

National Diabetes Education Program (NDEP) Publications & Resources for Asian Americans/Pacific Islanders (AAPI)

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4 Steps to Control Your Diabetes for Life

An easy-to-read booklet for people with diabetes, *4 Steps to Control Your Diabetes for Life* helps health care professionals educate patients in vital self-care principles. Written for people newly diagnosed with diabetes as well as for those living with diabetes for years, the four steps help them understand, monitor, and manage their diabetes. Presented in a simple format, *4 Steps* empowers people with diabetes to be active partners in their own care and to take steps to stay healthy. It is available for a variety of audiences in 16 different languages. First 25 copies free. Each additional package of 25, \$5. Limit 8 packages.

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Take Care of Your Heart. Manage Your Diabetes—Adapted and translated for Asian Americans and Pacific Islanders

This reproducible, two-sided 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.

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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)



Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs (for Asian Americans and Pacific Islanders) (Revised from *Take These Small Steps Now to Prevent Diabetes*.) 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.

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Tongan (NDEP - 74TO)* (September 2005)
Vietnamese (NDEP - 74VI)* (April 2004)



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 focuses on the challenges faced by Southeast Asians in the United States. The paper discusses these challenges and gives recommendations on how to reduce the impact of diabetes in this population. (June 2006). Single copy free. Each additional copy, \$3. 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.

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