddk.nih.gov/dm/pubs/complications_nerves/PDP6_Nervous_System_508.pdf

Nutrition

Indian Health Service Nutrition Program. Strengthen the Family Circle.

- This is an adaptation of the Dietary Guidelines for Americans for AI/AN people; it includes personal success stories and healthy eating posters. 2009.

<http://www.ihs.gov/MedicalPrograms/Nutrition/documents/IHS6-handouts.pdf>

National Institute of Diabetes and Digestive and Kidney Diseases. What I Need to Know About Eating and Diabetes. NIH Publication No. 08–5043. 2007.

- Easy-to-read illustrated booklet on nutrition and healthy eating for people with diabetes (available in large or standard format).

http://diabetes.niddk.nih.gov/dm/pubs/eating_ez/Eating_Diabetes.pdf

U.S. Department of Agriculture. MyPlate.gov.

- Interactive website on food and nutrition based on the 2010 Dietary Guidelines for Americans.

<http://www.choosemyplate.gov/>

Oral Care

National Institute of Diabetes and Digestive and Kidney Diseases. Prevent Diabetes Problems: Keep Your Teeth and Gums Healthy. NIH Publication No. 08–4280. 2008.

- Easy-to-read illustrated booklet on oral care for people with diabetes (available in large or standard format).

http://diabetes.niddk.nih.gov/dm/pubs/complications_teeth/teeth.pdf

Peripheral Arterial Disease (PAD)

PAD Coalition.

- Web-based reproducible patient education tip sheets for controlling PAD and related risk factors.

<http://www.padcoalition.org/resources/patient.php>

Physical Activity

National Institute of Diabetes and Digestive and Kidney Diseases. What I Need to Know About Physical Activity and Diabetes. NIH Publication No. 08–5180. 2008.

- Easy-to-read illustrated booklet on physical activity for people with diabetes.
http://diabetes.niddk.nih.gov/dm/pubs/physical_ez/physactivity.pdf

Tobacco Use

U.S. Department of Health and Human Services.

- The Smokefree.gov Web site has a step-by-step guide to quit smoking and other interactive tools, including opportunities for one-on-one help from an expert.
<http://www.smokefree.gov/>

Weight Management, Overweight, and Obesity

Small Steps. Big Rewards. Your Game Plan to Prevent Type 2 Diabetes. Information for Patients. NIH Publication No. 06-5334. 2006.

- Booklet for individuals to develop their own game plan to prevent type 2 diabetes by setting goals and tracking their progress, and work with their health care team, family, and friends. Booklet based on the successful Diabetes Prevention Program study.
http://ndep.nih.gov/media/GP_Booklet.pdf

Small Steps. Big Rewards. Game Plan Fat and Calorie Counter. NIH Publication No. 06-5334. 2006.

- Tool for individuals for weight management and diabetes prevention to identify fat grams and calories for more than 1,500 commonly eaten foods.
http://ndep.nih.gov/media/GP_FatCal.pdf

Small Steps. Big Rewards. Game Plan Food and Activity Tracker. NIH Publication No. 06-5334. 2006.

- Provides patients with the tools to help them begin making lifestyle changes, documenting their daily physical activity and dietary intake and the impact of reducing dietary fat grams and calories with this daily and one-week copier-ready tracker.
http://ndep.nih.gov/media/GP_FoodActTracker.pdf

Youth

Indian Health Service Division of Diabetes Treatment and Prevention.

- Gen 7.
A magazine to help American Indian and Alaska Native teens prevent and manage diabetes.
<http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesGen7>

- Teens Talk About Diabetes.

A DVD video about four American Indian teens who talk about having type 2 diabetes.

<http://www.ihs.gov/MedicalPrograms/Diabetes/RESOURCES/Catalog/rde/index.cfm?module=catalog&opt=3>

National Diabetes Education Program.

- Web site resource with lifestyle change tip sheets and interactive tools for teens with diabetes and those at risk.

<http://ndep.nih.gov/teens/>

Substance Abuse and Mental Health Services Administration (SAMHSA). Prevention of Substance Abuse and Mental Illness.

- Web site with links to a wide array of resources on emotional health, substance abuse including tobacco, and suicide prevention for youth in Tribal communities.

<http://www.samhsa.gov/prevention/>

U. S. Department of the Interior. Let's Move! In Indian Country.

- First Lady Michelle Obama and four federal agencies have launched Let's Move! in Indian Country to support and advance work to improve the health of American Indian and Alaska Native children.

<http://www.doi.gov/letsmove/indiancountry/index.cfm>