

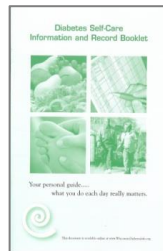
# Chronic Disease Prevention and Control Program

## FREE Diabetes Resources

To order go to [www.WisconsinDiabetesInfo.org](http://www.WisconsinDiabetesInfo.org), scroll down and click on “Publications”

### Diabetes Self-Care Booklet

Explains diabetes, diabetes self-care, and lists the tests, exams, and medical checks a person with diabetes needs to have to take care of his/her diabetes. *(English/Español)*

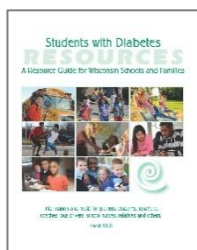
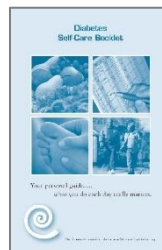


### Diabetes Personal Care Record (wallet card)

Two-sided wallet card provides a place for a person with diabetes to record tests, exams, and medical checks necessary for good care. *(English/Español)*

### Blood Sugar Log Booklet

Provides a place to record three months of blood glucose (sugar) test results. *(English/Español)*



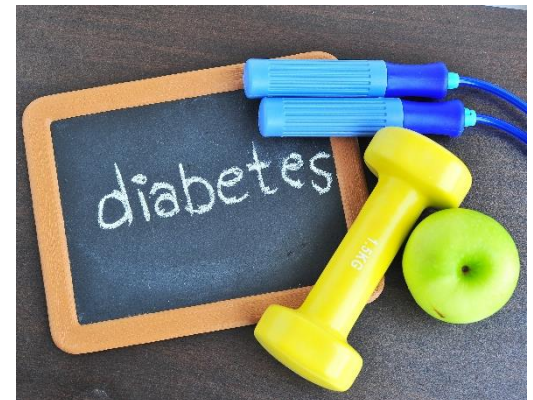
### Students with Diabetes: A Resource Guide for Wisconsin Schools and Families

Provides Information and tools for parents, students, teachers, coaches, bus drivers, school nurses, relatives and others. *(English only)*

### FREE Medical ID Jewelry

The National Kidney Foundation of Wisconsin offers patients with chronic kidney disease, diabetes or high blood pressure, those on dialysis, transplant recipients and living donors **FREE** medical identification jewelry:

- Go to [www.kidneywi.org](http://www.kidneywi.org)
- Type “jewelry” in search box



### Did You Know?

Approximately 494,000 Wisconsin adults have diabetes and nearly one third of them do not know it yet.

Nearly 4 out of 10 Wisconsin adults has prediabetes. Modest behavior changes can prevent or delay the onset of type 2 diabetes in people with prediabetes.

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### Educational DVDs

These educational DVDs from the Wisconsin Lions Foundation are available to view online or order in quantities free of charge:

- Go to [www.wlf.info/our-projects/diabetes-awareness](http://www.wlf.info/our-projects/diabetes-awareness)
- Scroll down to “Diabetes Educational DVDs”
- Please note links to order forms are located just above videos

**Protect Your Vision: The Dilated Eye Exam** stresses importance of an annual dilated eye exam for people with diabetes.

**The Links to Chronic Kidney Disease: Diabetes, High Blood Pressure, and Family History** discusses chronic kidney disease prevention, causes and treatment, and importance of early detection.

**Type 1 Diabetes: Caring with Confidence** provides diabetes information to people in caregiver roles who are not health care professionals to improve caregiver confidence while caring for a person with type 1 diabetes.

### Self-Management Classes

Learn to manage your diabetes . . . or prevent diabetes if you have prediabetes . . . with these community-based, interactive classes. These classes do not replace existing treatments but complement your current medical treatment plan:

#### Healthy Living with Diabetes

[www.wihealthyaging.org/healthy-living-with-diabetes](http://www.wihealthyaging.org/healthy-living-with-diabetes)

#### Living Well with Chronic Conditions

[www.wihealthyaging.org/living-well](http://www.wihealthyaging.org/living-well)

#### National Diabetes Prevention Program

[www.wihealthyaging.org/diabetes-prevention-program](http://www.wihealthyaging.org/diabetes-prevention-program)

Learn more information about these classes by going to the web links or calling the Wisconsin Institute for Healthy Aging at (608) 243-5690.

### Worksite Wellness

#### Wisconsin Resources

[www.dhs.wisconsin.gov/physical-activity/worksite/index.htm](http://www.dhs.wisconsin.gov/physical-activity/worksite/index.htm)

#### CDC's Diabetes at Work

[www.DiabetesAtWork.org](http://www.DiabetesAtWork.org)

#### ADA's Wellness Lives Here

[www.diabetes.org/in-my-community/wellness-lives-here](http://www.diabetes.org/in-my-community/wellness-lives-here)



### Additional Diabetes Resources

#### Resources in YOUR Community

[www.DiabetesLocal.org](http://www.DiabetesLocal.org)



#### American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)



#### National Diabetes Education Program

[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)