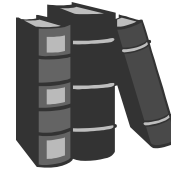


# RESOURCES AVAILABLE



The Pacific Diabetes Today Resource Center's (PDTRC) Resource Library has materials available to you and your group. If you want a complete list, please feel free to request one.

### Look up resources by

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<b>Subject / Topic</b>	<b>Title</b>	<b>Source</b>	<b>Format</b>
<b>Foot Care</b>	➔ Diabetes Foot Care Module	Hawaii State Diabetes Control Program	Article
	➔ Feet Can Last a Lifetime	National Diabetes Education Program	Booklet
	➔ Taking Care of Your Feet	American Diabetes Association	Article
	➔ Foot Complications	Staged Diabetes Management	Article

<b>Weight Control</b>	➤ Obesity and Overweight	American Heart Association	Article
	➤ The Prevention and Treatment of Obesity	Diabetes Care	Article
	➤ Body Composition Tests	American Heart Association	Article
<b>Nutrition</b>	➤ Quick Reference to Clinical Nutrition, 2 <sup>nd</sup> edition	Seymour L.Halpern, MD	Book
	➤ Hawaii Diet Cookbook	Terry Shintani, MD, MPH	Book
	➤ Pacific Island Cookbook	AIMS	Book
	➤ Kamaaina Cooking	Hawaii Diabetes Educators	Book
	➤ New Pacific Nutrition	Nancy Rody, RD	Book
<b>Diabetes: General</b>	➤ ABC of Diabetes	Peter J. Watkins	Book
	➤ Complete Guide to Diabetes	American Diabetes Association	Book
	➤ Strive for Good Health	University of Hawaii Manoa	Book
	➤ Take Charge of Your Diabetes	Centers for Disease Control and Prevention	Book
	➤ Diabetes Resource Catalog	American Diabetes Association	Catalogs & Directories
	➤ World's Best Books from the Diabetes Experts	American Diabetes Association	Catalogs & Directories
	➤ Diabetes Resource Guide	Hawaii Association of Diabetes Educators	Catalogs & Directories

<b>Diabetes: General (continued)</b>	➤ Directory of Diabetes Organizations	National Institute on Health	Catalogs & Directories
	➤ The Diabetes Dictionary	U.S DHHS	Catalogs & Directories
<b>Public Awareness</b>	➤ Diabetes in Asian Pacific Islanders	Wilfred Fujimoto, MD	Article
	➤ Diabetes – Education and Control	Hawaii Department of Health	Article
	➤ Diabetes Overview	NIDDK	Article
	➤ Diabetes A to Z	American Diabetes Association	Book
	➤ Seeing the faces, Hearing the Stories, Learning from Our Communities	Centers for Disease Control and Prevention.	Book
<b>Community Building</b>	➤ Ho’olauna – Community Building Basics – One Grain at a Time	Yvonne Mokihana Calizar	Article
	➤ Ke Ala Ola Pono: The Native Hawaiian Community’s effort to Heal Itself	Pacific Health Dialog	Article
	➤ NDEP Focus Groups Summary (Hawaiian, Samoan & Filipino)	NDEP	Article
	➤ Recommendations for Development & Adaptation of Culturally Competent Community Health Interventions in Minority Groups	Marjorie K. Mau M.D	Article

<b>Community Building (continued)</b>	➤ A Diabetes Community Partnership Guide	National Diabetes Education Program (NDEP)	Guidebook
	➤ Medicine and Public Health: The Power of Collaboration	Lasker and the Committee on Medicine and Public Health	Guidebook
	➤ Creating Physical Activity Programs In American Indians Communities	DHHS and CDC	Guidebook
<b>Marketing and Media</b>	➤ How to Write a Marketing Plan	Hubert D. Hennessey	Guidebook
	➤ A Diabetes Community Partnership Guide	National Diabetes Education Program	Guidebook
	➤ How to get out the message: Media Spokesperson's Kit	NDEP	Media Kits

<b>Format</b>	<b>Title</b>	<b>Source</b>
<b>Plans and Proposals</b>	➤ Diabetes Education and Control Project for Asian Americans and Pacific Islanders	Association of Asian Pacific Community Health Organizations
	➤ Guam Physical Fitness and Wellness Plan	Office of the Governor
	➤ CMNI National Food and Nutrition Policy and Ten Year Plan of Action	CNMI National Food and Nutrition Advisory Council
<b>Magazines &amp; Journals</b>	➤ Diabetes Forecast	American Diabetic Association
	➤ Pacific Magazine	The Pacific Islands Magazines
	➤ American Journal of Public Health	American Public Health Assoc
	➤ The Journal of Clinical and Applied Research and Education	American Diabetic Association
<b>Newsletters</b>	➤ Closing the GAP	Office of Minority Health
	➤ Diabetes Advocate	ADA
	➤ Diabetes Newsletter	University of New Jersey
	➤ Guam Wellness Bulletin	Department of Public Health – Guam
	➤ I Tatao Yan I Tano	Northern Mariana Islands Council
	➤ Ka Ho’ola	ADA – Hawaii
	➤ Research Activities	Agency for Healthcare Research
<b>Newspapers</b>	➤ Pacific Daily News	Guam Newspaper
	➤ The Nation’s Health	American Public Health Association
<b>Electronic Newsletters</b>	➤ The Diabetic Newsletter	The Diabetic Gourmet Magazine
	➤ Diabetes E! News	ADA
	➤ Primary Health Care for All	Hawaii Primary Care Association

# PAMPHLETS & BROCHURES



## Published By:

### **Foot Care**

Care of the Foot in Diabetes  
 Diabetes What to Know Head to Toe  
 Prevent Diabetes Problems: Keep your Feet and Skin Healthy  
 Picture pages for diabetic care, foot care

HRSA  
 ADA  
 NIDDK  
 Laurence and Coyle

### **Diet and Nutrition**

Reading Food Labels: Handbook for people with Diabetes  
 Food Choices for Healthy Living  
 The First Step in Diabetes Meal Planning  
 I have Diabetes: When Should I Eat?

ADA  
 ADAP  
 ADA  
 NIDDK

### **Weight & Physical Activities**

Walking for the health of it: a guide to the easy way to exercise  
 A world about Obesity

Clement Communications  
 ADA

### **Medicine, Supplies & Treatment**

Medicines for People With Diabetes  
 Insurance Reimbursement Increases for Diabetes Supplies  
 Picture Pages for diabetic care, insulin administration  
 Choosing a treatment that's right for you

NIDDK  
 Diabetes Direct  
 Laurence and Coyle  
 NIDDK

### **Dental**

Dental Tips  
 Prevent Diabetes Problems: Keep Your Teeth and Gums Healthy  
 Diabetes & Periodontal Disease: a guide for patients

NOHIC  
 NIDDK  
 NIH

### **Blood Glucose**

Know Your Blood Sugar Numbers  
 Self-Monitoring of Blood Glucose

NDEP  
 NIDDK

### **Vision/Sight**

Diabetic Retinopathy: Information for patients

NIH

### **Diabetes: General**

Controlling Your Diabetes For Life  
 Diabetes Day-by-Day: Diagnosis  
 Diabetes Day-by-Day: Standards of Care  
 Prevent Diabetes Problems: Keep your Diabetes Under Control

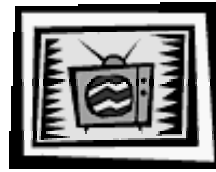
NDEP  
 ADA  
 ADA  
 NIDDK

### **Diabetes Awareness and Education**

ADA Alert: Are you at risk for the 4<sup>th</sup> leading cause of death?  
 Diabetes Overview  
 Diabetes Facts and Figures  
 What is Type1 Diabetes?  
 What is Type 2 Diabetes?

ADA  
 NIH  
 ADA  
 ADA  
 ADA

# AUDIO TAPES & VIDEOS



## **VIDEOS**

### **Diabetes Care & Management**

Living with diabetes: The care of your feet and legs.	Paulino Gallen & Robert Madison
Patient Education: Caring for your feet	HRSA
Foot Care Module	Hawaii State Diabetes Control Program

### **Diabetes Awareness & Education**

Heed the Signs: A play about Diabetes	Jennifer Davis, RN, CDE, MPH
Frank Meets his Kidneys	Hawaii – Diabetes Center
Frank Meets his Pancreas	Hawaii – Diabetes Center
Living the Sweet Life: Diabetes in Micronesia	Micronesian Seminar

### **Community Building and Interventions**

Five Communities Reach Out	National Diabetes Education Program
Diabetes Today: A video-supported course in Organizing Communities for Diabetes Interventions	Division of Diabetes Translation
Future Generations	National Diabetes Education Program

## **AUDIO TAPES**

Diabetes Radio Spots	Audio Tapes: English & Pohnpeian
3 <sup>rd</sup> International Conference on Diabetes and Indigenous People	Kennedy Recordings
Eat More, Weigh Less	Terry Shintani

# IMPORTANT & HELPFUL WEBSITES



<u>Agency/Organization</u>	<u>Web/Email address</u>
American Association of Asian/Pacific Community Health Organizations (AAPCHO)	<a href="http://www.aapcho.org">www.aapcho.org</a>
American Association of Diabetes Educators (AADE)	<a href="http://www.aadenet.org">www.aadenet.org</a>
American Diabetes Association (ADA)	<a href="http://www.diabetes.org">www.diabetes.org</a>
American Dietetic Association	<a href="http://www.eatright.org">www.eatright.org</a>
Centers for Disease Prevention and Control (CDC) – Diabetes	<a href="http://www.cdc.gov/diabetes">www.cdc.gov/diabetes</a>
Children with Diabetes	<a href="http://www.childrenwithdiabetes.com">www.childrenwithdiabetes.com</a>
Diabetes.com	<a href="http://www.diabetes.com">www.diabetes.com</a>
Health Resources and Services Administration	<a href="http://www.hrsa.gov">www.hrsa.gov</a>
Juvenile Diabetes Foundation International (JDFI)	<a href="http://www.jdfcure.org">www.jdfcure.org</a>
Micronesian Seminar	<a href="http://www.microstate.com/micsem">www.microstate.com/micsem</a>
National Diabetes Education Program (NDEP)	<a href="http://www.ndep.nih.gov">www.ndep.nih.gov</a>
National Diabetes Information Clearinghouse (NDIC)	<a href="mailto:ndic@erie.com">ndic@erie.com</a>
Pacific Diabetes Today Resource Center (PDTRC)	<a href="http://www.pdtrc.org">www.pdtrc.org</a>
Pacific Resources for Education and Learning (PREL)	<a href="http://www.prel.org">www.prel.org</a>