



**BALANCE Program for Diabetes**  
**Association of Asian Pacific Community Health Organizations (AAPCHO)**  
**Recommended List of Diabetes-Related Educational Materials**  
**Sorted by Topic**

### **Introduction**

In an effort to increase availability and access to scientifically accurate and culturally and linguistically appropriate diabetes-related educational materials for Asian Americans and Pacific Islanders (APIs) with limited English proficiency who are at risk for or living with diabetes, the BALANCE Program for Diabetes has collected and reviewed existing materials since 1999. The materials included in this list have been evaluated by teams of bilingual reviewers and have been included here based on reviewers' recommendations. The reviews and this document do not include all available API diabetes-related educational materials, as new materials are produced regularly. If you have any questions about this process, or if you would like to submit a material for review, please contact the BALANCE Program at [lyang@aapcho.org](mailto:lyang@aapcho.org).

### **About AAPCHO**

Established in 1987, the Association of Asian Pacific Community Health Organizations (AAPCHO) is a not-for-profit national association representing community health organizations primarily serving Asian Americans and Pacific Islanders (APIs) in the United States, particularly the medically underserved.

### **About BALANCE**

The BALANCE (Building Awareness Locally and Nationally through Community Empowerment) Program for Diabetes is funded through a three-year cooperative agreement with the Centers for Disease Control and Prevention and is designed to work cooperatively with the National Diabetes Education Program.

Please visit [www.aapcho.org](http://www.aapcho.org) for more information.

## General Diabetes Information

Title (in alphabetical order)	Languages Recommended	Material Information	Source/Contact Information	Availability
Diabetes and You	Chinese	14 page book with illustrations covering the basics of diabetes care	Joslin Diabetes Center One Joslin Place Boston, MA 02215 (617) 732-2695 <a href="http://www.joslin.org">www.joslin.org</a>	Purchase at: <a href="http://www.store.joslin.org">www.store.joslin.org</a>
Type 2 Diabetes	Vietnamese	30 page spiral bound book containing general introduction to diabetes, covers physiology of diabetes and self-management	Nhan Hoa Clinic 14221 Euclid St. Ste. H Garden Grove, CA 92843 (714) 539-9999 <a href="http://www.nhanhoa.org">www.nhanhoa.org</a>	Contact source directly

## Self-Care Information

Title (in alphabetical order)	Languages Recommended	Material Information	Source/Contact Information	Availability
Control Your Diabetes. For Life	Cambodian, Chamorro, Chinese, Gujarati, Hawaiian, Hindi, Hmong, Korean, Laotian, Samoan, Tagalog, Thai, Vietnamese	1 page multilingual flyer containing translation of phrase "Control your diabetes. For life" in languages listed	National Diabetes Education Program 1 Diabetes Way Bethesda, MD 20814-9692 (800) 438-5383 <a href="http://www.ndep.nih.gov">www.ndep.nih.gov</a>	E-mail <a href="mailto:ndep@info.nih.gov">ndep@info.nih.gov</a>
Diabetes and Foot Care	Chinese, English	1 page double-sided handout with 9 specific guidelines for foot care for people with diabetes	The Diabetes Care Center U. of Washington Medical Ctr 1959 NE Pacific Street Seattle, WA 98195 (206) 598-4963	Contact source directly
Diabetes and	Chinese	1 page pamphlet with	South Cove Community Health	Contact source

Your Feet		general foot care tips for people with diabetes	Center 885 Washington Street Boston, MA 02111 (617) 521-6700	directly
Diabetes Care Card	Chinese	4-panel wallet card that maintain records of medical tests and identify personal goals. Provides space to list medication and contact information for health care professionals.	Massachusetts Dept. of Public Health Diabetes Prevention and Control Program 250 Washington Street, 4th Fl Boston, MA 02108 (617) 624-5070	Download at: <a href="http://www.maclearinghouse.com/">http://www.maclearinghouse.com/</a>
Diabetes Health Record	English, Farsi, Lao	Fold-up wallet card that maintains records of medical tests and personal goals, includes space to list medication and contact information for health care professionals	ADA CA Diabetes Control Program Diabetes Coalition of CA Juvenile Diabetes Foundation (916) 445-2547	Download at: <a href="http://www.caldiabetes.org/">http://www.caldiabetes.org/</a>
Exercise and Diabetes	Cambodian, Vietnamese	1 page handout with suggestions for an exercise plan - what, how much, how hard	Harborview Medical Center 325 9th Avenue Seattle, WA 98104 (206) 731-3000	Download at: <a href="http://ethnomed.org/ethnomed/patiented/diabetes/diabetes_index.html">http://ethnomed.org/ethnomed/patiented/diabetes/diabetes_index.html</a>
Know Your Blood Sugar Numbers	Chinese, Vietnamese	Pamphlet that explains blood sugar levels	Massachusetts Dept. of Public Health Diabetes Prevention and Control Program 250 Washington Street, 4th Fl Boston, MA 02108 (617) 624-5070	Download at: <a href="http://www.maclearinghouse.com/">http://www.maclearinghouse.com/</a>

Living with Diabetes	Cambodian, English	5 pages of information about controlling diabetes in story format about insulin, food, exercise	Asian Health Project Health Promotion Council 260 South Broad Street Philadelphia, PA 19102-5085 (215) 731-6154	Contact source directly
(The) Power to Control Diabetes is in Your Hands	Cambodian, Chinese, English, Korean, Samoan, Tagalog, Vietnamese	1 page double-sided brochure focusing on the importance of self-monitoring blood glucose levels and explains the Medicare benefits that help pay for diabetes equipment and supplies.	NDEP & Health Care Financing Administration (HCFA) National Diabetes Information Clearinghouse (NDIC) 1 Information Way Bethesda, MD 20892-3560 (800) 860-8747 Email <a href="mailto:ndic@info.niddk.nih.gov">ndic@info.niddk.nih.gov</a>	Contact source directly
Preventive Care Guidelines	English, Vietnamese	1 page double-sided handout discussing health care visits and tests for people with diabetes and possible complications that can be detected with regular doctor visits	The Diabetes Care Center University of Washington Medical Center 1959 NE Pacific Street Seattle, WA 98195 (206) 598-4963	Contact source directly
Samoan Diabetes Manual	Samoan (with English translation)	15 page spiral bound book with information on types of diabetes, blood sugars testing, medication, social support, care for feet, physical activity, healthy food choices	Utah Diabetes Prevention and Control Program PO Box 141010 Salt Lake City, UT 84114 (801) 538-6101	Download at: <a href="http://www.health.utah.gov/diabetes/resourcesmain/edmulticultmanuals.htm">http://www.health.utah.gov/diabetes/resourcesmain/edmulticultmanuals.htm</a>
Sick Days and	Cambodian, Vietnamese	1 page handout with	Harborview Medical Center	Download at:

Diabetes		suggestions about extra steps to take when people with diabetes are sick	325 9th Avenue Seattle, WA 98104 206-731-3000	<a href="http://ethnomed.org/ethnomed/patiented/diabetes/diabetes_index.html">http://ethnomed.org/ethnomed/patiented/diabetes/diabetes_index.html</a>
Staying Healthy with Diabetes: A Guide for the Chinese American Community	Chinese (with English translation)	85 page book with information on what is diabetes, signs, risks, complications, low & high blood glucose, sick days, exercise, extensive meal planning section	Joslin Diabetes Center One Joslin Place Boston, MA 02215 (617) 732-2695 <a href="http://www.joslin.org">www.joslin.org</a>	Purchase at: <a href="http://www.store.joslin.org">www.store.joslin.org</a>
Steps to Manage Your Diabetes	Chinese, Korean, Samoan, Tagalog, Vietnamese (all with English translation)	8 page booklet that provides a general introduction to diabetes and diabetes management	Association of Asian Pacific Community Health Organizations (AAPCHO) 439 23 <sup>rd</sup> Street Oakland, CA 94612 (510) 272-9536	Download at: <a href="http://www.aapcho.org">www.aapcho.org</a>
Take Care of Your Heart. Manage Your Diabetes	Cambodian, Chamorro, Chinese, Chuukese, English, Gujarati, Hindi, Hmong, Japanese, Korean, Lao, Samoan, Tagalog, Thai, Tongan, Vietnamese	1 page flyer that tells people with diabetes about the link between diabetes and heart disease, encourages them to manage their blood glucose, blood pressure, and cholesterol	National Diabetes Education Program 1 Diabetes Way Bethesda, MD 20814-9692 (800) 438-5383 <a href="http://www.ndep.nih.gov">www.ndep.nih.gov</a>	Download at: <a href="http://www.ndep.nih.gov">http://www.ndep.nih.gov</a>
Tongan Diabetes Manual	Tongan (with English translation)	15 page spiral bound book with information on types of diabetes, blood sugars testing, medication, social support, care for feet,	Utah Diabetes Prevention and Control Program PO Box 141010 Salt Lake City, UT 84114 (801) 538-6101	Download at: <a href="http://www.health.utah.gov/diabetes/resourcesmain/edmulticultmanuals.htm">http://www.health.utah.gov/diabetes/resourcesmain/edmulticultmanuals.htm</a>

		physical activity, healthy food choices		
Video: Living Healthy with Diabetes	Chinese: Cantonese, Mandarin, Vietnamese	12 minute video with general information on self-management of diabetes	Alta Bates Summit Medical Center 3100 Summit Street Oakland, CA 94609 (510) 869-8229	Contact source directly
Video: Facing the Tiger	Vietnamese	Video aiming to increase the Vietnamese community's awareness of risk factors and symptoms of diabetes, includes real patients and their families (under 20 minutes)	Harris County Hospital District Texas Dept of Health Diabetes Program/Asian American Diabetes Education Project 2525 Holly Hall, Ste 187E Houston, TX 77054 (713) 566-6225	Contact source directly

## Nutrition

Title (in alphabetical order)	Languages Recommended	Material Information	Source/Contact Information	Availability
Asian American Diabetes and Nutrition Handbook	Chinese , Vietnamese (both with English translation)	13 page booklet with information on symptoms, complications, management, stress, diet, nutrition	Harris County Hospital District Texas Dept of Health Diabetes Program/Asian American Diabetes Education Project 2525 Holly Hall, Ste 187E Houston, TX 77054 (713) 566-6225	Download at: <a href="http://www.tdh.state.tx.us/diabetes/publications/patient.htm">http://www.tdh.state.tx.us/diabetes/publications/patient.htm</a>
Asian Food Guide	Cambodian, Chinese, English, Laotian, Vietnamese	Trifold color brochure with food pyramid, food categories, examples and serving sizes	Sweet Success Material & Resource Center 4542 Ruffner Street, Suite 130 San Diego, CA 92111-2250	Contact source directly

			(858) 467-4990	
Diabetes Meal Planning	Cambodian, Chinese, Korean, Filipino, Samoan, Vietnamese (all with English translation)	2-sided poster with food pyramid, diet/nutrition tips	AAPI Coalition of REACH/ Seattle King County Dept. of Public Health Available from: International Community Health Services 720 8th Ave. S., Suite 100 Seattle, WA 98104 (206) 461-3617, ext. 3111	Download at: <a href="http://www.metrokc.gov/health/reach/">http://www.metrokc.gov/health/reach/</a>
Indian Foods: AAPI's Guide to Nutrition, Health and Diabetes	English	86 page book with information on nutrition, food exchange, glossary of Indian foods, including regional differences, different food preparation styles	American Association of Physicians of Indian Origin (AAPI) 17W 300 22 <sup>nd</sup> Street, Ste. 300A Oakbrook Terrace, IL 60181 (630) 530-2277 <a href="http://www.aapiusa.org">www.aapiusa.org</a>	Download at: <a href="http://www.aapimsr.org/Diabetes/">http://www.aapimsr.org/Diabetes/</a>
Islands Foods are Healthy Foods: Guide for Nutritious Diets	English	103 page spiral bound book on island foods with nutrition information, recipes, other healthy eating tips	ADAP Project University of Hawaii 3050 Mail Way, Gilmore 213 Honolulu, HI 96822 (808) 956-8140 E-mail <a href="mailto:adap@hawaii.edu">adap@hawaii.edu</a>	Contact source directly

### Information for Providers

Title (in alphabetical order)	Languages Recommended	Material Information	Source/Contact Information	Availability
Chinese American Food Practices, Customs, and	English	32 page book designed for dietitians: food & health beliefs and practices, holiday food	Collaboration between: American Diabetes Association American Dietetic Association Contact:	Purchase at: <a href="http://www.eatright.org">www.eatright.org</a>

Holidays		customs, nutrition recommendations and nutritional value info, exchange list, glossary of food terms, modified recipes	The American Dietetic Association 216 W. Jackson Boulevard, Suite 800 Chicago, IL 60606-6995 1-800-877-1600 ext. 500	
Filipino American Food Practices, Customs, and Holidays	English	32 page book designed for dietitians: food & health beliefs and practices, holiday food customs, nutrition recommendations and nutritional value info, exchange list, glossary of food terms, modified recipes	Collaboration between: American Diabetes Association American Dietetic Association Contact: The American Dietetic Association 216 W. Jackson Boulevard, Suite 800 Chicago, IL 60606-6995 1-800-877-1600 ext. 500	Purchase at: <a href="http://www.eatright.org">www.eatright.org</a>
Indian & Pakistani Food practices, customs and holidays, 2nd Edition	English	32 page book designed for dietitians: food & health beliefs and practices, holiday food customs, nutrition recommendations and nutritional value info, exchange list, glossary of food terms, modified recipes	Collaboration between: American Diabetes Association American Dietetic Association Contact: The American Dietetic Association 216 W. Jackson Boulevard, Suite 800 Chicago, IL 60606-6995 1-800-877-1600 ext. 500	Purchase at: <a href="http://www.eatright.org">www.eatright.org</a>