



| Diabetes Resource Guide

# Diabetes Identification and Management

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### Local and State

- Indiana Department of Health Division of Chronic Disease, Primary Care, and Rural Health
- Indiana Clinical and Translational Sciences Institute

### National

- American Diabetes Association
- Diabetes Data and Statistics
- National Institute of Diabetes and Digestive and Kidney Diseases

# Resource Guide Overview

This compilation of evidence-based recommendations, tools, and resources has been created to assist providers and other healthcare professionals who screen for those at high risk and manage individuals with diabetes. This resource guide contains sections with fact sheets (broken down into sections for consumers and healthcare providers), tool kits, and helpful resources.

The information and resources provided come from a number of national- and state-level organizations listed below:

- American Diabetes Association
- Diabetes Data and Statistics
- Indiana Department of Health Division of Chronic Disease, Primary Care, and Rural Health
- Indiana Clinical and Translational Sciences Institute
- National Institute of Diabetes and Digestive and Kidney Diseases

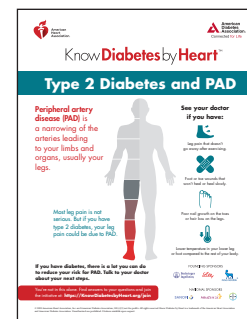
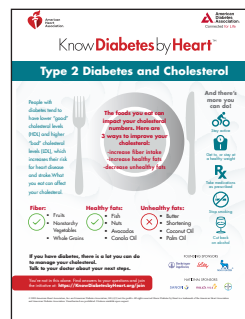
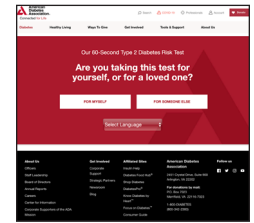
This resource guide is an evolving document. The electronic version may be updated as new information is acquired and will be made available at [www.resourcehub.exchange](http://www.resourcehub.exchange). Qsource is not responsible for outdated links or missing files from external websites and organizations.



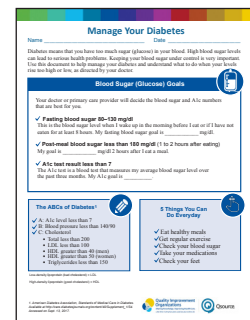
# Fact Sheets

## Consumer

- 60-Second Type 2 Diabetes Risk Test | <https://diabetes.org/risk-test>
- Are You at Risk for Type 2 Diabetes? | <https://bit.ly/3GGzyUo>
- Diabetes Food Hub—Good nutrition is one way to reduce your risk of developing heart disease and stroke. But eating a healthy, balanced diet can be a challenge. Visit this American Diabetes Association website to view recipes that can be made at home to help you manage your diabetes. | <https://bit.ly/3HDnSmG>
- Food for Thought: Key Takeaways From ADA's Nutrition Consensus Report—Your healthcare team knows you best, and the American Diabetes Association's new nutrition consensus report gives them recommendations based on the latest research. | <https://bit.ly/35SL5DI>
- Know Diabetes by Heart
  - 4 Steps to Preventing Stroke if You Have Diabetes—People living with type 2 diabetes have double the risk of heart disease and stroke, and many don't know it. Thankfully, there are steps you can take to care for your heart and protect your healthy future. | <https://bit.ly/3GGKaCR>
  - Type 2 Diabetes and Cholesterol—High cholesterol contributes to the build-up of plaque in the arteries, which can significantly reduce your blood flow and lead to potentially life-threatening complications. Check out this guide for three ways you can use food to help reduce your cholesterol numbers and be sure to talk with your doctor at your next visit. | <https://bit.ly/34QsY0w>
  - Type 2 Diabetes and Peripheral Artery Disease—Peripheral Artery Disease affects millions of Americans every year, and many more suffer unaware. Understanding the disease and its risk factors is the first step in prevention. Use this easy cheat sheet that reminds you to see your doctor if you experience any of the listed symptoms. | <https://bit.ly/3GUcr9f>

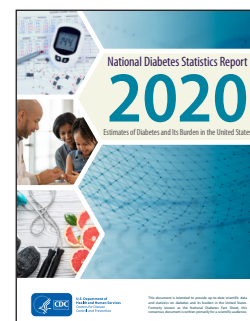


- Prediabetes: Could It Be You? | <https://bit.ly/3BbbDLE>
- What You Need to Know About Diabetes and Adult Vaccines—Each year, thousands of adults in the United States get sick from diseases that could be prevented by vaccines—some people are hospitalized, and some even die. People with diabetes (both type 1 and type 2) are at higher risk for serious problems from certain vaccine-preventable diseases. Getting vaccinated is an important step in staying healthy. | <https://bit.ly/3LpQqm8>
- Diabetes Zone Tool | <https://bit.ly/3stW3Hi>



## Provider/Healthcare Team

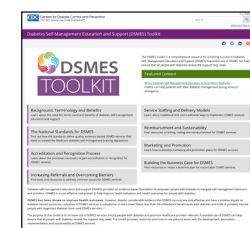
- A Snapshot: Diabetes in the United States | <https://bit.ly/3gzkMEu>
- National Diabetes Statistics Report 2020—The National Diabetes Statistics Report, a periodic publication of the Centers for Disease Control and Prevention, provides information on the prevalence and incidence of diabetes and prediabetes, risk factors for complications, acute and long-term complications, deaths, and costs. These data can help focus efforts to prevent and control diabetes across the United States. | <https://bit.ly/3JkpYZe>



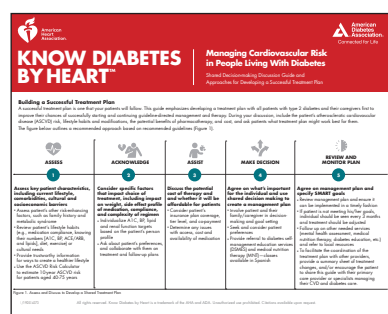
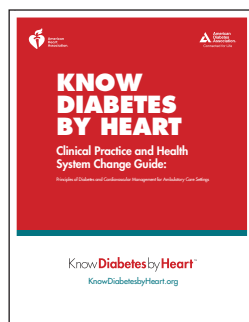
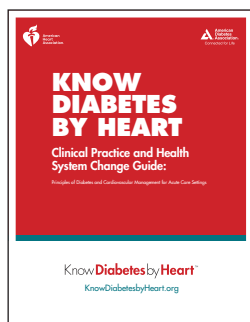
- National Diabetes Prevention Program: Working Together to Prevent Type 2 Diabetes | <https://bit.ly/3Lmbee6>
- Prevent Type 2 Diabetes: Talking to Your Patients About Lifestyle Change | <https://bit.ly/3LIGKcl>

## Toolkits

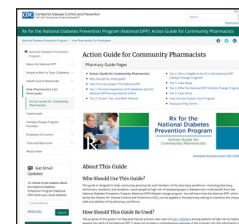
- Diabetes Prevention Impact Toolkit—Use this impact toolkit to project the health and economic effects of the National Diabetes Prevention Program lifestyle-change program on your population at risk for diabetes. | <https://bit.ly/3rI2Xcs>
- Diabetes Self-Management Education and Support Toolkit—This toolkit is a comprehensive resource for achieving success in Diabetes Self-Management Education and Support (DSMES). The purpose of this toolkit is to increase use of DSMES services among people with diabetes and promote healthcare provider referrals. The toolkit provides resources and tools in one place to assist with the development, promotion, implementation, and sustainability of DSMES services. | <https://bit.ly/3gADZ8G>



- **Diabetes State Burden Toolkit**—Use this tool to understand the health, economic, and mortality burden of diabetes in your state. | <https://nccd.cdc.gov/Toolkit/DiabetesBurden>
- **Know Diabetes by Heart: Clinical Practice and Health System Change Guide**
  - **Principles of Diabetes and Cardiovascular Management for Acute Care Settings** | <https://bit.ly/3GGk2YL>
  - **Principles of Diabetes and Cardiovascular Management for Ambulatory Care Settings** | <https://bit.ly/3GHqHBR>
  - **Managing Cardiovascular Risk in People Living With Diabetes: Shared Decision-Making Discussion Guide and Approaches for Developing a Successful Treatment Plan**—This guide emphasizes developing a treatment plan with all patients with type 2 diabetes and their caregivers first to improve their chances of successfully starting and continuing guideline-directed management and therapy. During your discussion, include the patient’s atherosclerotic cardiovascular disease risk, lifestyle habits and modifications, the potential benefits of pharmacotherapy, and cost, and ask patients what treatment plan might work best for them. | <https://bit.ly/3uDgYdy>



- **National Diabetes Prevention Program Coverage Toolkit**—This online toolkit was developed to provide information about the mechanics of covering the National Diabetes Prevention Program lifestyle-change program, which is a year-long, evidence-based intervention developed by the Centers for Disease Control and Prevention. | <https://coveragetoolkit.org/>
- **Rx for the National Diabetes Prevention Program: Action Guide for Community Pharmacists**—This guide is designed to help community pharmacists and members of the pharmacy workforce—including pharmacy technicians, residents, and students—reach people at high risk of developing type 2 diabetes who could benefit from the National Diabetes Prevention Program lifestyle-change program. | <https://bit.ly/3BfzSso>





## Helpful Resources | Local/State

- Indiana Department of Health Division of Chronic Disease, Primary Care, and Rural Health | <https://bit.ly/3rEdxS2>
- Indiana Clinical and Translational Sciences Institute | <https://bit.ly/34vcD1e>

## Helpful Resources | National

- American Diabetes Association | <https://diabetes.org/diabetes>
- Diabetes Data and Statistics | <https://www.cdc.gov/diabetes/data/index.html>
- National Institute of Diabetes and Digestive and Kidney Diseases | <https://bit.ly/3GGDqVq>