



MEMORANDUM

TO: National Diabetes Education Program (NDEP) Partner

FROM:

Tele Frost-Hill RN, FNP

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Chair, NDEP Asian American/Pacific Islander (AAPI) Work Group

DATE: June 2008

RE: *AAPI Language 4 Steps to Control Your Diabetes. For Life. Booklets*

In Fall 2007, NDEP released *4 Steps to Control Your Diabetes. For Life.* in eight Asian and Pacific Islander languages: Chinese, Cambodian (Khmer), Filipino (Tagalog), Korean, Samoan, Thai, Tongan, and Vietnamese. We are pleased to announce that the *4 Steps to Control Your Diabetes. For Life.* booklet is now available in six additional languages: Gujarati, Hindi, Hmong, Indonesian, Japanese and Lao.

A significant challenge health care professionals, including diabetes educators, face is reaching out to those who speak little or no English. The new NDEP translated *4 Steps* booklets help to meet this challenge by providing easy-to-read information to empower people to control their diabetes. Each booklet describes action steps for people with diabetes in English and, on the facing page, in the Asian or Pacific Islander language. We hope that providing the information in both languages will help multigenerational families with different language skills share the booklet and meet the challenge of translating some medical terms (such as cholesterol).

The *4 Steps* booklet has long been an invaluable resource to people with diabetes, healthcare professionals and community program leaders in providing the simple yet essential steps in controlling diabetes. Written for people newly diagnosed with diabetes as well as for those living with diabetes for years, the booklet encourages the reader to take charge of his or her diabetes care by:

- **Step 1:** Learning about different types of diabetes.
- **Step 2:** Working with his or her healthcare team to understand the diabetes ABCs and control A1C levels, Blood pressure and Cholesterol.
- **Step 3:** Managing diabetes through healthy eating, physical activity, stress management and behavior modification.
- **Step 4:** Getting routine care by visiting his or her healthcare team **at least twice a year** to identify and treat problems early.

The translation of this booklet is yet another milestone in the NDEP AAPI Work Group's efforts to promote diabetes control in AAPI communities throughout the United States and its territories. We encourage you to reprint the booklet -- adding your organization's logo -- photocopy materials, share widely, and adapt the NDEP program to your specific group's needs. A CD is included that contains print-ready files. We urge you to use the booklet in the work you do each day with your communities, and we encourage you to pass information about this invaluable resource on to your colleagues,

friends, and family members! On behalf of the NDEP, I applaud you for your continuing hard work to promote diabetes prevention and control.

In addition to the print-ready files, an additional CD is included that has several documents designed to assist you in promoting the *4 Steps* booklets.

- **Template Newsletter Article** – Template newsletter articles can be sent to your partners for inclusion in their newsletter or Web site, or you can share them with other affiliates. There are several template newsletter articles included.
- **PowerPoint presentation** – The PowerPoint presentation is very detailed but can be customized with selected slides to create a tailored presentation to suit your purpose. The presentation also includes speaker points to guide you in a presentation.
- **¼ Page Ad** – Insert this in your organization’s publication to increase awareness about the available resource.
- **Web copy and thumbnail description** – The thumbnail description and Web copy can be added to an organization’s Web site or can be shared with partners to post on their Web site.

It is important to coordinate with your state’s Diabetes Prevention and Control Program (DPCP) before initiating media outreach to avoid duplication of efforts and to maximize opportunities for collaboration. A contact list for the DPCPs and the AAPI Work Group is attached. In addition, the “Campaign Tools” section of the NDEP Web site is a great resource for media materials; visit <http://www.ndep.nih.gov/campaigns/tools.htm> for sample news releases, media advisories, articles, and more.

For FREE downloadable AAPI language *4 Steps* booklets in all eight languages, please visit www.YourDiabetesInfo.org, or call 1-888-693-NDEP (6337). Get your copy today!



The U.S. Department of Health and Human Services’ National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.