
Take these small steps now to Prevent Diabetes

Fact sheet from the National Diabetes Education Program designed for Asian Americans and Pacific Islanders. It provides information on how to lower risk factors for diabetes and to identify if one is at risk. Fact sheet is offered in multiple languages including: Cambodian, Chinese, Chamorro, Gujarati, Hindi, Hmong, Korean, Japanese, Laotian, Samoan, Tagalog, Thai, Tongan and Vietnamese.

http://ndep.nih.gov/diabetes/pubs/tworeasons_tips_eng.pdf

Exercise: A guide from the National Institute on Aging

NIA's Exercise Guide contains valuable information about how exercise and proper nutrition are crucial for staying healthy as we age. Scientists and doctors collaborated to provide useful tips on establishing and maintaining a regular exercise program. The Guide is for older people who want to take those first steps toward an active lifestyle. Also has a companion DVD.

<http://www.niapublications.org/exercisebook/ExerciseGuideComplete.pdf>



**ONLINE
OBESITY AND
DIABETES
RESOURCES**

Better Health and You: Healthy Eating and Physical Activity across Your Lifespan: Tips for Adults

26 page brochure on healthy eating and physical activity, featuring an activity log and food diary examples for readers.

<http://win.niddk.nih.gov/publications/PDFs/tipsforadults804bw.pdf>

Finding Your Way to a Healthier You

Short booklet that provides nutrition facts based on new Dietary Guidelines for Americans. 2005.

<http://www.health.gov/dietaryguidelines/dga2005/document/pdf/brochure.pdf>

My Pyramid Poster

A poster of MyPyramid for Kids. One side of the poster, for younger children, highlights a simplified MyPyramid for Kids graphic. The other side, for advanced elementary students, features both the MyPyramid for Kids graphic and healthy eating and physical activity messages.

http://teammnutrition.usda.gov/Resources/mpk_poster.pdf

My Pyramid Tips for Families

A Spanish version of MyPyramid for Kids mini-poster with the MyPyramid for Kids graphic on one side and eating and physical activity tips on the other side.

http://mypyramid.gov/downloads/sp-MyPyramid_Anatomy.pdf

Getting Older. Living Healthier. Feeling Better

Short booklet for older adults, offers basic guidelines for eating a healthy diet and being physically active-at any time of life. Also features information on reading the nutrition label and food safety.



Getting older.
Living healthier.
Feeling better.
Start today with the Dietary Guidelines for Americans

U.S. Department of Health and Human Services
www.health.gov/dietaryguidelines

More than 50 Ways to Prevent Diabetes

Fact sheet from the Small Steps for Big Rewards program that reviews 50 of the small steps ideas. Also includes a Game Plan food and Activity Tracker.

http://ndep.nih.gov/diabetes/pubs/50Ways_tips.pdf

Active at Any Size Brochure

Short brochure from NIDDK that offers suggestions of how obese people can safely begin exercising. It offers a number of safety tips, features accurately sized models, and provides a listing of additional resources.

http://win.niddk.nih.gov/publications/PDFs/ActiveatAnySize_04.pdf

Helping Your Overweight Child

A brochure to help parents take an active role in helping a child or the whole family with healthy eating and physical activity habits that can last for a lifetime.

<http://win.niddk.nih.gov/publications/PDFs/overwtchild7-04.pdf>

American Indian Alaska Native Community Partnership Guide: Supplement and Activity Plans.

This supplement to the community Partnership Guide contains awareness activities that are customized for American Indian / Alaska Native Communities as well as information about diabetes among the population.

<http://ndep.nih.gov/diabetes/pubs/Alsupplement.pdf>