

Diabetes Management Tools and Resources

American Diabetes Association Website:

Small Steps for Your Health

<http://www.diabetes.org/diabetes-basics/prevention/checkup-america/small-steps.html>

Diabetes PHD (personal health decisions) risk assessment tool

www.diabetes.org/living-with-diabetes/complications/diabetes-phd/ UNDER CONSTRUCTION – COMING SOON (Second half of 2012)

Centers for Disease Control Website:

Diabetes Public Health Resource

<http://www.cdc.gov/diabetes/consumer/healthy.htm>

<http://www.cdc.gov/diabetes/pubs/tyd/index.htm>

<http://www.cdc.gov/diabetes/consumer/healthy.htm>

<http://www.cdc.gov/diabetes/>

CDC Podcasts:

<http://www2c.cdc.gov/podcasts/browse.asp>

<http://www.cdc.gov> (search podcast)

National Diabetes Education Program Website: Many Free Publications

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

<http://ndep.nih.gov/publications/index.aspx>

Free Diabetes ID Necklace:

<http://www.diabeteswellness.net/wellnessnetwork/freedidiabetesidnecklace/tabid/143/language/en-US/default.aspx>

Learning About Diabetes, Inc. – find free handouts / information

www.learningaboutdiabetes.org



FREE PROGRAMS

Click on the English or Spanish version of the topics listed below to download a free copy.



American Association of Diabetes Educators – great patient & provider handouts / information

www.diabeteseducator.org

A Diabetes-Friendly Guide to a Healthy Thanksgiving Plate

A Diabetes-Friendly Guide to a HEALTHY THANKSGIVING PLATE



In honor of National Diabetes Education Week 2011, we developed a simple visual guide for balancing a healthy plate on Thanksgiving.

When you discuss holiday meal planning with your patients this month, give them this guide as a take home material.

It includes an easy-to-grasp visual for loading your plate using traditional Thanksgiving foods, a list of tips and strategies for a healthy holiday, some diabetes-friendly recipes, and a healthy eating contract for the patient.