

**Request for Materials from the Nebraska Diabetes Prevention & Control Program
Department of Health & Human Services – Revised April 10, 2013**

Free – For Nebraska Residents/Nebraska Healthcare Professionals

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone #: _____ Email: _____

Include email on DPCP email list? Yes No

Please indicate below which items & the quantity you would like to have sent to you – FREE.

- Blood Glucose Testing Diary _____
- Blood Glucose Testing Diary-Intensive Management..... _____
- 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)... _____
- Healthy Diabetes Recipes and More – English (book)..... _____
- Healthy Diabetes Recipes and More – Spanish (book)..... _____
- Hello Neighbor Cookbook (English)..... _____
- Hello Neighbor Cookbook (Spanish)..... _____
- Living in Balance – In Native American Tradition (pamphlet)..... _____
- Many People Have Diabetes - Do You? – English (pamphlet)..... _____
- Take Charge of Your Diabetes – English (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)..... _____

(Over)

The following items will no longer be offered once supplies are depleted:

- NDEP Your Game Plan to Prevent Type 2 Diabetes..... _____
- CDC Diabetes and Pregnancy: Gestational Diabetes (English Booklet) _____
- Take Heart – Healthy Latino Life – English (booklet) _____
- Take Heart – Healthy Latino Life – Spanish (booklet) _____
- Take Heart – Healthy African American Life (booklet) _____
- NIDDK Your Guide to Diabetes: Type 1 and Type 2 (National Diabetes Information Clearinghouse booklet) _____
- ADA Choose Your Foods Exchange Lists..... _____
- ADA Choose to Live: Your Diabetes Survival Guide (booklet)..... _____
- ADA Diabetes & Your Weight (English 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 Prediabetes (Bilingual) _____
- 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 (English pamphlet) _____
- ADA Physical Activity (Spanish pamphlet) _____
- ADA Portion Sizes (Spanish pamphlet) _____
- ADA Preventing Diabetes and Heart Disease (English booklet)..... _____
- ADA Top 5 Ways to Stop Diabetes and Get Healthy Right Now..... _____

Please email the completed form to 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
Fax: (402) 471-6446**

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