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ISSUE: 2 | VOLUME: 2 | 2010

# INControl Diabetes

## DIABETES PREVENTION AND CONTROL PROGRAM MISSION:

TO REDUCE THE BURDEN OF DIABETES IN INDIANA THROUGH DATA SURVEILLANCE, HEALTH COMMUNICATIONS, HEALTHY SYSTEMS DEVELOPMENT, AND DEVELOPMENT AND IMPLEMENTATION OF COMMUNITY INTERVENTIONS AND PROGRAMS.

## Diabetes and Tuberculosis... Is there a Linkage?

*Article Submitted By: Shanica Alexander, MPH, CDC Public Health Advisor, Indiana State Department of Health, Tuberculosis/Refugee Health Division*

Gisela Schecter, MD, MPH, a CNTC Warmline consultant and Multi-Drug Resistant Tuberculosis (TB) consultant with the California TB Control Branch, conducted a literature review of recent studies that focused on the co-morbidity management of TB and diabetes. Here are a few of her findings:

- ☑ **Patients with diabetes have increased risk of progression to active TB.** A Harvard meta-analysis (Jeon and Murray, 2008) looked at 13 observational studies that included 1.7 million participants and found that the relative risk (of active TB) was 3-fold more than among those with diabetes.
- ☑ **In presentation and diagnosis of TB among diabetics, there is an increased likelihood of lung lesions confined to the lower lobes.** In one study (Alisjahbana et al., 2007), this difference ranged from 2.4% without diabetes to 23.5% with diabetes. Diagnosis may be delayed because the radiologist and treating physician may not "think TB" without upper-lobe abnormalities present.
- ☑ It is widely known that rifampin affects the levels of antiretroviral therapy used to treat HIV, through its effect on the CYP450 enzyme system. Both sulfonamides (such as glipizide) and thiazolidinediones (such as Avandia or Actos) are metabolized by this same system, so **blood levels of these drugs may be lower when rifampin is being used, and therefore diabetes control may suffer.** Careful monitoring is required. *Article continued on page 2*

For more details, go to [http://www.cdc.gov/tb/publications/newsletters/notes/TBN\\_2\\_09/highlights.htm](http://www.cdc.gov/tb/publications/newsletters/notes/TBN_2_09/highlights.htm)

★ [Link to the ISDH's Tuberculosis Homepage](#) ★



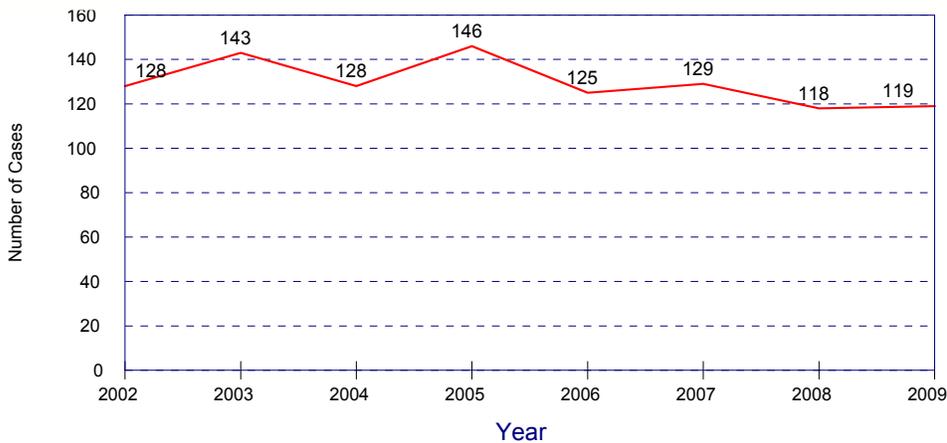
## “NEW” Indiana Diabetes Data is Released

For the most current Indiana diabetes data, please visit the Diabetes Prevention and Control Program website at [www.diabetes.IN.gov](http://www.diabetes.IN.gov) under the “data and statistics” section.

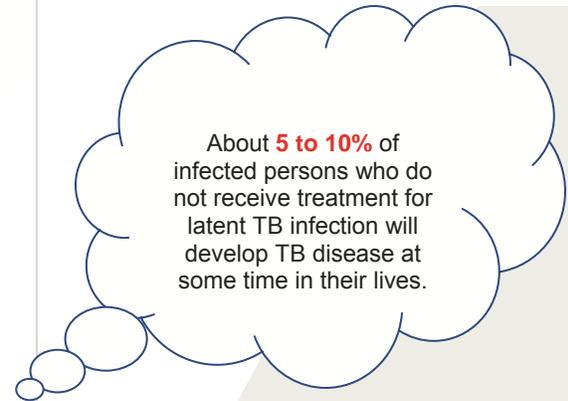


Indiana State  
Department of Health

### REPORTED CASES OF TUBERCULOSIS IN INDIANA 2002-2009



ISDH Tuberculosis Control Program



About **5 to 10%** of infected persons who do not receive treatment for latent TB infection will develop TB disease at some time in their lives.

**Generally, persons at high risk for developing TB disease fall into two categories:**

#### Category 1

**Persons who have been Recently Infected with TB Bacteria**

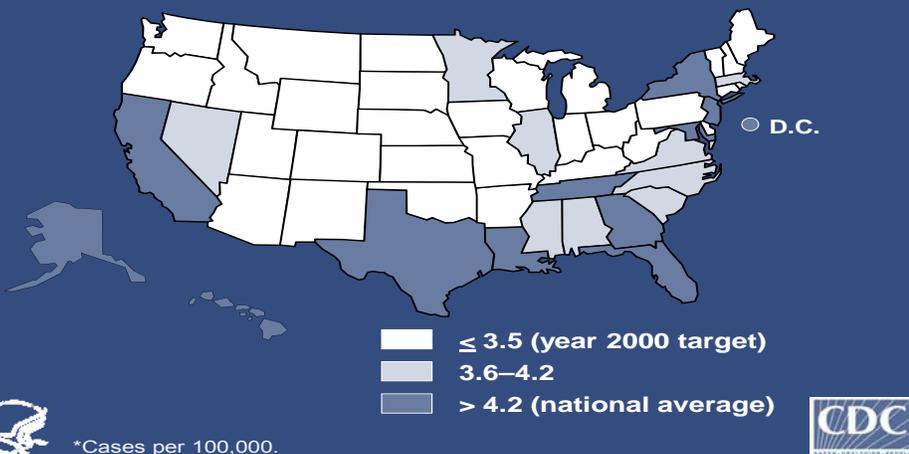
- Close contacts of a person with infectious TB disease.
- Persons who have immigrated from areas of the world with high rates of TB.
- Children less than 5 years of age who have a positive TB test.
- Groups with high rates of TB transmission, such as homeless persons, injection drug users, and persons with HIV infection.
- Persons who work or reside with people who are at high risk for TB.

#### Category 2

**Persons with Medical Conditions that Weaken the Immune System**

- HIV infection (the virus that causes AIDS)
- Substance abuse
- Silicosis
- Diabetes mellitus**
- Severe kidney disease
- Low body weight
- Organ transplants
- Head and neck cancer
- Medical treatments such as corticosteroids or organ transplant
- Specialized treatment for rheumatoid arthritis or Crohn's disease

### TB Case Rates,\* United States, 2008



\*Cases per 100,000.



#### Quick Fact

In 2009, 12% of the Indiana TB cases reported a diagnosis of diabetes mellitus

## Volunteer Leaders Conference News

Article Submitted By: Hannah Sawyer, RN, Health Education/Community Outreach/Volunteer Services Manager, Bloomington Hospital Orange County

Connie Hill, Bloomington Hospital Volunteer & Visitor Services Director, was honored at the Indiana Directors of Volunteers Services (ISDVS) Conference March 3rd & 4th in Indianapolis for her years of service to ISDVS and most recently for her leadership as the ISDVS President for the past year. In the picture (left) is the of ISDVS President-Elect Linda Bacon, Major Hospital presenting Connie with a hand bag & a plaque that reads:

*"As a beacon in the night  
With light shining bright  
Going the extra mile  
Always leading with a smile!"*

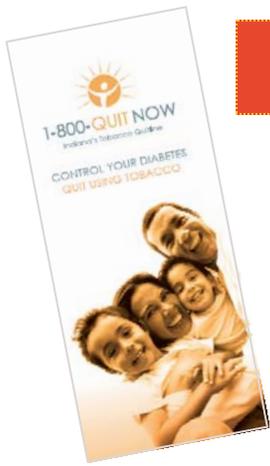


**Congratulations Connie!**

For more information visit [www.isdvs.org](http://www.isdvs.org)

★ [Link to the ISDH's Tuberculosis Homepage](#) ★

## Diabetes & Tobacco Brochure Released



The ISDH—Diabetes Prevention and Control Program (DPCP) and the Indiana Tobacco Prevention Coalition (ITPC) have collaborated together to publish a FREE brochure that individuals can use to educate patients, family members, friends, etc. with diabetes about additional risks if they use tobacco products. The brochure is available in BOTH English and Spanish. To access the brochure visit [www.diabetes.IN.gov](http://www.diabetes.IN.gov).

★[Link to the ITPC Homepage](#)★



## Healthy Communities Program

*Article Submitted By: Erin Slevin, MPH, CHES, Communities Putting Prevention to Work Program Director*



Chronic diseases affect almost 50% of Americans and account for 7 of the 10 leading causes of death in the United States. Chronic diseases and conditions such as heart disease, stroke, diabetes, cancer, obesity, and arthritis are among the most common, costly, and preventable of all health problems. Tobacco use and exposure, insufficient physical activity, and poor nutrition are all preventable health risk factors that contribute greatly to the development and severity of many chronic diseases.

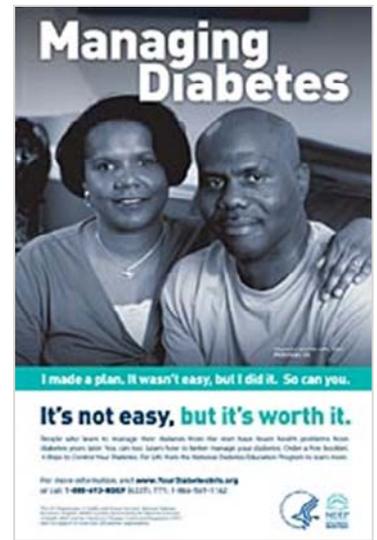


The Healthy Communities Program at the Indiana State Department of Health is helping to prevent chronic disease by working to reduce health risk factors such as tobacco use, insufficient physical activity, and poor nutrition. The Healthy Communities Program works at both local and statewide levels by providing technical assistance and support to communities to develop and implement policy, systems, and environmental change strategies related to nutrition, physical activity, and tobacco.



Critical to the success of these efforts are partnerships with state and local agencies, voluntary associations, employers, faith-based settings, and other organizations. The Healthy Communities Program is working to develop, implement, and disseminate mechanisms to facilitate the exchange of information regarding best practices, program accomplishments, and lessons learned among partners. Together, we are working to create environments in Indiana where the healthy option is the easiest option. For more information about the Healthy Communities Program, contact JoBeth McCarthy-Jean at 317.234.7321 or at [JMccarthy-Jean@isdh.IN.gov](mailto:JMccarthy-Jean@isdh.IN.gov).





**NDEP refreshed its *Control Your Diabetes. For Life.* campaign.** The new messages communicate the seriousness of diabetes, the importance of managing the disease to prevent or delay complications, the idea that managing diabetes is not easy but it is worth it, and the importance of making a plan. The print public service announcement and poster series feature people from around the country living with diabetes who reflect a diversity of ethnicity and age. For more information about this campaign, please visit: <http://www.ndep.nih.gov>.

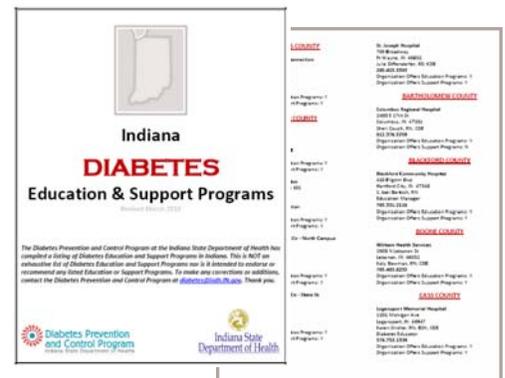
## DPCP Updates



**The Diabetes Prevention and Control Program (DPCP) has recently revised and updated its web site.** The Web site is now easier for health care professionals and the general public to find pertinent information on diabetes data, legislation, research, insurance coverage information, publications, resources (English & Spanish), local diabetes support and education programs, and other evidence-based programs. Check it out at [www.diabetes.IN.gov](http://www.diabetes.IN.gov).



The Diabetes Prevention and Control Program (DPCP) has recently revised and updated the 2010 Indiana Diabetes Education and Support Registry. To access the registry visit [www.diabetes.IN.gov](http://www.diabetes.IN.gov) and then click on “professional resources” and then click on “educational tools.”



*Note: The registry is not an exhaustive list nor is it intended to endorse or recommend any of the listed Education or Support Programs.*

## County Overall Health Rankings Are **NOW** Available



The first set of reports to rank the overall health of every county in all 50 states— is released by the University of Wisconsin’s Population Health Institute and the Robert Wood Johnson Foundation. The County Health Rankings identify the healthiest and least healthy counties within every state in the nation. To access the county level rankings visit [www.countyhealthrankings.org](http://www.countyhealthrankings.org).

# Upcoming Programs & Events

## Indiana Central Association of Diabetes Educators (ICADE) April Meeting



**Date:** Thursday, April 22, 2010  
**Time:** 5:30-7:30pm  
**Location:** 1776 N Meridian Street

**Presenter:** Dr. Mary Rouse,  
Charis Center for Eating Disorders

**Topic:** Eating Disorders and Diabetes

**Price:** ICADE Members are free;  
non-members pay a small fee

Contact an ICADE officer through [www.ICADEgroup.org](http://www.ICADEgroup.org)  
for more information.

## Tri-State Association of Diabetes Educators (TRADE) 26th Annual Workshop



**Date:** Thursday, May 6, 2010  
**Location:** Southern Indiana Career and Technical Center  
1901 Lynch Road  
Evansville, IN 47711

**Working Title:** "Diabetes in Children, Teens, and Young Adults"

\*Provides 6-7 hours of Continuing Educations for RD's, RN's, and RPh's  
See newsletter pages 12 & 13 for additional information

For more information please contact Mary Correll, RN, BSN, CDE  
at 270.686.7747, ext. 3078 or [Mary.Correll@ky.gov](mailto:Mary.Correll@ky.gov)



## Northern Indiana Association of Diabetes Educators (NIADE) Continuing Education Program



**Date:** Friday, April 30, 2010  
**Location:** Bluegate Restaurant  
Shipshewana, Indiana



**Working Title:** "Type 2 Diabetes—  
Exploring Treatment Options & Strategies for Best Outcomes"

\*CEU's have been submitted for nurses, dietitians, and pharmacists; approval in process.  
See newsletter pages 10 & 11 for additional information



## Exercise Program for Older Adults

We all know physical activity improves overall health, including physical activity and emotional health, and helps prevent disease. But for older adults, participating in an exercise program designed to improve cardiovascular health and increase strength and mobility can help them not only improve their health and live better, longer, but also help them in completing day to day activities that many of us take for granted. EnhanceFitness is a program designed to do just that. Based on solid research and tested in more than 100 sites nationally, EnhanceFitness is an exercise program designed for older adults focused on stretching, flexibility, balance, low-impact aerobics, and strength training exercise, all which help maintain health and function.

Here in Indiana, we have an aging population, and decreasing physical activity rates. Thus, the ISDH DPCP has partnered with the Indiana Association of Area Agencies on Aging (IAAAA) to help bring this evidence-based program to seniors in Indiana. The senior adult population with diabetes or those at high-risk for developing diabetes can benefit from this evidence-based program by becoming more physically active. For more information about the program or to find out how to refer patients into the program, call IAAAA at 1.800.986.3505 or contact Mindi Matthews, Indiana State Department of Health at [mmatthews@isdh.IN.gov](mailto:mmatthews@isdh.IN.gov) or 317.233.7755. More information about EnhanceFitness program can also be found at [www.diabetes.in.gov](http://www.diabetes.in.gov) or [www.projectinhance.org](http://www.projectinhance.org).



## JDRF Has Program for Parents, School Administrators To Support Children with Type 1 Diabetes in the Classroom



As part of an extensive program to increase the awareness of the special needs of children with type 1 diabetes in the classroom, the Juvenile Diabetes Research Foundation International has two key support programs for parents and school administrators: the *JDRF School Advisory Kit*, and an on-line “School Assistance Team.”

appropriate actions needed by school personnel, she said. The *Toolkit* includes steps for the school to follow to prepare substitute teachers to deal with type 1 students – a commonly forgotten but essential element of being in charge of any classroom.

According to JDRF – the world’s largest charitable funder of research leading to a cure for type 1 diabetes and its complications – one of the most pressing concerns for parents and their school-aged children with type 1 diabetes is the relationship between the family and the school. Many schools are also struggling to meet the medical and educational needs of the increasing number of students with diabetes.

In addition, the *Toolkit* provides information to help parents understand how schools work and describes the best ways to approach the school to ensure appropriate services for a student with type 1 diabetes. By using real-life scenarios, the *Toolkit* helps parents obtain a better understanding of the legitimate concerns and needs schools have when a child with diabetes is a member of their school population. At the same time, the *Toolkit* provides school administrators with better understanding of the difficulties of living with type 1 diabetes, and the emotionally and physically demanding experience of having a child with type 1 diabetes in the family. The *Toolkit* provides the school with information about how the child, the child’s siblings, and the parents are all impacted by this serious disease.

JDRF has developed a number of innovative programs and materials to assist parents of children with diabetes and schools to work together on behalf of students with diabetes in a respectful and mutually beneficial manner. The effort has two goals: to help parents of children with type 1 diabetes understand the needs, fears, and concerns schools, administrators, and classroom teachers have in caring for students with medical concerns such as diabetes, and to help school administrators, teachers and nurses better understand the unique medical, emotional, and educational needs of children with diabetes and their parents.

The second school-related program JDRF introduced is an on-line help system, she said. Any questions concerning diabetes and schools can be asked of the “Online Diabetes Support Team” at the JDRF website ([www.jdrf.org](http://www.jdrf.org)). Any question relating to diabetes and schools will be referred to a member of the *School Assistance Team* – volunteers, usually with a direct connection to diabetes, who have specialized knowledge about diabetes and school issues. *School Assistance Team* members will respond via email within 48 hours. The *School Assistance Team* member will share their personal experiences and give as much information as possible to help the person asking the question. All correspondence is confidential.

As part of program, which JDRF has developed a new publication, *The School Advisory Toolkit* provides practical information on everyday medical needs. This includes defining the responsibilities of the students, school administrators, the school nurse, teachers, coaches, and other school personnel, as well as the parents. Helpful charts provide information on low and high blood sugar symptoms, along with the ap-

For more information please visit [www.jdrf.org](http://www.jdrf.org) or the local Indiana chapter at [www.jdrf.org/indiana](http://www.jdrf.org/indiana). To get more information please call: 317.469.9604.

## Adult Type 1 “Toolkit”

As part of its expanding commitment to improving the lives of adults who have type 1 diabetes, JDRF has created a new resource called the JDRF Adult Type 1 Toolkit.

Written by adults who have type 1 diabetes, the Toolkit is an essential “how-to” guidebook about living with the disease. It offers information and advice on important topics, such as how to deal with the diagnosis and day-to-day management of diabetes, how to tell friends about the disease, and how to juggle the demands of diabetes at work. It describes how diabetes affects physical and psychological health, relationships, and parenting. It gives tips for approaching things like diet, exercise, travel, and work and explains how to educate others about type 1, especially what to do in emergency situations.



JDRF developed the Toolkit to address the glaring lack of resources for adults with type 1 diabetes. When children are diagnosed, their parents are often flooded with support and resources to help them care for their child and cope with the disease’s impact on the entire family. Yet when adults are diagnosed, they usually have far fewer resources and often don’t know where to turn for support. The resources for children are often not applicable to adults, who have different needs. Making matters more difficult, adult type 1 diabetes is frequently subject to misinformation and misconceptions that blur the lines between type 1 and type 2, leaving people with the disease feeling isolated and sometimes confused. The Toolkit is one aspect of JDRF’s response to these issues.

JDRF recognizes that as people grow older, their interests, priorities, and needs change. The Toolkit aims to identify, address, and support these evolving concerns. It provides the adult type 1 diabetes community with specific content and tools focused on various life stages, such as the point of diagnosis, relationships and marriage, pregnancy and children, the workplace, and dealing with possible complications. In this way, it underscores JDRF’s determination to help people with diabetes remain as healthy as possible as we work toward finding a cure.

The Adult Type 1 Toolkit is an early step in JDRF’s plans to develop an extensive program to support the needs of adults who have type 1 diabetes. They will be developing additional resources to ensure that adults have the support they need to live well with the disease.

The Toolkit is free and available at [www.jdrf.org](http://www.jdrf.org) or by calling the Indiana State Chapter at 317.469.9604. More information is available about the State Chapter JDRF at [www.jdrf.org/indiana](http://www.jdrf.org/indiana).



# Diabetes In the News



## January/February 2010 Issue of *Migrant Health Newsline* Addresses Diabetes

Visit the National Center for Farmworker Health's Website to download the January/February issue of *Migrant Health Newsline* ([www.ncfh.org/?pid=81](http://www.ncfh.org/?pid=81)). This issue includes an important article on gestational diabetes in Hispanic women and highlights material available for educators working with this population.

## Diabetes Risk Reduction Behaviors Among U.S. Adults with Prediabetes

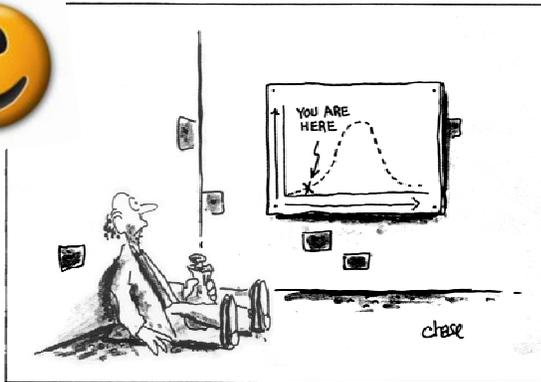
(preview of original article by Linda Geiss, MA, Cherie James, MSPH, Edward W. Gregg, PhD, Ann Albright, PhD, RD, David F. Williamson, PhD, and Catherine C. Cowie, PhD in the *American Journal of Preventive Medicine*, Volume 38, Issue 4, April 2010) (<http://www.elsevier.com/wps/find/>)

Researchers from the CDC's Division of Diabetes Translation, Emory University, and the National Institute of Diabetes and Digestive and Kidney Diseases examined whether people with prediabetes are adopting preventive measures and what demographic factors might influence these behaviors. Survey data from 1,402 adults with prediabetes who participated in the 2005-2006 National Health and Nutrition Examination Survey (NHANES) was analyzed. Survey participants were interviewed and given a fasting plasma glucose test (FPG) and an Oral Glucose Tolerance Test (OGTT).

gender, age, race/ethnicity, family history, and education level were also self-reported.

Researchers found that in 2005–2006, 29.6% of U.S. adults aged  $\geq 20$  years had prediabetes. Only 7.3% of those with prediabetes reported that they had been told that they had a prediabetes condition and only about half of those with prediabetes reported that in the past year they tried to lose weight or exercise more. Less than half (47.7%) of adults with prediabetes reported a test for diabetes or high blood sugar in the past 3 years. Although adults with and without prediabetes were similar in race and ethnicity, adults with prediabetes were more likely than those without prediabetes to be male, older, and have lower educational attainment. They were also somewhat more likely to report that an immediate family member had diabetes. Adults with prediabetes were also more likely to have higher levels of well known cardiovascular disease risk factors, including higher mean weight, waist circumference, systolic blood pressure, and triglycerides, as well as a higher prevalence of hypertension.

All survey participants were asked whether in the past 12 months, they had: (1) tried to control or lose weight, (2) reduced the amount of fat or calories in their diet, and (3) increased physical activity or exercise. They were also asked whether they had been told by a doctor or other health professional in the past 12 months to perform each of these three risk reduction behaviors. In addition, they were asked if they had been screened for diabetes or high blood sugar in the past three years. Demographic factors such as



## National Diabetes Education Program Materials for Older Adults

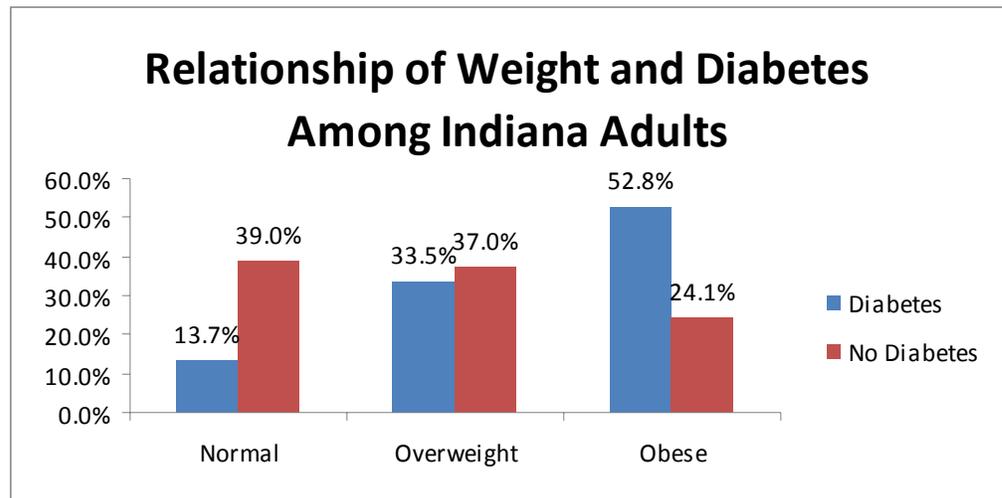
The Medicare Diabetes Screening Program is involved in the National Diabetes Education Program (NDEP) through participation in its Older Adults Work Group. NDEP is the federal government's ongoing diabetes awareness and education campaign, with hundreds of copyright-free materials and resources for any organization to adopt and use. Two excellent pieces are available for use with older adults. The first – for older adults at risk for diabetes – is entitled "It's Not Too Late to Prevent Diabetes." The second – for those with diagnosed diabetes – is called "The Power to Control Diabetes Is in Your Hands." These publications can be used to complement your efforts in promoting Medicare's free screening benefits for diabetes. Also, NDEP recently launched a new feature called Support for Behavior Change Resource (SBCR). SBCR is a searchable database of research articles, tools and programs, and it can help you address lifestyle, behavior change and psychosocial issues related to diabetes prevention and treatment, and coping with diabetes on a day-to-day basis. All of the resources have specifics on how to change behavior. As you or your organization works on diabetes, this resource may be helpful. Visit [www.ndep.nih.gov/sbcr](http://www.ndep.nih.gov/sbcr).



# Indiana: Diabetes Data Statistics

## Primary Prevention of Type 2 Diabetes (2008)

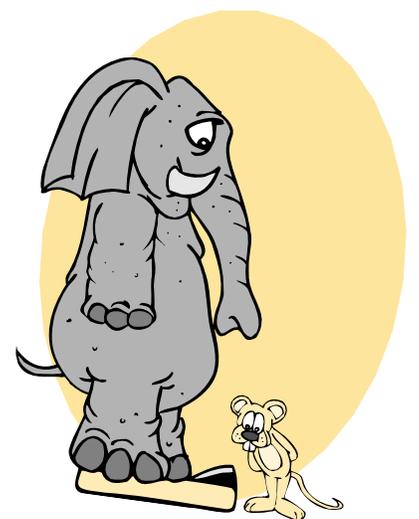
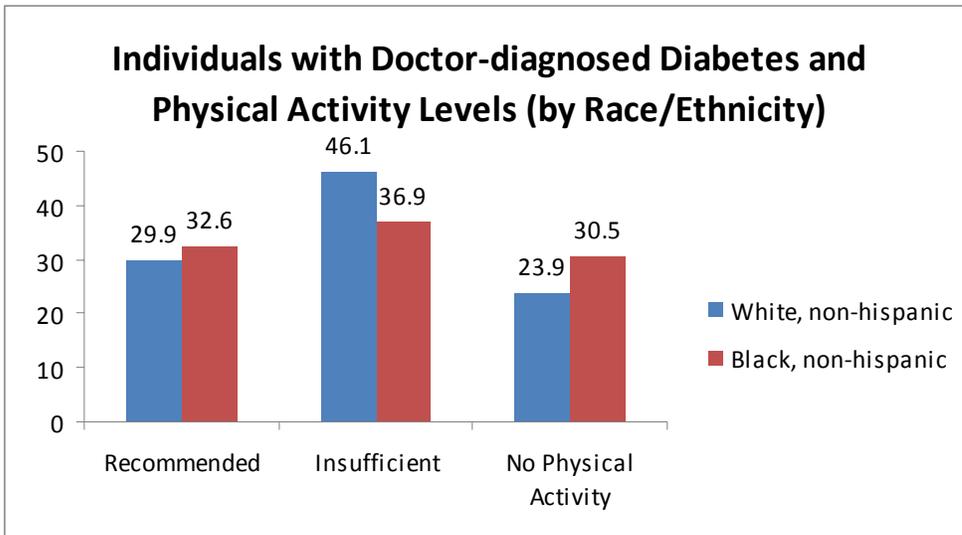
- An estimated 25.0% or 1,444,304 people in Indiana aged 20 years and older have impaired fasting glucose (IFG) or pre-diabetes.
- Age increases the risk of type 2 diabetes (especially 45 years and older). In Indiana 21.2% of Indiana adults 65 years and older have diabetes.
- It has been reported that 73.1% of Indiana adults with diabetes consumed less than 5 daily servings of fruits and vegetables.
- Almost 70.0% of Indiana adults with doctor-diagnosed diabetes do not engage in the recommended amount of physical activity.



BMI < 25.0 = Normal

BMI 25.0-30.0 = Overweight

BMI > 30.0 = Obese



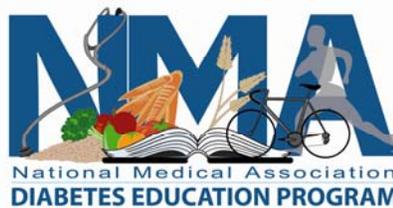
# Collaborative Partners\*



\* Logos used with permission of organizations.



Indiana Central Association  
of Diabetes Educators  
ICADE



## Indiana Health Group Receives \$10.3M in Stimulus



The American Recovery and Reinvestment Act's State Health Information Exchange Cooperative Agreement Program (CAP) announced the award on March 16, 2010 of a four-year, \$10.3 million grant to the State of Indiana to further enhance the quality and reach of the state's existing health information technology delivery system to improve health outcomes for Hoosiers and reduce costs across the continuum of health care. The grant will be made to the state through a new state-chartered non-profit entity created for this program, Indiana Health Information Technology, Inc. (IHIT).

\*Diabetes clinical data will be collected from this new program, which will provide clinical data to the State and help improve the quality of care that diabetes patients receive.

Source: *The Indianapolis Star*



Indiana State Department of Health  
Diabetes Prevention and Control Program  
Health and Human Services Commission

**Meenakshi Garg, M.D., M.P.H.**  
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**Pam McVey**  
Program Secretary

If you would like to be added to the email mailing list to receive this quarterly newsletter, please contact: Diabetes Prevention and Control Program, Phone: 317.233.7755 or Email: [mmatthews@isdh.IN.gov](mailto:mmatthews@isdh.IN.gov)

## Introduction

This program is designed to improve and enhance the knowledge base of healthcare professionals providing care for patients with diabetes in a variety of inpatient and outpatient settings. Evidence-based practice guidelines that impact glucose management in a variety of settings will be presented. The program will explore areas of diabetes management not always addressed in an introductory course including Family Dynamics, Current Research, and Bariatric Surgery options available for the obese patient with diabetes.

### Program Goals:

To provide each healthcare provider attending with information regarding current care standards in type 2 diabetes.

### Program Objectives:

At the conclusion of this presentation, the participant will be able to:

- Distinguish the difference between individual and family approach in the family model.
- Describe positive outcomes that can occur with family approach in children and adults
- Identify 3 assessment tools and 3 intervention principles for use in family approach.
- Identify appropriate candidates for successful outcomes from bariatric surgery.
- Compare and contrast risks/benefits of various bariatric surgery options for the diabetes patient.
- Discuss the impact of bariatric surgery on quality of life and diabetes control.
- Discuss the epidemiology regarding the increased incidence of Diabetes Mellitus in the United States.
- Discuss the current crisis in diabetes education.
- Discuss strategies for preparing future diabetes educators.
- Describe how to develop a Becoming a Diabetes Educator Workshop.
- Describe how to Evaluate the Workshop.
- Examine new research and diagnostic guidelines as they apply to the care of the patient with type 2 diabetes.
- Compare and contrast various treatments, medication choices and non-pharmaceutical options in the goal for good glucose control.
- Describe current research on vitamin D and the relationship to diabetes.

- List current screening guidelines and treatment approaches to testosterone levels in the male with type 2 diabetes.
- List 2 new research and technology treatment options that impact diabetes control for type 2 diabetes.

## Program Schedule

7:15-7:55	Registration, Continental Breakfast, Exhibits
7:55-8:00	Welcome
8:00-9:00	Family Dynamics; Mary Ellen Meyer, RN, MPH, CDE
9:00-9:30	Break & Exhibits
9:30-11:00	Bariatric Surgery – One Option for Type 2 Diabetes; Paul Stanish, MD
11:00-11:45	Bariatric Surgery – A Patient Perspective; Rose Flinchum, MEd, MS, RN, CNS, BC-ADM, CDE
<hr/>	
11:45-12:45	Lunch (provided) Exhibits
<hr/>	
12:45-1:45	Preparing Future Diabetes Educators: One Strategy for Success; Mary M. Sullivan, RN, MSN, DNP(c), CDE
1:45-2:00	Break
2:00-3:00	Type 2 Diabetes – Diagnosis and Treatment Guidelines from Insulin Resistance to Insulin Deficit; Arcot Dwarakanathan, MD
3:00–4:00	Hot Topics in Diabetes Care; Arcot Dwarakanathan, MD
4:00-4:15	Summary & Sharing/Evaluations
<b>Completed evaluation must be submitted at end of session to receive statement of credit.</b>	
<hr/>	

### Driving Instructions:

**From Indiana Toll Road (I-80/90)** go south on Indiana 13 (exit 107) to State Road 120 East to Indiana 5 South to Shipshewana. The Blue Gate Restaurant is at the blinking stop light in downtown Shipshewana.

**From US 20** take Indiana 5 North to the Blue Gate Restaurant at the blinking stop light in downtown Shipshewana.

# Type 2 Diabetes – Exploring Treatment Options and Strategies for Best Outcomes

A Knowledge-based Activity

April 30, 2010

Continuing Education Program

Continuing Education has been submitted for nurses, dietitians, and pharmacists  
Approval in process

BLUEGATE RESTAURANT  
SHIPSHEWANA, INDIANA

### Target Audience:

Nurses, Dietitians, Pharmacists, Case Managers, Diabetes Educators, Nurse Practitioners, School Nurses

## Registration

Type 2 Diabetes – Exploring Treatment Options and Strategies for Best Outcomes  
April 30, 2010 – **Registration Deadline: April 23, 2010**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

ZIP \_\_\_\_\_

Fee: AADE member = \$35.00 AADE membership Number \_\_\_\_\_ (must be included for discount)

Non-Members - \$75.00 RN License # \_\_\_\_\_ RPh License # & State \_\_\_\_\_

Students - \$35.00 RD License # \_\_\_\_\_ Other (specify) License # & State \_\_\_\_\_

Make check payable to: Northern Indiana Association of Diabetes Educators (NIADE)

Mail check/registration to: Diana Riley, RN, BSN, CDE, St. Anthony Memorial Diabetes Center, 301 W. Homer St # 106,  
Michigan City IN 46360-43583 For further questions, Contact Marilyn Emery at [M.Emery@LPH.org](mailto:M.Emery@LPH.org) or 219-326-2478

## Registration Information

Registration Deadline: April 23, 2010

### Registration Fee:

- AADE Members: \$35.00
- Non-members: \$75.00
- Students: \$35.00

Fees include program materials, breaks and lunch.

### Make check payable to:

Northern Indiana Association of Diabetes  
Educators (NIADE)

### Mail check with registration to:

Diana Riley, RN, BSN, CDE  
St Anthony Memorial, Diabetes Center  
301 W. Homer St. # 106  
Michigan City IN 46360-4358  
219-861-8814

### Cancellation Policy:

Written notification of cancellation must be received prior to April 23, 2010 for a full refund. No refunds will be issued for cancellations received after April 23, 2010.

*Attendance at all sessions required to receive continuing education credit.*

### Guest Faculty:

- Mary Ellen Meyer, RN, MPH, CDE; Animas Corporation, a Johnson & Johnson Company
- Paul Stanish, MD, FACS; Physician and Surgeon in Northwest Indiana.
- Rose Flinchum, MEd, MS, RN, CNS, BC-ADM, CDE, La Porte Hospital, La Porte, IN.
- Mary M. Sullivan, RN, MSN, DNP(c), CDE; University of California, 2009 AADE Diabetes Educator of the Year
- Arcot Dwarakanathan, MD, FACE, St. James Center for Diabetes, St. James Hospital and Health Centers

## Shipshewana Lodging Accommodations

### Country Inn & Suites

[www.countryinns.com/shipshewana](http://www.countryinns.com/shipshewana)  
260-768-7780

### Der Ruhe Blatz Motel (The Resting Place)

[www.DerRuheBlatzMotel.com](http://www.DerRuheBlatzMotel.com)  
260-768-7750

### Farmstead Inn

[www.tradingplaceamerica.com](http://www.tradingplaceamerica.com)  
260-768-4595

### Super 8 Motel

[www.genocites.com/super8shipshe/](http://www.genocites.com/super8shipshe/)  
260-768-4004 or 800-800-8000

### Amish Log Cabin Lodging & Campground

[www.amish.org](http://www.amish.org)  
260-768-7770

### Birky's Country Gardens Bed & Breakfast

[www.birkycountrygardens.com](http://www.birkycountrygardens.com)  
260-768-4246

### Big House in the Little Woods Bed & Breakfast

[www.bighouselittlewoods.com](http://www.bighouselittlewoods.com)  
260-593-9076

### Green Meadow Bed & Breakfast

[www.greenmeadowbedandbreakfast.com](http://www.greenmeadowbedandbreakfast.com)  
260-768-4221

### Morton Street Breakfast

[www.shipshewanalodging.com](http://www.shipshewanalodging.com)  
800-447-6475

### Old Carriage Inn Bed & Breakfast

[www.oldcarriageinn.com](http://www.oldcarriageinn.com)  
800-435-0888

### Songbird Ridge Bed & Breakfast, Antiques & Gifts

[www.shipshewana.com/songbirdridge](http://www.shipshewana.com/songbirdridge)  
260-768-7874

### Village Gardens Bed & Breakfast

[www.shipshewanavillagegardens.com](http://www.shipshewanavillagegardens.com)  
260-768-8060

## About TRADE

TRADE (*Tri-State Association of Diabetes Educators*), a chapter of the American Association of Diabetes Educators (AADE), serves a multidisciplinary group with quarterly meetings to share ideas and information about diabetes. TRADE also initiates and plans professional workshops and seminars to update professionals regarding the latest diabetes care practices in order to achieve the ultimate goal of maintaining quality care and education for individuals with diabetes and their families. Other projects include day camps for children, health fairs, patient classes and other special events. For membership information write: TRADE Tri-State Association of Diabetes Educators, P.O. Box 1384, Owensboro, KY 42302-1384 or e-mail [Mary.Correll@ky.gov](mailto:Mary.Correll@ky.gov).

## A MESSAGE FROM THE WORKSHOP COMMITTEE

On behalf of the Tri-State Association of Diabetes Educators (TRADE), an affiliate of the American Association of Diabetes Educators (AADE), and the Kentucky Diabetes Prevention & Control Program (KDPCP), we hope you choose to attend the 26<sup>th</sup> Annual TRADE Workshop.

### DIABETES IN CHILDREN, TEENS, AND YOUNG ADULTS

**Objectives:** This workshop will enable participants to:

1. Discuss trends in the pathophysiology, diagnosis, and management of diabetes in children and teens.
2. Describe diabetes care practices currently allowed by law in Kentucky and Indiana schools including the role of diabetes educators and school nurses in implementing diabetes care.
3. Describe a school's "nutrition services" including the school staff's responsibility in the management of a student with diabetes.
4. Identify psychosocial developmental challenges for children and adolescents with diabetes including appropriate referral guidelines for intervention.
5. Discuss specific challenges for the teen with diabetes transitioning into adulthood.
6. Identify emerging diabetes research related to the treatment and prevention of diabetes in children and teens.
7. Describe co-morbidities encountered in obese children including appropriate treatment modalities and referrals.

## TRADE Professional Development & Education Resources Committee

### Chairpersons

**Mary Ann Correll RN, BSN, CDE / Mary Tim Griffin, RD, LD** – Kentucky Diabetes Prevention & Control Program, Green River District Health Department, Owensboro, KY

**Teresia Huddleston, MS, RD, LD, CDE** – Kentucky Diabetes Prevention & Control Program, Barren River District Health Department, Bowling Green, KY

### Committee

**Debbie Brothers, RN, CPAN** – Trover Health Systems, Madisonville, KY

**Karen Fleck, RN, CDE** – Deaconess Hospital, Evansville, IN

**Janice Haile, RN, BSN, CDE** – Kentucky Diabetes Prevention & Control Program, State Staff, Owensboro, KY

**Grace Hert, RD, LD** – Evansville, IN

**Karen Hill, RD, LD** – Methodist Hospital, Henderson, KY

**Deanna Leonard, RN, BSN** – Kentucky Diabetes Prevention & Control Program, Purchase District Health Department, Paducah, KY

**Ann Motycka, RN, MSN** – Ivy Tech Community College, Evansville, IN

**Judith Watson, RN, CDE, CN** – Kentucky Diabetes Prevention & Control Program, Purchase District Health Department, Paducah, KY

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# TRADE

Tri-State Association of Diabetes Educators  
An affiliate of the American Association of Diabetes Educators (AADE)

P.O. Box 1384  
Owensboro, KY 42302-1384

# DIABETES IN CHILDREN, TEENS, AND YOUNG ADULTS

## 26<sup>TH</sup> ANNUAL TRADE WORKSHOP

*Applied to Meet Certified Diabetes Educator Requirements for Recertification*

**May 6, 2010  
7:30 AM – 4:45 PM**

**Southern Indiana Career and Technical Center  
(Evansville, IN)**

The Kentucky Diabetes Prevention & Control Program, in partnership with TRADE, recognizes this program as a professional diabetes update.



# TRADE

Tri-State Association of Diabetes Educators  
An affiliate of the American Association of Diabetes Educators (AADE)

## TARGET AUDIENCE AND ACCREDITATION INFORMATION

This workshop is designed for nurses, dietitians, pharmacists, and other health professionals who are currently involved in the management of patients with diabetes.

To successfully complete the program and receive credit, participants must pay required fee, attend the entire session and complete the evaluation form.

This program is approved for 7.0 contact hours by the Green River District Health Department, through the Kentucky Board of Nursing, provider number 4-0137-24-12312011. Kentucky Board of Nursing approval does not constitute endorsement of program content.

Application has been submitted for contact hours to the Kentucky Board of Pharmacy and the Commission on Dietetic Registration (CDR), the credentialing agency for the American Dietetic Association. If approved by CDR, workshop will meet Certified Diabetes Educator (CDE) renewal requirements.

## REGISTRATION INFORMATION

Members of AADE or TRADE.....	\$40.00
Non-members.....	\$70.00
Full-Time Students (as space available) .....	\$15.00

- Enrollment is limited, therefore, early registration is encouraged.
- In the event the program is filled, you will be notified and your fee returned.
- No confirmation will be mailed.
- **No refunds will be given after April 28, 2010.**

For additional information about this program, call the KDPCP Diabetes Team 270-686-7747 ext. 3078 or e-mail [Mary.Correll@ky.gov](mailto:Mary.Correll@ky.gov).

## Workshop Location

**Southern Indiana Career and  
Technical Center**  
1901 Lynch Road • Evansville, IN  
47711

## Hotel Information

To receive discount, ask for "TRADE Conference"

- Drury Inn**, 3901 N. Highway 41, Evansville, IN 47711  
1-800-325-0720  
Block of 10 rooms  
\$70.00 plus tax for 2 Double beds  
\$80.00 plus tax for King bed  
Reserve by April 4
- Holiday Inn**, 4101 Highway 41 North, Evansville, IN 47711  
812-424-6400 or Toll Free 877-388-7829  
Block of 10 rooms  
\$75.00 plus tax  
Reserve by April 23
- Marriott**, 7101 Highway 41 North, Evansville, IN 47725  
812-867-7999 or Toll Free 800-228-9290  
Block of 10 rooms  
\$75.00 plus tax

# DIABETES IN CHILDREN, TEENS, AND YOUNG ADULTS

## Agenda 2010

### (Central Time)

7:30 - 8:15 AM	8:15 - 8:30 AM
8:30 - 9:30 AM	
9:30 - 10:00 AM	10:00 - 11:00 AM
11:00 - 11:30 AM	
11:30 - 12:30 PM	12:30 - 1:45 PM
1:45 - 2:00 PM	2:00 - 2:45 PM
2:45 - 3:15 PM	
3:15 - 3:30 PM	3:30 - 4:30 PM
4:30 - 4:45 PM	

### Registration / Continental Breakfast / Exhibits

#### Welcome & Announcements

Judith Watson, TRADE President

#### Pathophysiology, Diagnosis & Management of

##### Type 1 versus Type 2 Diabetes in Children

Leslie Scott, PhD, ARNP, CDE

#### Break and Exhibits

##### Taking Diabetes to School

Leslie Scott, PhD, ARNP, CDE

#### School Nutrition Services and Diabetes

Linda Eidson, RD, SNS

#### Lunch and Exhibits

##### Growing Up With Diabetes: Unique Challenges for Children and Adolescents

Eric Scott, PhD & Sandy Bowersox, PhD

#### Break and Exhibits

##### When Children Grow Up

Henry Rodriguez, MD

#### Emerging Diabetes Research and Treatments

Henry Rodriguez, MD

#### Door Prizes

##### Pediatric OverWeight Education and Research (POWER) Program Panel

Heather Cupp, RD, CD

Sandeep K. Gupta, MD

Ann Lagges, PhD, HSPP

#### Questions & Answers / Evaluations / Certificates

## Speakers

(in order of presentation)

**Leslie Scott, PhD, ARNP, CDE** - Assistant Professor, University of Kentucky College of Nursing, Lexington, KY

**Linda Eidson, RD, SNS** - Assistant Manager of Food and Nutrition Services, Evansville Vanderburgh School Corporation, Evansville, IN

**Eric Scott, PhD** - Pediatric Psychologist, Assistant Professor of Clinical Psychology in Clinical Psychiatry, Indiana University School of Medicine, Riley Hospital for Children, Indianapolis, IN

**Sandy Bowersox, PhD** - Pediatric Psychologist, St. Mary's Medical Center, Center for Children, Evansville, IN

**Henry Rodriguez, MD** - Pediatric Endocrinologist, Associate Professor of Pediatrics, Indiana University School of Medicine, Director of Pediatric Diabetes Clinical Program, James Whitcomb Riley Hospital for Children, Indianapolis, IN

### Pediatric OverWeight Education and Research (POWER) Program Panel

**Heather Cupp, RD, CD** - Program Coordinator, Pediatric OverWeight Education & Research (Power) Program, Riley Hospital, Indianapolis, IN

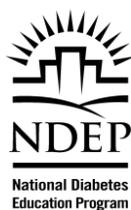
**Sandeep K. Gupta, MD** - Pediatric Gastroenterologist, Professor of Clinical Pediatrics and Clinical Medicine, Indiana University School of Medicine, Director Riley Hospital POWER Program, Indianapolis, IN

**Ann Lagges, PhD, HSPP** - Assistant Professor of Clinical Psychology in Clinical Psychiatry, Indiana University School of Medicine, Riley Hospital, Indianapolis, IN

## Registration Form Deadline – April 28, 2010

Name (Please Print)	Profession / Credentials	State License / Registration Number
Home Address	City	State
Employer	Work Address	Zip
Telephone: Work (area code)	Home (area code)	Social Security Number (only if license # not given)
Registration Fee (includes lunch)	E-Mail	
AADE or TRADE Members.....\$40.00		
Non-members.....\$70.00		
Full-Time Students (as space available).....\$15.00		
Please return this form with your check payable to TRADE.		
MAIL TO: Tri-State Association of Diabetes Educators (TRADE) P.O. Box 1384 Owensboro, KY 42302-1384		

No confirmation will be mailed. For more information contact Mary Ann Correll at (270) 686-7747 ext. 3078 or [mary.correll@ky.gov](mailto:mary.correll@ky.gov).



## National Diabetes Education Program (NDEP) Publications & Resources

### Publications and Resources for Consumers

To download or order these materials online, please visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org).

#### Control Your Diabetes. For Life.



#### **4 Steps to Control Your Diabetes for Life**

These four steps help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy. This publication is excellent for people newly diagnosed with diabetes or who just want to learn more about controlling the disease.

First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



**Cambodian** (NDEP-67CA) (June 2007)

**Chinese** (NDEP-67CH) (May 2007)

**English** (NDEP-67) (October 2006)

**Gujarati** (NDEP-67GU) (August 2008)

**Hindi** (NDEP-67HI) (August 2008)

**Hmong** (NDEP-67HM) (August 2008)

**Indonesian** (NDEP-67IN) (August 2008)

**Japanese** (NDEP-67JA) (August 2008)

**Korean** (NDEP-67KO) (June 2007)

**Laotian** (NDEP-67LA) (August 2008)

**Samoan** (NDEP-67SA) (July 2007)

**Tagalog** (NDEP-67TA) (May 2007)

**Tongan** (NDEP-67TO) (June 2007)

**Thai** (NDEP-67TH) (June 2007)

**Vietnamese** (NDEP-67VI) (May 2007)



#### **4 Pasos Para Controlar La Diabetes de por Vida**

(NDEP - 80)\*

Spanish version of *4 Steps to Control Your Diabetes for Life* brochure. (Updated December 2007). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



#### **If You Have Diabetes, Know Your Blood Sugar Numbers**

(NDEP - 10)\*

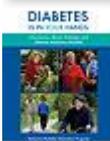
Learn more about the importance of knowing your blood sugar numbers. This publication contains information on the A1C test, self-monitoring blood glucose, and working with a health care team to set blood glucose targets and reach them. (Updated July 2005). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



#### **Si Usted Tiene Diabetes, ¿Sepa los Niveles de Azúcar en su Sangre!**

(NDEP-10SP)\*

Spanish version of *If You Have Diabetes, Know Your Blood Sugar Numbers*. (Updated September 2005). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



#### **The Power to Control Diabetes is in Your Hands**

(NDEP - 38)\*

This brochure for older adults helps them manage their diabetes, understand how to check blood glucose levels, manage the ABCs of diabetes, and access Medicare benefits. (Updated September 2005). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



#### **El Poder de Controlar la Diabetes Está en Sus Manos**

(NDEP - 39)\*

Spanish version of the *Power to Control Diabetes is in Your Hands* Brochure. (Updated September 2006). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.

If you are interested in printing large numbers of materials, ready-to-print files are available for \$20 each by calling 1-800-860-8747. All materials are copyright-free.



### ***Tips to Help You Stay Healthy***

(NDEP- 8)\*

This tip sheet provides a three-part action plan to help people reach their target diabetes numbers. (Updated November 2007). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### ***4 Pasos para mantenerse saludable***

(NDEP - 79)

Spanish version of *Control Your Diabetes. For Life. Tips for Feeling Better and Staying Healthy.* (July 2004). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### ***Tips for Helping a Person with Diabetes***

(NDEP - 57)\*

This tip sheet provides practical suggestions for helping loved ones with diabetes. It also lists organizations that can help. (January 2004). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### ***Consejos para ayudar a una persona con diabetes***

(NDEP-57SP)\*

Spanish version of *Tips for Helping a Person with Diabetes.* (June 2007). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### ***Take Care of Your Feet for a Lifetime***

(NDEP - 4)\*

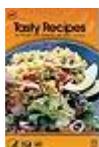
If you have diabetes, your feet need special attention. This illustrated booklet helps you care for your feet and provides tips to avoid serious foot problems. (Updated July 2003) First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### ***Cuidese los pies durante toda la vida***

(NDEP - 48)\*

Spanish version of *Take Care of Your Feet for a Lifetime.* (Updated July 2003). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### ***Tasty Recipes for People with Diabetes and Their Families. (Ricas recetas para personas con diabetes y sus familiares) Recipe booklet***

(NDEP - 51)\*

A bilingual booklet, *Tasty Recipes* is filled with recipes specifically designed for Latin Americans. Recipes are accompanied by their nutritional facts table. The booklet also includes diabetes health information and resources. This effective, yet practical, educational promotional tool is a terrific addition to any kitchen. **Single copy free.** Each additional copy, \$1. Limit 3 copies



### ***Usted es el corazón de la familia...cuide su corazón (You are the heart of your family... Take care of it)***

(NDEP - 58)\*

This bilingual (Spanish and English) booklet explains the link between diabetes and heart disease for Hispanics/Latinos. It encourages patients to work with their health care team to manage their blood glucose, blood pressure, and cholesterol. A wallet card allows patients to track their target numbers. (Updated November 2005) First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



### ***Take Care of Your Heart. Manage Your Diabetes*** (Adapted for American Indians and Alaska Natives)

(NDEP - 52AI/AN)\*

This patient education sheet explains the link between diabetes and heart disease. It encourages patients to work with their health care team to set targets and manage their blood glucose, blood pressure, and cholesterol. It includes a record form to track target numbers. (Updated April 2005) First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.

If you are interested in printing large numbers of materials, ready-to-print files are available for \$20 each by calling 1-800-860-8747. All materials are copyright-free.



### **Take Care of Your Heart. Manage Your Diabetes**

(Adapted and Translated for Asian Americans and Pacific Islanders)

This patient education sheet explains the link between diabetes and heart disease. It encourages patients to work with their health care team to set targets and manage their blood glucose, blood pressure, and cholesterol. It includes a record form to track target numbers. It is available in the 16 languages listed below. First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.

**Cambodian** (NDEP - 52CA)\* (November 2002)  
**Chamorro** (NDEP - 52CM)\* (April 2003)  
**Chinese** (NDEP - 52CH) (November 2001)  
**Chuukese** (NDEP - 52CK)\* (April 2003)  
**English** (NDEP - 52EN)\* (November 2002)  
**Gujarati** (NDEP - 52GU)\* (April 2003)  
**Hindi** (NDEP - 52HI)\* (April 2003)  
**Hmong** (NDEP - 52HM)\* (November 2002)

**Japanese** (NDEP - 52JA)\* (April 2003)  
**Korean** (NDEP - 52KO)\* (November 2002)  
**Laotian** (NDEP - 52LA)\* (April 2003)  
**Samoan** (NDEP - 52SA)\* (April 2003)  
**Tagalog** (*for Filipinos*) (NDEP - 52TA)\* (November 2002)  
**Thai** (NDEP - 52TH)\* (November 2002)  
**Tongan** (NDEP - 52TO)\* (April 2003)  
**Vietnamese** (NDEP - 52VI)\* (November 2002)

## **Small Steps. Big Rewards. Prevent Type 2 Diabetes**



### **Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients**

(NDEP - 60)\*

This three-booklet package helps people assess their risk for developing diabetes and implement a program to prevent or delay the onset of the disease. Includes an activity tracker and a fat and calorie counter. (Updated July 2006). First package free. Each additional package \$4. Limit 25 packages.



1. **Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients** (Updated July 2006)
2. **GAME PLAN Fat and Calorie Counter** (October 2006)
3. **GAME PLAN Food and Activity Tracker** (July 2006)
4. **Mi Plan** (NDEP-70) – Spanish language food and activity tracker



### **Small Steps. Big Rewards. Diabetes Prevention Tip Sheets for High Risk Audiences**

Tailored for groups at highest risk for diabetes, these tip sheets supplement the *GAME PLAN* kit and contain culturally appropriate ideas and weight loss information. Tips are included for making healthy food choices and physical activity. First 25 copies free. Each additional package of 25, \$5. Limit 6 packages of each tip sheet.



### **More than 50 Ways to Prevent Diabetes** (Adapted for African Americans)

(NDEP - 71)\*

Tips to help African Americans at risk for type 2 diabetes move more and eat less to lower their risk for diabetes. (Updated August 2006)



### **Prevent type 2 Diabetes. Step by Step. (Prevengamos la diabetes tipo 2. Paso a Paso)**

(Adapted and Translated for Hispanics/Latinos)

(NDEP - 72)\*

Tips to help Hispanics/Latinos at risk for type 2 diabetes move more and eat less to reduce their risk for diabetes. (Updated May 2009)



### **We Have the Power to Prevent Diabetes** (Adapted for American Indians and Alaska Natives)

(NDEP - 73)\*

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. (Updated March 2008)

If you are interested in printing large numbers of materials, ready-to-print files are available for \$20 each by calling 1-800-860-8747. All materials are copyright-free.



***It's Not Too Late to Prevent Diabetes*** (Adapted for older adults)  
(NDEP - 75)\*

Tips to help older adults at risk for type 2 diabetes move more and eat less and lower their risk for diabetes.  
(Updated November 2009)



***Get Real! You Don't Have to Knock Yourself Out to Prevent Diabetes***  
(NDEP - 76)\*

Tips to help all Americans at risk for type 2 diabetes move more and eat less to lower their risk for diabetes.  
(December 2007)



***Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs***  
(Adapted and Translated for Asian Americans and Pacific Islanders)

Tips to help Asian Americans and Pacific Islanders at risk for type 2 diabetes move more and eat less lower their risk for diabetes. Translated into the following 16 languages. First 25 copies free. Each additional package of 25, \$5. Limit 6 packages of each tip sheet.

**Cambodian** (NDEP - 74CA)\* (April 2004)

**Chamorro** (NDEP - 74CM)\* (September 2005)

**Chinese** (NDEP - 74CH)\* (April 2004)

**Chuukese** (NDEP - 74CK)\* (September 2005)

**English** (NDEP - 74EN)\* (June 2007)

**Gujarati** (NDEP - 74GU)\* (September 2005)

**Hindi** (NDEP - 74HI)\* (September 2005)

**Hmong** (NDEP - 74HM)\* (April 2004)

**Japanese** (NDEP - 74JA)\* (September 2005)

**Korean** (NDEP - 74KO)\* (April 2004)

**Laotian** (NDEP - 74LA)\* (September 2005)

**Samoa** (NDEP - 74SA)\* (September 2005)

**Tagalog** (*for Filipinos*) (NDEP - 74TA)\* (April 2004)

**Thai** (NDEP - 74TH)\* (April 2004)

**Tongan** (NDEP - 74TO)\* (September 2005)

**Vietnamese** (NDEP - 74VI)\* (April 2004)



***It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family.***  
(NDEP - 88)\*

This tip sheet for women with a history of gestational diabetes prevent or delay type 2 diabetes, and lower their children's risk for developing the disease. (Updated January 2007). First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.



***Nunca es muy temprano para prevenir la diabetes. Pequeños pasa de por vida para una familia sana.***  
(NDEP - 89)\*

Spanish version of *It's Never Too Early to Prevent Diabetes. A Lifetime of Small Steps for a Healthy Family.*  
(April 2006) First 25 copies free. Each additional package of 25, \$5. (April 2006). Limit 8 packages.



***Movimiento Por Su Vida (CD/DVD)***  
(NDEP - 62CD)

This lively music CD helps Hispanics and Latinos incorporate more movement into their lives. It features six original songs with empowering messages and strong Latin rhythms that urge listeners to move more. It is a fun way to show how movement can help prevent and manage diabetes. Use this music CD to encourage individuals or groups to exercise. BONUS FEATURE: this CD also contains a music video, *Movimiento Por Su Vida* that can be viewed on a DVD player. (December 2006). Single copy free. Limit 1 CD/DVD.



***Movimiento Por Su Vida (VHS)***  
(NDEP - 92)

This VHS tape features two short (less than 4 minutes) music videos to the lead songs from the *Movimiento Por Su Vida* and *Step by Step* music CDs. The music videos show Hispanic/Latinos and African Americans walking, singing, playing with the kids, and even doing housework to the beat of the music. *Movimiento* demonstrates a new dance step. Use the video to promote incorporating physical activity into everyday life. (December 2006). Single copy free. Limit 1 VHS.



***Step by step: Moving towards prevention of Type 2 Diabetes (CD/DVD)***  
(NDEP - 93)

This music CD helps African Americans incorporate more physical activity into their lives. It features three original songs with empowering messages that urge listeners to move more. Three songs from the popular *Movimiento* music CD also are included. BONUS FEATURE: this CD also contains a music video, *Every Day is a New Beginning* that can be viewed on a DVD player. (December 2006). Single copy free. Limit 1 CD/DVD.

If you are interested in printing large numbers of materials, ready-to-print files are available for \$20 each by calling 1-800-860-8747. All materials are copyright-free.

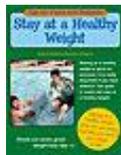
## Publications and Resources for Children and Adolescents

### ***Tips for Teens with Diabetes Series***

These tip sheets provide useful information about diabetes and encourage teens to take action to manage their disease for a long and healthy life. (Revised from *Tips for Kids*, November 2007). First 25 copies free. Each additional package of 25, \$5. Limit 10 packages of each tip sheet.



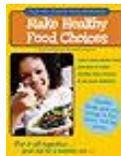
***What Is Diabetes?*** (NDEP - 63)\*



***Stay At a Healthy Weight*** (NDEP - 65)\*



***Be Active*** (NDEP - 64)\*



***Make Healthy Food Choices*** (NDEP - 66)\*



***Dealing With the Ups and Downs of Diabetes*** (NDEP - 81)\*

### ***Consejos para Muchachos con Diabetes tipo 2***

This popular Spanish series of colorful, easy-to-read, reproducible tip sheets contain the basics about managing type 2 diabetes for children and their families. Each tip sheet lists resources for more information. First 25 copies free. Each additional package of 25, \$5. Limit 10 packages of each tip sheet.



***¿Qué es la diabetes?*** (NDEP - 84)\*



***Mantente en un peso saludable***  
(NDEP - 85)\*



***¡Mantente activo!*** (NDEP - 86)\*



***Consejos para jóvenes con diabetes:  
Come alimentos saludables***  
(NDEP - 83)\*



***Tips for Teens: Lower Your Risk for type 2 Diabetes***  
(NDEP - 87)\*

This tip sheet encourages teens to take steps to lower their risk for type 2 diabetes. It provides advice on reaching a healthy weight and leading an active lifestyle. Includes healthy food and activity guides. (November 2007). First 25 copies free. Each additional package of 25, \$5. Limit 10 packages.



***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. First 25 copies free. Each additional package of 25, \$5. Limit 10 packages of each tip sheet. Commercial printer-ready CDs available. Call 1-800-860-8747.



***Move It! And Reduce Your Risk of Diabetes School Kit***  
(NDEP - 91)\*

This kit contains three posters of American Indian/Alaskan Native youth engaging in fun, healthful physical activity, fact sheets, resource lists and stories from schools that have used the materials to start *Move It*

If you are interested in printing large numbers of materials, ready-to-print files are available for \$20 each by calling 1-800-860-8747. All materials are copyright-free.

programs. The kit features resources that can be customized. An extensive CD-ROM provides supporting materials and references. (Updated December 2006). Single copy free. Each additional kit, \$5. Limit 10 kits.



**Move It! Posters**

(NDEP-96)

This package includes all three posters found in the Move It! And Reduce Your Risk of Diabetes School Kit. The posters feature American Indian/Alaskan Native youth engaging in fun, healthful physical activity. Single package free. Each additional copy \$5, limit 3.



**Helping the Student with Diabetes Succeed: A Guide for School Personnel**

(NDEP - 61)\*

This comprehensive resource guide helps students with diabetes, their health care team, school staff, and parents work together to provide optimal diabetes management in the school setting. (June 2003). Single copy free. Each additional copy, \$3. Limit 10 copies.

## Publications and Resources for Health Care Professionals

### Control Your Diabetes. For Life.



**2009 Diabetes Numbers at-a-Glance Card**

(NDEP - 12)\*

Based on American Diabetes Association clinical recommendations, this handy pocket guide provides a list of current recommendations to diagnose and manage pre-diabetes and diabetes. (Updated March 2008). Single copy free. Each additional package of 25, \$5. Limit 10 packages.



**Silent Trauma: Diabetes, Health Status, and the Refugee—Southeast Asians in the United States**

(NDEP - 90)\*

This white paper for health care professionals, community leaders, and policymakers gives recommendations to reduce the impact of diabetes in Southeast Asians in the United States. (June 2006). Single copy free. Each additional copy, \$3. Limit 10 copies.



**Working Together to Manage Diabetes: A Guide for Pharmacists, Podiatrists, Optometrists, and Dental Professionals**

(NDEP - 54)\*

This interdisciplinary primer focuses on diabetes-related conditions affecting the foot, eye, and mouth, as well as the issues related to drug therapy management. Working Together promotes a team approach to comprehensive diabetes care and provides simple care recommendations to clinicians about making cross-disciplinary treatment referrals. This primer package includes Working Together Clinical Images and four prevention brochures targeted at specific medical disciplines. (May 2007). Single copy free. Each additional copy, \$1. Limit 6 copies.



**Working Together to Manage Diabetes: Diabetes Medications Supplement**

(NDEP - 54S)\*

This detailed reference booklet profiles medications to manage blood glucose (including insulin), blood pressure, and cholesterol. (Updated May 2007) Single copy free. Each additional copy, \$1. Limit 10 copies.



**Working Together to Manage Diabetes: Poster**

(NDEP - 55)\*

Use this interdisciplinary color poster in exam or waiting rooms. It helps patients learn about the ABCs of diabetes and work with their eye, foot, and dental care professionals and pharmacists to manage their diabetes. (May 2007) Single copy free. Limit 3 copies.



**Controlaré mi diabetes ¡Trabajando en equipo con mis profesionales de la salud! Poster**

(NDEP - 55SP)\*

Spanish adaptation of the *Working Together to Manage Diabetes* poster. (May 2007). Single copy free. Limit 3 copies.



**Guiding Principles of Diabetes Care**

(NDEP - 16)\*

This evidence-based booklet outlines important patient-centered principles of diabetes care, helping health care professionals identify people with pre-diabetes and undiagnosed diabetes for treatment aimed at

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preventing long-term complications. (April 2009). First 10 copies free. Each additional package of 25, \$5. Limit 10 packages.



**Team Care: Comprehensive Lifetime Management for Diabetes**

(NDEP - 37)

Quality diabetes care involves more than just the primary provider. Find out more about implementing multidisciplinary team care for people with diabetes in all clinical settings and how to reduce the human and economic toll of diabetes through a continuous, proactive, planned, patient-centered, and population-based approach to care. (2001). Single copy free. Each additional copy, \$1. Limit 10 copies.



**Feet Can Last a Lifetime: A Health Care Provider's Guide to Preventing Diabetes Foot Problems**

(NDEP - 2)\*

This comprehensive guide to foot care includes a quick-reference card for conducting a foot exam, a monofilament for sensory testing, and templates for waiting room posters and medical record stickers. (Updated November 2000). Single copy free. Each additional copy, \$3. Limit 10 copies.



**You are the Heart of Your Family... Take Care of It Flipchart**

**(Usted es el corazón de la familia...cuide su corazón. Presentación en rotafolio)**

(NDEP - 58FC)\*

This bilingual presentation flipchart makes it easy to educate Hispanic and Latino Americans about the link between diabetes and heart disease. It includes easy-to-understand illustrations along with a scripted presentation (in Spanish and English). Each flipchart also includes two copier-ready handouts. (May 2003) Single copy free. Each additional copy, \$4. Limit 5 copies.

**www.BetterDiabetesCare.nih.gov** This online resource is designed to educate health care professionals about the need for systems changes and ways to implement them. The site provides steps, models, guidelines, resources and tools for the process of making and evaluating effective systems changes. NDEP believes that systems change is essential to provide the type of evidence-based patient-centered care needed to effectively manage diabetes and prevent the serious complications associated with this disease.

**Small Steps. Big Rewards. Prevent Type 2 Diabetes**



**Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Health Care Provider Toolkit**

(NDEP - 59)\*

This toolkit contains a decision pathway to diagnose and treat pre-diabetes, proven strategies to counsel and motivate patients, an office poster, and copier-ready patient education materials. These materials help people to take steps to prevent or delay diabetes. (February 2003). Single copy free. Each additional copy, \$5. Limit 10 copies.



**Publications and Resources for Organizations**



**The Power to Control Diabetes is in Your Hands Community Outreach Kit**

(NDEP - 44K)

This resource kit provides information about diabetes in older adults and suggests how to promote the Power to Control campaign through educational activities, media events, and promotional campaigns. Available online-only. (Updated January 2009).



**Diabetes At Work Workshop Kit**

(NDEP-95)

This CD-ROM contains everything you need to plan a workshop for employers and business coalitions on "making the business case" and using NDEP's DiabetesAtWork.org site. The CD includes ample Power Point presentations, agendas, invitation letters, and evaluations. Includes materials in Spanish and English. October 2007. Single copies free. Each additional copy, \$5.



**Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention**

(NDEP-69ENT)

This modular curriculum can be used by small groups to learn how to make healthy lifestyle changes around food and physical activity to prevent and manage diabetes. Accompanying CD-ROM has files for NDEP materials used in conjunction with the curriculum. Single copy free. Additional copies \$5. Limit 5 copies.

If you are interested in printing large numbers of materials, ready-to-print files are available for \$20 each by calling 1-800-860-8747. All materials are copyright-free.



### ***New Beginnings: A Discussion Guide for Living Well With Diabetes***

(NDEP - 82)

This discussion guide focuses on issues brought out in a privately produced docudrama *The Debilitator*. The guide contains 13 modules for use in small group discussions or larger community gatherings to discuss the emotional impact of living with diabetes and how social support can help people with diabetes. (November 2005). Single copy free. Each additional copy, \$5. Limit 10 copies.



### ***Control Your Diabetes. For Life. Campaign Guide for Partners***

(NDEP - 15)

This 58-page how-to guide is designed to help partner organizations disseminate the *Control Your Diabetes. For Life.* campaign messages. (1999) Single copy free. Each additional copy, \$3. Limit 10 copies.



### ***Diabetes Community Partnership Guide***

(NDEP - 21)

This how-to kit contains ideas, tools, and guidelines to develop community partnerships to promote diabetes activities. (1999) Single copy free. Each additional copy, \$3. Limit 10 copies.



### ***American Indian/Alaska Native Community Partnership Guide: Supplement and Activity Plans***

(NDEP - 21S)\*

This supplement to the *Diabetes Community Partnership Guide* (NDEP-21) contains awareness activities customized for American Indian and Alaska Native (AIAN) communities, as well as information about diabetes and AIANs, NDEP's campaigns for AIANs, and AIAN resources and partners. Available online-only. (Updated 2004)



### ***Making a Difference: The Business Community Takes on Diabetes***

(NDEP - 33)\*

This white paper is a call to action for business leaders to become involved in workplace and community activities to control diabetes-related complications. It provides information on the human and economic impact of diabetes and gives suggestions on how businesses can help employees with diabetes achieve improved glycemic control. (1999). Single copy free. Each additional copy, \$1. Limit 10 copies.



### ***Más que comida, es vida. (It's more than food. It's Life.) Bilingual Poster***

(NDEP-99)\*

This nutritional campaign poster is designed to dispel misunderstandings about healthy eating and teach Hispanics/Latinos how to adopt a tasty but nutritional meal plan that maintains the cultural uniqueness of their food. This color poster can be used as a resource for dietitians, diabetes educators, and people who want to manage their diabetes without losing their cultural identity. Single copy free. Each additional copy, \$1. Limit 10 copies.



### ***Capacity Building for Diabetes Outreach: A Comprehensive Tool Kit for Organizations Serving Asian and Pacific Islander Communities***

(NDEP-97)\*

This comprehensive tool kit is designed to help organizations strengthen capacity in eight core areas: community assessment, evaluation, organizational support, staffing, building coalitions and partnerships, funding, community outreach, and marketing. Examples are drawn from experiences in working with Asian American/Pacific Islander (AAPI) communities, but the work sheets and tools can apply to work with any community. Single copy free. Additional copies \$5, limit 5 copies.



### ***The Road to Health ToolKit***

(NDEP-111)

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. \$15 each kit, limit 3 kits.

### ***www.DiabetesAtWork.org***

This diabetes and health resource website helps businesses and managed care companies assess the impact of diabetes in the workplace. It provides easy-to-understand information for employers to conduct employee wellness programs and help employees manage their diabetes and take steps toward reducing the risk for diabetes-related complications such as heart disease. The site contains assessment tools, a planning guide, how to choose a health plan, lesson plans, fact sheets, and resources.

**If you are interested in printing large numbers of materials, ready-to-print files are available for \$20 each by calling 1-800-860-8747. All materials are copyright-free.**

## NDEP Publications Order Form

In order to meet publication needs across the United States we must limit number of publications provided, however **All NDEP publications are copyright-free and are on the web (for order and download) at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)**. The commercial printer-ready CDs and online versions are provided to help you create your own inventory and provide the opportunity to add your own logos and contact information. Please duplicate and distribute as many copies of these materials as you like. For more information please contact 1-888-693-NDEP.

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