

**Request for Materials from the Nebraska Diabetes Prevention & Control Program  
 Department of Health & Human Services - Revised 6/2011  
 Free – For Nebraska Residents/Nebraska Healthcare Professionals**

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

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

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

Phone #: \_\_\_\_\_ E:mail: \_\_\_\_\_

Include E;Mail on Diabetes E:mail 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)..... \_\_\_\_\_
- Diabetes and the 12 Months of Pregnancy - English (booklet)..... \_\_\_\_\_
- Diabetes and the 12 Months of Pregnancy - Spanish (booklet)..... \_\_\_\_\_
- 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. -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 (English)..... \_\_\_\_\_
- Hello Neighbor Cookbook (Spanish)..... \_\_\_\_\_
- Living in Balance - In Native American Tradition (pamphlet)..... \_\_\_\_\_
- Many People Have Diabetes - Do You? - English (pamphlet)..... \_\_\_\_\_
- Many People Have Diabetes - Do You? - Spanish (pamphlet)..... \_\_\_\_\_
- Take Charge of Your Diabetes - English (book)..... \_\_\_\_\_
- Take Charge of Your Diabetes - Spanish (book)..... \_\_\_\_\_
- Take Heart - Live a Healthy Latino Life - English (booklet)..... \_\_\_\_\_
- Take Heart - Live a Healthy Latino Life - Spanish (booklet)..... \_\_\_\_\_
- Take Heart For a Healthy African American Life (booklet)..... \_\_\_\_\_

Please fax to (402) 471-6446 or mail to:

Diabetes Prevention and Control Program  
 Nebraska Health and Human Services System  
 PO Box 95026  
 Lincoln, NE 68509-5026  
 Fax: (402) 471-6446

(over)

The following items are also available:

CDC Got diabetes? Thinking about having a baby? (English booklet) \_\_\_\_\_  
CDC Diabetes and Pregnancy: Gestational Diabetes (English Booklet) \_\_\_\_\_  
CDC Diabetes and Pregnancy: Gestational Diabetes (Spanish booklet) \_\_\_\_\_

NDEP *Small Steps Big Rewards* – Your Game Plan to Prevent Type 2 Diabetes  
– Information for Patients (Information, Fat/Calories Counter, Food & Activity  
Tracker) – English set of 3 \_\_\_\_\_  
NDEP *Small Steps Big Rewards* – Your Game Plan to Prevent Type 2 Diabetes  
– Information for Patients (Information, Fat/Calories Counter, Food & Activity  
Tracker) – Spanish set of 3 \_\_\_\_\_

NIDDK Your Guide to Diabetes: Type 1 and Type 2 (National Diabetes  
Information Clearinghouse booklet) \_\_\_\_\_  
NIDDK Prevent Diabetes Problems Series: (booklets)  
    Keep your diabetes under control \_\_\_\_\_  
    Keep your kidneys healthy \_\_\_\_\_  
    Keep your feet and skin healthy \_\_\_\_\_  
    Keep your teeth and gums healthy \_\_\_\_\_  
    Keep your nervous system healthy \_\_\_\_\_

NIDDK What I need to know about Gestational Diabetes (booklet) \_\_\_\_\_  
NIDDK What I need to know about Eating and Diabetes (booklet) \_\_\_\_\_

ADA Choose Your Foods: Exchange Lists for Diabetes (American  
Diabetes /ADA 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 What You Need to Know About Diabetes; An Introduction (pamphlet) \_\_\_\_\_  
ADA Children with Diabetes: Information for School & Childcare  
    Providers (pamphlets) \_\_\_\_\_  
ADA Prediabetes (English pamphlet) \_\_\_\_\_  
ADA Prediabetes (Spanish pamphlet) \_\_\_\_\_  
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 (English pamphlet) \_\_\_\_\_  
ADA Portion Sizes (Spanish pamphlet) \_\_\_\_\_