## General Diabetes Information

<table>
<thead>
<tr>
<th>Title</th>
<th>Pacific Languages Available</th>
<th>Material Information</th>
<th>Source/Contact Information</th>
<th>Availability</th>
</tr>
</thead>
</table>
| Diabetes 101 Presentations | English                    | 4-module culturally competent for Native Hawaiians and Pacific People Power Point presentation covering for community health workers that includes general diabetes information, treatment and symptoms, and strategies for patient self-management | Hawai‘i EXPORT Center  
John A. Burns School of Medicine  
677 Ala Moana Blvd. #1016B  
Honolulu, HI 96813  
(808) 587-8611  
email: mele@hawaii.edu | View on Educational Resources page on  
www.hawai EXPORTcenter.hawaii.edu  
or contact source directly for download permission                                                   |
| Diabetes Booklet Brochure  | English                    | 12 page booklet with pictures appealing to Native Hawaiians and Pacific Islanders      | Hawai‘i EXPORT Center  
John A. Burns School of Medicine  
677 Ala Moana Blvd. #1016B  
Honolulu, HI 96813  
(808) 587-8611  
email: mele@hawaii.edu | Educational Resources page on  
www.hawaiEXPORTcenter.hawaii.edu                                                                 |
| Diabetes Education         | English                    | 2 page fact sheet defining diabetes education and explaining the importance of diabetes education | Hawai‘i EXPORT Center  
John A. Burns School of Medicine  
677 Ala Moana Blvd. #1016B  
Honolulu, HI 96813  
(808) 587-8611  
email: mele@hawaii.edu | Educational Resources page on  
www.hawaiEXPORTcenter.hawaii.edu  
and Resources & Services page on  
www.aapcbo.org                                                                                     |
| Diabetes General Information Brochure | English | 1 page double-sided brochure with general diabetes information                        | Hawai‘i EXPORT Center  
John A. Burns School of Medicine  
677 Ala Moana Blvd. #1016B  
Honolulu, HI 96813  
(808) 587-8611  
email: mele@hawaii.edu | Educational Resources page on  
www.hawaiEXPORTcenter.hawaii.edu                                                                 |
| Diabetes Nah No Need Brochure | Hawaiian-English-Pidgin    | 1 page double-sided brochure with information about the importance of diabetes       | Hawai‘i EXPORT Center  
John A. Burns School of Medicine  
677 Ala Moana Blvd. #1016B | Educational Resources page on  
www.hawaiEXPORTcenter.hawaii.edu                                                                 |
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<tr>
<th>Title</th>
<th>Language</th>
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<th>Contact Information</th>
<th>Download Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Native Hawaiian flyer</td>
<td>English</td>
<td>1 page flyer geared toward Native Hawaiians listing symptoms of diabetes</td>
<td>Pacific Diabetes Education Program, Papa Ola Lokahi, Honolulu, HI 96813 (808) 597-6555, Email: <a href="mailto:pdep@papalalokahi.org">pdep@papalalokahi.org</a></td>
<td><a href="http://www.pdep.org">www.pdep.org</a></td>
</tr>
<tr>
<td>Every Hawaiian Should Know booklet</td>
<td>English</td>
<td>16 page booklet with general diabetes information for Native Hawaiians</td>
<td>Pacific Diabetes Education Program, Papa Ola Lokahi, Honolulu, HI 96813 (808) 597-6555, Email: <a href="mailto:pdep@papalalokahi.org">pdep@papalalokahi.org</a></td>
<td><a href="http://www.pdep.org">www.pdep.org</a></td>
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<tr>
<td>Pacific Islander flyer</td>
<td>English</td>
<td>1 page flyer with general diabetes information for Pacific Islanders</td>
<td>Pacific Diabetes Education Program, Papa Ola Lokahi, Honolulu, HI 96813 (808) 597-6555, Email: <a href="mailto:pdep@papalalokahi.org">pdep@papalalokahi.org</a></td>
<td><a href="http://www.pdep.org">www.pdep.org</a></td>
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<tr>
<td>You Can Prevent Diabetes flyer</td>
<td>English</td>
<td>1 page flyer with diabetes-prevention tips for young Pacific Islanders</td>
<td>Pacific Diabetes Education Program, Papa Ola Lokahi, Honolulu, HI 96813 (808) 597-6555, Email: <a href="mailto:pdep@papalalokahi.org">pdep@papalalokahi.org</a></td>
<td><a href="http://www.pdep.org">www.pdep.org</a></td>
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<tr>
<td>Chuukese flyer</td>
<td>Chuukese</td>
<td>1 page flyer with general diabetes information for Chuukese</td>
<td>Pacific Diabetes Education Program, Papa Ola Lokahi</td>
<td><a href="http://www.pdep.org">www.pdep.org</a></td>
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July 5, 2007
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</table>
| Walk 10,000 Steps flyer      | Chuukese          | 1 page flyer encouraging Chuukese to prevent diabetes by including more exercise in their daily activities | Pacific Diabetes Education Program  
Papa Ola Lokahi  
894 Queen St.  
Honolulu, HI 96813  
(808) 597-6555  
E-mail pdep@papaolalokahi.org | Download at [www.pdep.org](http://www.pdep.org) |
| How Do You Get Diabetes     | Marshallese       | 1 page risk factor and general information flyer for young Marshallese       | Pacific Diabetes Education Program  
Papa Ola Lokahi  
894 Queen St.  
Honolulu, HI 96813  
(808) 597-6555  
E-mail pdep@papaolalokahi.org | Download at [www.pdep.org](http://www.pdep.org) |
| Youth Health Guide          | Marshallese       | 2 page brochure with diabetes prevention tips for young Marshallese           | Pacific Diabetes Education Program  
Papa Ola Lokahi  
894 Queen St.  
Honolulu, HI 96813  
(808) 597-6555  
E-mail pdep@papaolalokahi.org | Download at [www.pdep.org](http://www.pdep.org) |
| Diabetes Manual             | English, Samoan, and Tongan | General diabetes education manual with definitions, symptoms, medications, tests, and healthy living tips also available in Arabic, Farsi, Korean, Portuguese, Russian, Serbo-Croatian, Spanish, and Vietnamese | Utah Diabetes Prevention and Control Program  
PO Box 142107  
Salt Lake City, UT 84114-2107  
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<tr>
<th>Title (in alphabetical order)</th>
<th>Languages Recommended</th>
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| Island Food Model Project          | English               | 7 page list of commercially available food models relating to Native Hawaiians and Pacific Islanders | Hawai‘i EXPORT Center  
John A. Burns School of Medicine  
677 Ala Moana Blvd. #1016B  
Honolulu, HI 96813  
(808) 587-8611  
email: mele@hawaii.edu                                                                 | Educational Resources page on  
www.hawaiEXPORTcenter.hawaii.edu                                                                 |
| Pacific Islands Cookbook           | English               | A 160 page collection of recipes using local foods from the Pacific                   | ADAP Project  
University of Hawai‘i  
3050 Maile Way, Gilmore 213  
Honolulu, HI 96822  
(808) 956-8140  
E-mail: adap@hawaii.edu                                                                 | Download at  
http://www2.ctahr.hawaii.edu/adap2/Publications/ADAP_pubs.htm                                                                 |
| Local Food-Healthy Choices         | English/Samoan         | 98 page booklet with nutrition information and recipes specific to Samoa             | ADAP Project  
University of Hawai‘i  
3050 Maile Way, Gilmore 213  
Honolulu, HI 96822  
(808) 956-8140  
E-mail: adap@hawaii.edu                                                                 | Download at  
http://www2.ctahr.hawaii.edu/adap2/Publications/ADAP_pubs.htm  
or contact ADAP directly                                                                 |
| Fatty Foods poster                | Marshallese/English    | 1 page poster teaching young Marshallese how to prevent diabetes with a healthy diet | Pacific Diabetes Education Program  
Papa Ola Lokahi  
894 Queen St.  
Honolulu, HI 96813  
(808) 597-6555  
E-mail: pdep@papaolaLokahi.org                                                                 | Download at  
www.pdep.org                                                                 |

July 5, 2007
### Diabetes Education

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<tr>
<td>Diabetes Today in the Pacific Training Modules</td>
<td>English</td>
<td>Pacific Diabetes Today training is designed to provide community members with the knowledge and skills to plan and carry out a community-based diabetes program. Materials available include a PDT participant manual and trainer manual</td>
<td>Pacific Diabetes Education Program Papa Ola Lokahi 894 Queen St. Honolulu, HI 96813 (808) 597-6555 E-mail <a href="mailto:pdep@papaolalokahi.org">pdep@papaolalokahi.org</a></td>
<td>Download at <a href="http://www.pdep.org">www.pdep.org</a> or contact PDEP directly</td>
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### Self-Care

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<tbody>
<tr>
<td>Foot Care</td>
<td>Chuukese</td>
<td>1 page flyer on diabetic foot care</td>
<td>Pacific Diabetes Education Program Papa Ola Lokahi 894 Queen St. Honolulu, HI 96813 (808) 597-6555 E-mail <a href="mailto:pdep@papaolalokahi.org">pdep@papaolalokahi.org</a></td>
<td>Download at <a href="http://www.pdep.org">www.pdep.org</a></td>
</tr>
<tr>
<td>Take Charge of Your Diabetes Reinforcement booklet</td>
<td>English, Hawaiian, Samoan, Tongan, Chuukese, Ilocano, Tagalog and Marshallese</td>
<td>20 page booklet that reinforces the information in the larger Take Charge of Your Diabetes book - also available in Vietnamese, and Chinese</td>
<td>Hawaii Diabetes Prevention and Control Program Hawaii State Department of Health 601 Kamokila Blvd., Room 344 Kapolei, HI 96707 (808) 692-7462 E-mail <a href="mailto:diabetes@doh.hawaii.gov">diabetes@doh.hawaii.gov</a></td>
<td>Download at <a href="http://www.hawaii.gov/health/family-child-health/chronic-disease/diabetes/resourcesandtools.html">http://www.hawaii.gov/health/family-child-health/chronic-disease/diabetes/resourcesandtools.html</a></td>
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Compiled by:
Hawaii EXPORT Center
Department of Native Hawaiian Health
John A. Burns School of Medicine
University of Hawaii
Honolulu, Hawaii