

**Request for Materials from the Nebraska Diabetes Prevention & Control Program  
Department of Health & Human Services – Revised April 11, 2014**

**Free – For Nebraska Residents/Nebraska Healthcare Professionals**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Include email on DPCP email list? (If yes, you will receive the monthly Diabetes  
Newsbeat from our Office)     Yes     No

**Please indicate below which items and the quantity you would like to have sent to you – FREE. Because our Program is under a new grant, we are no longer able to reprint many of these materials, so you may not receive all that you order. We are also in the process of moving the materials to an online format. Thank you.**

- Cooking for 1 or 2 – English (book)..... \_\_\_\_\_
- 4 Steps to Control Your Diabetes for Life – English (booklet) ..... \_\_\_\_\_
- 4 Steps to Control Your Diabetes for Life – Spanish (booklet)..... \_\_\_\_\_
- Have Diabetes? Consider a Tobacco-Free Life. English (pamphlet)... \_\_\_\_\_
- Have Diabetes? Consider a Tobacco-Free Life. Spanish (pamphlet)... \_\_\_\_\_
- Healthy Diabetes Recipes and More – English (book)..... \_\_\_\_\_
- Healthy Diabetes Recipes and More – Spanish (book)..... \_\_\_\_\_
- Hello Neighbor Cookbook (Spanish)..... \_\_\_\_\_
- Living in Balance – In Native American Tradition (pamphlet)..... \_\_\_\_\_
- Take Charge of Your Diabetes – English (book)..... \_\_\_\_\_
- Take Charge of Your Diabetes – Spanish (book)..... \_\_\_\_\_
- CDC Got Diabetes? Thinking about having a baby? (English)..... \_\_\_\_\_
- Diabetes Home Care Videos (English) (While Supplies Last)..... \_\_\_\_\_
- Diabetes Home Care Videos (Spanish) (While Supplies Last)..... \_\_\_\_\_
- Take Heart – Healthy Latino Life – Spanish (booklet) ..... \_\_\_\_\_
- Take Heart – Healthy African American Life (booklet) ..... \_\_\_\_\_

**(Over)**

Take Heart – Healthy Latino Life – English (booklet) .....	_____
ADA Choose to Live: Your Diabetes Survival Guide (booklet).....	_____
ADA Diabetes & Your Weight (English pamphlet) .....	_____
ADA Diabetes & Your Weight (Spanish pamphlet) .....	_____
ADA Your Weight and Your Health (English pamphlet) .....	_____
ADA Your Weight and Your Health (Spanish pamphlet) .....	_____
ADA Children with Diabetes: Information for School & Childcare Providers (pamphlets) .....	_____
ADA Pre-diabetes (Bilingual) .....	_____
ADA Pre-diabetes (Spanish) .....	_____
ADA Take Care of Yourself, Take Care of your Diabetes (English) .....	_____
ADA Take Care of Yourself, Take Care of your Diabetes (Spanish) .....	_____
ADA Physical Activity (Spanish pamphlet) .....	_____
ADA Portion Sizes (Spanish pamphlet) .....	_____
What Need to Know about Diabetes .....	_____
Gestational Diabetes (Spanish).....	_____
'I have diabetes' wallet cards (Spanish) .....	_____
Preventing Diabetes and Heart Disease.....	_____

Please email the completed form to [joshua.russo@nebraska.gov](mailto:joshua.russo@nebraska.gov), fax it to **(402) 471-6446** or mail it to:

**Diabetes Prevention and Control Program  
Nebraska Health and Human Services System  
PO Box 95026  
Lincoln, NE 68509-5026**

Please call (402) 471-2648 or email [joshua.russo@nebraska.gov](mailto:joshua.russo@nebraska.gov) if you have any questions.