



## PROGRAM RESOURCES

# NATIONAL DIABETES EDUCATION PROGRAM

## Changing the Way Diabetes Is Treated

### Join the National Diabetes Education Program in Changing the Way Diabetes Is Treated

In 1997, the federal government launched the [National Diabetes Education Program](#) (NDEP), a comprehensive public education program to address the emerging epidemic of diabetes. The National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) joined forces and resources to create and sustain a partnership dedicated to reducing the devastating effects of diabetes.

Over the past 15 years, the NDEP and its partners have worked together to change the way diabetes is treated in every sector of society. NDEP's strength comes from its Partnership Network, which includes state and local health departments, professional societies representing the full gamut of health care disciplines, community-based organizations that serve populations most affected by diabetes, the business community, and key federal agencies concerned about diabetes.

NDEP's Partnership Network provides a "community" for networking and exchanging ideas, for learning from many different organizations committed to a shared mission. Within this community, each partner has the opportunity to expand its own diabetes education activities and have a greater impact by combining efforts and resources with the NDEP and other partner organizations.

NDEP provides its partners with accurate, evidence-based messages and culturally and linguistically appropriate messages and materials. These NDEP resources facilitate partner outreach and interaction with people with diabetes, people at risk, health care professionals of all disciplines, health care systems, diabetes and other chronic disease conditions, and community-based organizations.

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*"The person with diabetes is the most important member of the diabetes team. Support is key to helping the person with diabetes feel empowered to manage his or her disease."*

Joanne Gallivan, MS, RD  
NIH Director NDEP

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### Outreach to High Risk Communities

The NDEP conducts education and outreach to racial and ethnic minority communities at high risk for diabetes including African Americans, Hispanics/Latinos, American Indians and Alaska Natives, and Asian Americans, Native Hawaiians, Pacific Islanders. Partners, including diabetes experts and representatives of national and local organizations serving these communities, advise and collaborate with the NDEP in identifying gaps and priorities, developing culturally appropriate messages and outreach activities, and acting as champions for the NDEP within their organizations and communities.

As a result, the NDEP offers an extensive collection of tailored media messages, educational materials in multiple languages, and community outreach tools for professionals and community health workers to use with these audiences. The NDEP's ongoing efforts in this area fill a major gap in the availability of tailored, culturally appropriate, in-language, low- or no-cost materials for organizations with very limited resources to conduct diabetes education classes and workshops. The program also provides technical assistance and training to help individuals and organizations put these tools into practice. As a result, thousands of community health workers, promotores who work in Hispanic/Latino communities, and other health care providers now have the capacity to provide diabetes prevention and self-management education—one-to-one and to small groups in high risk communities.

Some examples of NDEP tools and resources for high risk communities include:

- [Road to Health Toolkit](#) (*Spanish version Kit El camino hacia la Buena salud*): Designed for those working with African Americans and Hispanics/Latinos at risk for type 2 diabetes, this toolkit provides materials to start or supplement a community outreach program that reinforces the message that type 2 diabetes can be delayed or prevented.

## NDEP Partners In Action

NDEP partners across the country are key to the NDEP's success. It is impossible to recognize each and every one of them in this article, but you can find many success stories and examples of partner activities through NDEP's [Partner Spotlight](#) section of its website. Here are just a few examples showcasing the great work of our partners.

**Migrant Health Promotion (MHP)** uses NDEP tools to support its implementation of a "Promotora Community Program" to improve the health of farm workers and rural communities affected by diabetes in Hidalgo County, Florida. In doing so, the program organizes cooking and nutrition classes using recipes from NDEP's [It's More than Food, It's Life: Recipe Card Set](#) to teach people how to make traditional Mexican food with healthier, diabetes-friendly ingredients. The program also uses NDEP's bilingual [The Road to Health Toolkit](#) and [Movimiento por su vida](#) music CD to host diabetes health education sessions and exercise groups to encourage people to make healthy behavior changes such as eating more fruits and vegetables, reading food labels, drinking water instead of sugary drinks, and finding ways to make physical activity a part of their daily lives.

MHP has conducted more than 100 sessions with a total of more than 1,500 program participants. Participants report that their knowledge about diabetes and the importance of healthy eating and physical activity has increased, noting that they are taking steps to make better food choices and being more active.

**The National Kidney Foundation of Michigan (NKFM)** is working to reduce morbidity and premature mortality and eliminate health disparities associated with diabetes in the predominantly African American populations of Flint, Northwest Detroit and Inkster, Michigan. NKFM is using NDEP materials and messages to support their outreach to community centers, health clinics, and housing complexes, as well as outreach to the media (print, broadcast and social media outlets).

NKFM uses creative strategies to leverage NDEP materials and messages to meet the unique needs of the communities. For example, they have adapted NDEP's [managing diabetes posters](#) to more directly connect with its community by using a photo of a local resident and sharing that person's story and message about managing diabetes. In addition, NKDFM uses other NDEP materials, such as [Tasty Recipes cookbook](#), [It's More than Food, It's Life: Recipe Card Set](#), and [Más que comida, es vida. \(It's more than food. It's Life.\) poster](#) to enhance their diabetes outreach through community-based events such as cooking classes, restaurant events, grocery store tours, and farmers markets.

- [It's More Than Food. It's Life.](#) (Spanish version: *Más que comida, es vida*) and [Tasty Recipes for People with Diabetes and Their Families](#) (Spanish version: *Ricas recetas para personas con diabetes y sus familiares*): Available on the NDEP website under the "Recipes" topic, partners can access the recipe booklet, poster, recipe cards, PowerPoint presentation, a promotional article, flyer, Web banner, and the webinar, "Diabetes and Nutrition in the Latino Community." These resources can be used to supplement diabetes classes and diabetes self-management education (DSME) programs.
- [The Power to Control Diabetes Is In your Hands Community Outreach Toolkit](#): Designed for outreach to older adults, including those from high risk populations, provides information about diabetes and how to promote NDEP's "Power to Control" campaign through educational activities, media events and promotional campaigns.
- [Living a Balanced Life with Diabetes: A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Peoples](#): This toolkit, which contains a variety of culturally appropriate materials, can help health care professionals address psychosocial issues with American Indian and Alaska Native Peoples.
- [New Beginnings: A Discussion Guide for Living Well with Diabetes](#): The guide focuses on an often overlooked aspect of diabetes – how emotions affect the motivation to control diabetes and the importance of support from family and friends. *New Beginnings* uses stories about the experiences of African Americans with diabetes to engage participants in discussions focused on strengthening coping skills and developing positive family communications.
- [You Are the Heart of Your Family...Take Care of It. \(Usted es el corazón de la familia...cuide su corazón.\) flip chart](#): This bilingual flip chart can help promotoras, community health workers, and other health educators teach Hispanic and Latino Americans about the link between diabetes and heart disease. The flip chart includes easy-to-understand illustrations, scripted presentations in Spanish and English, and questions to facilitate discussion. The flip chart also contains four copier-ready handouts, available in hard copy and on the accompanying CD.



## NDEP's Support for Behavior Change Initiative

To face the challenge of effectively facilitating self-care and behavior change, and address psychosocial issues, NDEP is working to 1) assist people with and at risk for diabetes to make behavior changes and 2) assist health care professionals, businesses, and organizations who work with populations to support behavior change.

## Diabetes HealthSense

[Diabetes HealthSense](#) is an online resource designed to provide people with diabetes, people at risk for the disease and those who care for them with easy access to useful tools and programs that exist within the public domain and facilitate the behavior change process.



These resources help family members, friends, and caregivers provide support to loved ones with diabetes

These resources help community health workers with training in communications, community outreach, building partnerships, and program theory, planning, and evaluation

Easily find resources by type

## Submit Resources to NDEP

NDEP seeks to identify research articles, tools and programs that help people with diabetes, people at risk for the disease and those who care for them—including family members and support persons, health care professionals, teachers and community health workers—in self-management efforts that contribute to improved health outcomes. Resources included in Diabetes HealthSense must clearly address how to implement a change in behavior, be accessible to the public, and contain limited or no advertising of commercial products.

If you know of a resource that might support this initiative, please complete the [submission form](#). Hardcopies of resources can be mailed to:

NDEP Diabetes HealthSense Submissions  
 c/o Hager Sharp  
 1030 15th Street, NW, Suite 600E  
 Washington, DC 20005

## Get Involved with NDEP

You can make a difference in changing the way diabetes is treated by taking an active role in the NDEP. Organizations large and small, individuals in clinical practice or community advocacy, or representatives of national, state and local organizations – all are welcome to become involved in the NDEP or tap into its diabetes resources. Here's how:

- Subscribe to NDEP's monthly e-newsletter [News & Notes](#), to stay informed about NDEP activities.
- Join the NDEP's online partnership community at [www.phConnect.org](http://www.phConnect.org)
- Visit the NDEP website at [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org). Learn about the program's materials and resources, and see how you can use them in your own diabetes outreach activities. NDEP materials are copyright-free and may be downloaded, or you can order copies.

Share your success and lessons learned with other partners. You can find the Partner Spotlight submission form in the [Partner Spotlight](#) section under Partners and Community Organizations on the NDEP website.