

# Control your diabetes for life!



Minnesota Diabetes &  
Heart Health Collaborative

[www.mn-dc.org](http://www.mn-dc.org)

## Additional Resources for Multilingual and Low Literacy Diabetes Education

- **American Diabetes Association Resources for Professionals** – Includes patient education materials on tests, food & weight loss, as well as animated clips on diabetes basics, insulin and more  
<http://professional.diabetes.org/ResourcesForProfessionals.aspx?cid=60378&typ=17>
- **Clear Communication: A NIH Health Literacy Initiative** – Communication tips, links to research publications and more  
<http://www.nih.gov/clearcommunication/healthliteracy.htm>
- **Cultural Competence** (Office of Minority Health) – Curricula, standards and practical guides for health professionals  
<http://minorityhealth.hhs.gov/templates/browse.aspx?lvl=1&lvlID=3>
- **Culture Care Connection** – A Minnesota-focused cultural online resource and learning center [www.culturecareconnection.org](http://www.culturecareconnection.org)
- **The D5.org** (MN Community Measurement) – Tips for people with diabetes to help them reach their “D5” goals for blood sugar, blood pressure, cholesterol, aspirin use and staying tobacco-free <http://thed5.org>
- **“Diabetes and Me”** (CDC) – Basic information on diabetes and its complications and tips on how to be active, eat right, and prevent diabetes  
<http://www.cdc.gov/diabetes/consumer/index.htm> and  
[www.cdc.gov/diabetes/spanish/faqs.htm](http://www.cdc.gov/diabetes/spanish/faqs.htm) (Spanish)
- **“Diabetes Basics”** (American Diabetes Association) – Comprehensive information about diabetes <http://www.diabetes.org/diabetes-basics/> and <http://www.diabetes.org/espanol/> (Spanish)
- **Diabetes at Work** (National Diabetes Education Program) – Includes lesson plans on diabetes basics, exercise, eating, emotional well-being <http://www.diabetesatwork.org> and [http://www.diabetesatwork.org/\\_STAGE/NextSteps/LessonPlans.cfm](http://www.diabetesatwork.org/_STAGE/NextSteps/LessonPlans.cfm) - [espanol](http://www.diabetesatwork.org/_STAGE/NextSteps/LessonPlans.cfm) (Spanish)
- **Diabetes Fotonovela: “Un Cambio para Lucia/A Change for Lucy”** (Migrant Clinicians Network) – Spanish/English fotonovela about a woman who develops type 2 diabetes <http://www.migrantclinician.org/toolsource/resource/mcn-diabetes-fotonovela-un-cambio-para-lucia-change-lucy.html>

- **Diabetes Low Literacy Patient Education Materials** (Migrant Clinicians Network) – Resources and links on a variety of topics. Many materials also in Spanish.  
[http://www.migrantclinician.org/clinical\\_topics/mcn-diabetes-online-toolkit.html](http://www.migrantclinician.org/clinical_topics/mcn-diabetes-online-toolkit.html)
- **Diabetes Treatment and Prevention Resources** (Indian Health Service) – Materials, training programs, audiovisuals and other patient education resources, some for low literacy audiences <http://www.ihs.gov/MedicalPrograms/Diabetes/>
- **ECHO Television Program “Preventing Diabetes”** – Broadcast with downloadable key messages, scripts and related resources. Program DVDs for sale in English, Spanish, Hmong, Somali, Vietnamese, Lao and Khmer  
<http://www.echominnesota.org/library/preventing-diabetes>
- **The Exchange** – Online source for translated health education materials in languages most frequently spoken in Minnesota, plus resources by class, culture, language, literacy & spirituality <http://www.health-exchange.net/material/materials.php> login: **diabetes** and password: **control**
- **Foot Care Flier for Diabetes** (Migrant Clinicians Network) – Daily foot care tips for people with diabetes - downloadable print materials in English, Spanish, Vietnamese, and Russian <http://www.migrantclinician.org/toolsource/resource/mcn-daily-footcare-flyer-diabetics.html>
- **Health Literacy** (CDC) – Training tools reports and links for health professionals  
<http://www.cdc.gov/healthmarketing/healthliteracy/>
- **Health Literacy and Cultural Competency** (AHRQ) – Tools, reports, grants, podcasts and more <http://www.ahrq.gov/browse/hlitix.htm>
- **Health Literacy Improvement** (DHHS) – Online health literacy guide and links to related resources, publications and research  
<http://www.health.gov/communication/literacy/>
- **Health Literacy Innovations** – Basic information, plain language guide & more  
<http://www.healthliteracyinnovations.com/information/>
- **Healthy Refugee Toolkit** (U.S. Committee for Refugees and Immigrants) – Downloadable tools on a variety of health topics  
<http://www.refugees.org/article.aspx?id=1834&subm=113&ssm=129&area=Participate>
- **Healthy Roads Media** – Free downloadable health information in many languages and formats <http://www.healthyroadsmedia.org/>
- **Language Access Resources** (Minnesota Department of Health) – Resources for organizations addressing the needs of refugees with limited English skills  
[www.health.state.mn.us/divs/idepc/refugee/topics/language.html](http://www.health.state.mn.us/divs/idepc/refugee/topics/language.html)
- **Medline Plus** (National Library of Medicine & National Institutes of Health) – Information about diabetes and other diseases and conditions in as many as 40 languages  
<http://www.nlm.nih.gov/medlineplus/languages/diabetes.html>

- **Minnesota Health Literacy Partnership** (Minnesota Literacy Council) – Offering health professional training, patient empowerment and health literacy resource sharing <http://healthlit.themlc.org>
- **National Diabetes Education Program** – Culturally appropriate educational print materials, music CDs, videos, tool kits, public service campaigns and more – that can be downloaded or ordered free or low cost <http://ndep.nih.gov/> Examples include:
  - “**Am I at Risk?**” materials for diabetes prevention <http://ndep.nih.gov/am-i-at-risk/>
  - “**I Have Diabetes**” materials for diabetes control <http://ndep.nih.gov/i-have-diabetes/index.aspx>
  - “**Support for Behavior Change Resource**” searchable database of research, tools and programs that address the “how to” of lifestyle and behavior change <http://ndep.nih.gov/sbcr/>
- **National Diabetes Information Clearinghouse** – Free online and downloadable educational materials on topics from A to Z, suitable for low literacy audiences <http://diabetes.niddk.nih.gov/> and [http://www.diabetes.niddk.nih.gov/index\\_sp.htm](http://www.diabetes.niddk.nih.gov/index_sp.htm) (Spanish)
- **National Health Plan Collaborative Toolkit** – Resources, lessons, case studies and videos – with sample tools, forms, policies and resource compilation [http://www.nationalhealthplancollaborative.org/500\\_toolkit.html](http://www.nationalhealthplancollaborative.org/500_toolkit.html)
- **Support Group Listing** – Diabetes support groups in Minnesota and surrounding areas <http://www.mn-dc.org/messages.html>
- “**Unified Health Communications**” (HRSA) – Online continuing education courses for health professionals (five 1-hour modules, CEU/CME available) <http://www.hrsa.gov/publichealth/healthliteracy/>