

Diabetes Resources for Patient Education

1. Access to Resources for Community Health (ARCH)

ARCH links to carefully selected health information and resources online at www.arch-mgh.org

Diabetes subject page: <http://www2.massgeneral.org/library/arch/diabetes.asp>

For ARCH promotional materials such as bookmarks and information prescription cards or an ARCH hands-on training, please contact arch@partners.org.

2. Diabetes: Just the Basics

A list of 17 diabetes topics are available in *Just the Basics* at Partners Virtual Diabetes Center. The materials are written below the 6th grade reading level in English and Spanish. They are all printable at <http://vdc.partners.org/education/index.aspx>.

3. Where Do I Begin? Living with Type 2 Diabetes

A good resource to give a patient *just diagnosed* for a general overview on how to live with DM. It's available in Spanish. This is a free resource that can be ordered from http://specialty.kramesstaywell.com/healthcareprovider_orderpage

50 copies maximum per booklet (English and English-Spanish) per order

This resource, together with Thumbs Up, is the standard material given to the newly diagnosed patients at Chelsea Adult Med. Our Health Educator at ARCH orders it for 4 Chelsea clinicians every 45-60 days. Please let the Health Educator know if anyone at your site wants to be on her ordering list for this material: arch@partners.org or 781-485-6400.

4. Thumbs Up for Healthy Food Choices

A pictorial booklet with a simple thumbs up/down guide to making healthier food choices. The booklet is developed by Susan Oliverio, MD. You can order the booklet free of charge from this website: <http://nhp.shawmutprinting.com/> Once on the site, follow: Order provider materials → General Health Materials → “Thumbs Up for Healthy Food Choices”. Up to 250 copies can be requested per order. Call 978-792-7500 or email support@shawmut.zendesk.com, if you have questions about ordering this resource or contact arch@partners.org for help.

5. Balance Your Act - A Book for Adults with Diabetes

Great and comprehensive book written in low-literacy English! You can preview the book here: http://www.amazon.com/Balance-Your-Act-Adults-Diabetes/dp/0939838141#reader_0939838141

This booklet is not a free resource and not available in Spanish.

6. DVDs - Living with Diabetes/What You Need to Know

80 min, English only. ARCH currently has a limited supply of this DVD. Topics addressed in the DVD: Understanding diabetes, healthy eating, being active, monitoring, medications, problem solving,

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reducing risks, and healthy coping.

This DVD can also be viewed (topic by topic) online at <http://atozhealth-development.com/living-with-diabetes-video>.

7. DVDs – Community Health Education on Cable TV/Chelsea

These DVDs are from the health education shows we created in collaboration with Chelsea Community Cable TV station since 2009. Many of these shows are available in Spanish. The list of the available DVDs is posted at http://www.massgeneral.org/cchi/assets/List_Comm_HE_DVDs.pdf. Free distribution of these DVDs is limited to MGH employees, patients, and others live or work in MGH-served communities. Email arch@partners.org or call 781-485-6400 to order a DVD or get more information.

8. DVD - Living with Diabetes: Making Lifestyle Changes to Last a Lifetime

From the collection of MGH Shared Decision Making DVDs sponsored by the MGH Health Decision Sciences, the John D. Stoeckle Center, this DVD and the accompanying booklet are available in English and Spanish. The list of all 40 available topics is posted at http://www.massgeneral.org/cchi/assets/List_MGH_SDM_DVDs.pdf. Clinicians can order this resource for patients through LMR. Requests for this DVD and more information about the DVD collection can also be sent to MGHSDM@partners.org.

9. Living with Diabetes – An Everyday Guide for You and Your Family

from American College of Physicians (ACP), the Guide is available in English, Spanish and Chinese. It covers diet, exercise, monitoring blood sugar, insulin and pills.

Ordering page:

<https://store.acponline.org/ebizatpro/ProductsandServices/EverydayGuides/EverydayGuidesDetail/tabid/242/Default.aspx?ProductId=20530>

ACP Members are limited to two free boxes (40 copies in one box) of the guide. Nonmembers purchasing more than two boxes must call Member and Customer Service at 800-523-1546 ext 2600 or 215-351-2600 (M-F, 9 a.m. - 5 p.m. ET).

Need help? Please contact the MGH **ARCH Health Education Program**

Email: arch@partners.org Phone: 781-485-6400

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