

GAIN THE KNOWLEDGE,
SKILLS, AND CONFIDENCE TO
SUCCESSFULLY REDUCE RISKS
AND MANAGE DIABETES.

NATIONAL DIABETES PREVENTION PROGRAM

"I found out that I had a fairly high glucose level while preparing for a routine medical procedure. Follow-up blood tests by my primary physician also showed I was at the lower end of the pre-diabetic level on the A1C test, so she referred me to this program.

As a result of taking these classes I have learned to evaluate the nutritional value of the foods I eat, make smarter meal choices, and eat a much healthier diet. I have begun an exercise program that I can live with and, more importantly, stick with.

As a direct result of this program I have lost over 30 pounds, gotten my A1C into the normal range, lowered my blood pressure, exercise regularly, and just feel better in general. The classes have shown me how to make lifestyle changes to improve my overall health, and for that I am truly grateful."

DIABETES SELF-MANAGEMENT TRAINING PROGRAM

"I needed this long ago. More people should be made aware of this help."

"Learning about the long-term complications of diabetes and the problems it can cause was the best part of the course for me."

"I have been a diabetic for 2 years with no knowledge about what to eat. This program is wonderful!"



GET THE FACTS: DIABETES MANAGEMENT AND PREVENTION RESOURCE GUIDE

COMMON SYMPTOMS

- Frequent Urination
- Feeling Very Thirsty
- Feeling Very Hungry
- Extreme Fatigue
- Blurry Vision
- Cuts/Bruises That Are Slow To Heal
- Weight Loss - Even Though You Are Eating More (Type 1)
- Tingling, Pain, Or Numbness In The Hands/Feet (Type 2)

BLOOD GLUCOSE TARGETS

Before A Meal	Between 80 - 130 mg/dl
1-2 Hours After A Meal	Less Than 180 mg/dl
A1	Below 7%

LOWER YOUR RISK

- Practice Healthy Eating
- Stay A Healthy Weight
- Be Active
- Stop Smoking
- Healthy Blood Pressure Below 120/80



DIABETES: KNOW THE FACTS AND TAKE CHARGE!

Misinformation on diabetes is everywhere. Do not be fooled by common myths... know the FACTS. Diabetes education is the key to making wise decisions when it comes to managing diabetes.

Take charge and seek out reliable, evidence based diabetes resources. Many are available and free to the public!

DIABETES RESOURCES:

NATIONAL

Diabetes: Medline
www.nlm.nih.gov/medlineplus/diabetes.html

Center for Disease Control
www.cdc.gov/diabetes/home

Centers for Disease Control and Prevention,
Division of Diabetes Translation
www.cdc.gov/diabetes/about

Behavior Risk Factor Surveillance Survey
www.apps.nccd.cdc.gov/brfss

NIH Senior Health
www.nihseniorhealth.gov/diabetes/diabetesdefined/01.html

National Institute of Diabetes and Digestive
and Kidney Diseases
www.niddk.nih.gov/Pages/default.aspx

Academy of Nutrition and Dietetics
www.eatright.org

National Library of Medicine
www.ncbi.nlm.nih.gov

National Diabetes Educational Program (NDEP)
www.ndep.nih.gov/publications/publicationdetail.aspx?pubid=4

Diabetes at Work NDEP
www.diabetesatwork.org



National Diabetes Information Clearinghouse (NDIC)
www.diabetes.niddk.nih.gov

U.S. Department of Health and Human Services:
Minority Health minorityhealth.hhs.gov

CMS Health Disparities Center
www.cmspulse.org

Better Diabetes Care NIH
www.betterdiabetescare.nih.gov

Juvenile Diabetes Research Foundation
www.jdrf.org

American Diabetes Association
www.diabetes.org

STATE

Mississippi State Department of Health
www.msdh.ms.gov/msdhsite/_static/43,0,296.html

Diabetes Foundation of Mississippi
www.msdiabetes.org

Mississippi Public Health Statistics
www.msdh.ms.gov/phs

PUBLIC

www.cornerstones4care.com

www.youtube.com/user/TheDiabetesDownload

HEALTHCARE: A DYNAMIC FIELD

Staying current with the latest healthcare standards and guidelines can be a real challenge for many healthcare professionals. Fortunately, many evidence based resources are available and free to healthcare professionals.

DIABETES RESOURCES FOR HEALTHCARE PROFESSIONALS:

American Association of Diabetes Educators
www.diabeteseducator.org

Standards of Medical Care in Diabetes ADA
www.professional.diabetes.org/resourcesforprofessionals.aspx?cid=84160

NDEI Diabetes Management Guidelines
www.ndei.org/treatmentguidelines.aspx

NovoMedLink
www.novomedlink.com

National Diabetes Education Program
www.ndep.nih.gov/hcp-businesses-and-schools/HealthCareProfessionals.aspx

National Association of Chronic Disease
Directors Diabetes Council
www.chronicdisease.org

U.S. Department of Health and Human Services:
Minority Health
www.minorityhealth.hhs.gov

CMS Health Disparities Center
www.cmspulse.org

DIABETES IS SERIOUS, CONTROLLABLE AND PREVENTABLE.

For more information visit
www.DiabetesCoalition-MS.org