

EDUCATOR RESOURCE LIST: This is a list of websites that provide free or very low cost educational materials that can supplement your class materials and handouts. Most websites provide information that can be downloaded and printed on demand and are available in English and Spanish.

Topic	Organization/website	Information
Eye Health 	National Eye Institute www.nei.nih.gov National Eye Health Education Program www.nei.nih.gov/nehep	<ul style="list-style-type: none"> - Publication catalog - Materials for various eye diseases, including Diabetes Eye Tool Kit.
Dental Health 	National Institute of Diabetes, Digestive and Kidney Disease www.diabetes.niddk.nih.gov Migrant Clinicians Network http://www.migrantclinician.org/	<ul style="list-style-type: none"> - Prevent diabetes problems: Keep your teeth and gums healthy. - Diabetes education: How to take care of your teeth.
Heart Health 	American Heart Association www.heart.org American Heart Association www.Hearthub.org	<ul style="list-style-type: none"> - Patient-oriented websites with information on getting healthy with Life's Simple 7. - Nutrition, activity, weight management, stress management, fats and smoking.
Nutrition Health 	Academy of Nutrition and Dietetics (ADA) www.eatright.org U.S. Department of Agriculture www.choosemyplate.gov Iowa State University, Extension www.extension.iastate.edu/foodsavings Food and Nutrition Information Center http://fnic.nal.usda.gov American Diabetes Association www.diabetes.org	<ul style="list-style-type: none"> - Healthy eating fact sheets. - New campaign with 14 fact sheets to improve eating habits/portion control. - Spend smart, eat smart program. - Eating right when money is tight. - Food and fitness, plus recipes and general nutrition information.
Recipes 	Oregon State University http://healthyrecipes.oregonstate.edu/ U.S. Department of Agriculture, SNAP – Ed Connection http://recipefinder.nal.usda.gov/ My Food Advisor (ADA) http://tracker.diabetes.org/	<ul style="list-style-type: none"> - Low cost recipes - The recipe finder lets you look up recipes based on available ingredients. Easy recipes with low cost. - Recipes. Allows you to look up specific foods to find their nutritional content. Tracks goals. Provides shopping list.
Weight Management 	Weight-control Information Network www.win.niddk.nih.gov Obesity Action Coalition www.obesityaction.org Weight Watchers www.weightwatchers.com	<ul style="list-style-type: none"> - Publications on nutrition, physical activity and weight control. - Brochures on weight control, including how weight affects pre-diabetes and Type II diabetes. - Food and recipes, fitness and health, plus support groups.
Kidney Health 	National Kidney Foundation www.kidney.org National Kidney Disease Education Program www.nkdep.nih.gov American Kidney Fund www.kidneyfund.org	<ul style="list-style-type: none"> - Patient education publications and fact sheets. - Brochures, plus helpful information on Patient, Public and Resources tabs. - Information about financial assistance, plus health brochures and fact sheets.

<p>Foot Health and Neuropathies</p> 	<p>American Podiatry Medical Association www.apma.org National Diabetes Education Program www.ndep.nih.gov Health Resource and Service Administration www.hrsa.gov/hansensdisease/leap/</p>	<ul style="list-style-type: none"> - Foot facts and tip sheets. - Foot care publications. - Monofilaments; lower extremity amputation prevention (LEAP) handouts.
<p>Activity</p> 	<p>U.S. Department of Agriculture www.letsmove.gov Go4Life http://go4life.niapublications.org</p>	<ul style="list-style-type: none"> - Ideas for staying active for the whole family. - Physical fitness campaign, with information and handouts for adult seniors, individuals, organizations and health professionals.
<p>Medications</p> 	<p>National Diabetes Information Clearinghouse www.diabetes.niddk.nih.gov American Diabetes Association www.diabetes.org http://www.diabetes.org/assets/pdfs/know-your-rights/public-accommodations/fact-sheet-tsa-12-2010.pdf http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/tips-for-emergency-preparedness.html</p>	<ul style="list-style-type: none"> - Information on medications for diabetes. - Living with diabetes and understanding the different medications. - Fact sheet on air travel and diabetes. - Tips for emergency preparedness.
<p>Sexual Dysfunction</p> 	<p>National Diabetes Information Clearinghouse www.diabetes.niddk.nih.gov</p>	<ul style="list-style-type: none"> - Sexual and urological problems with diabetes. Provides brochures on how diabetes can affect sexual health.
<p>Low Literacy</p> 	<p>Migrant Clinicians Network (TDSHS) www.migrantclinician.org Learning About Diabetes www.learningaboutdiabetes.com</p>	<ul style="list-style-type: none"> - Easy to read information sheets on diabetes topics. - Storybook style, easy-to-read handouts on many different topics about diabetes.
<p>General</p> 	<p>Texas Diabetes Council www.dshs.state.tx.us/diabetes American Association of Diabetes Educators http://www.diabeteseducator.org/ Livestrong Foundation www.livestrong.org</p>	<ul style="list-style-type: none"> - Comprehensive Texas program for diabetes information and education. - AADE7 Self-care Behaviors and other patient education handouts. - Comprehensive website about diet, exercise and diabetes. Includes MyPlateD app for people with diabetes.