

**E-RESOURCES FOR NATIVE HAWAIIANS AND PACIFIC ISLANDERS  
DIABETES EDUCATION, NUTRITION AND SELF-CARE MATERIAL**

**General Diabetes Information**

Title (in alphabetical order)	Pacific Languages Available	Material Information	Source/Contact Information	Availability
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: <a href="mailto:mele@hawaii.edu">mele@hawaii.edu</a>	View on Educational Resources page on <a href="http://www.hawaii.exportcenter.hawaii.edu">www.hawaii.exportcenter.hawaii.edu</a> 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: <a href="mailto:mele@hawaii.edu">mele@hawaii.edu</a>	Educational Resources page on <a href="http://www.hawaiiexportcenter.hawaii.edu">www.hawaiiexportcenter.hawaii.edu</a>
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: <a href="mailto:mele@hawaii.edu">mele@hawaii.edu</a>	Educational Resources page on <a href="http://www.hawaiiexportcenter.hawaii.edu">www.hawaiiexportcenter.hawaii.edu</a> and Resources & Services page on <a href="http://www.aapcho.org">www.aapcho.org</a>
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: <a href="mailto:mele@hawaii.edu">mele@hawaii.edu</a>	Educational Resources page on <a href="http://www.hawaiiexportcenter.hawaii.edu">www.hawaiiexportcenter.hawaii.edu</a>
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 <a href="http://www.hawaiiexportcenter.hawaii.edu">www.hawaiiexportcenter.hawaii.edu</a>

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		treatment	Honolulu, HI 96813 (808) 587-8611 email: <a href="mailto:mele@hawaii.edu">mele@hawaii.edu</a>	
Native Hawaiian flyer	English	1 page flyer geared toward Native Hawaiians listing symptoms of diabetes	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>	Download at <a href="http://www.pdep.org">www.pdep.org</a>
Every Hawaiian Should Know booklet	English	16 page booklet with general diabetes information for Native Hawaiians	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>	Download at <a href="http://www.pdep.org">www.pdep.org</a>
Pacific Islander flyer	English	1 page flyer with general diabetes information for Pacific Islanders	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>	Download at <a href="http://www.pdep.org">www.pdep.org</a>
You Can Prevent Diabetes flyer	English	1 page flyer with diabetes prevention tips for young Pacific Islanders	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>	Download at <a href="http://www.pdep.org">www.pdep.org</a>
Chuukese flyer	Chuukese	1 page flyer with general diabetes information for Chuukese	Pacific Diabetes Education Program Papa Ola Lokahi	Download at <a href="http://www.pdep.org">www.pdep.org</a>

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			894 Queen St. Honolulu, HI 96813 (808) 597-6555 E-mail <a href="mailto:pdep@papaolalokahi.org">pdep@papaolalokahi.org</a>	
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 <a href="mailto:pdep@papaolalokahi.org">pdep@papaolalokahi.org</a>	Download at <a href="http://www.pdep.org">www.pdep.org</a>
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 <a href="mailto:pdep@papaolalokahi.org">pdep@papaolalokahi.org</a>	Download at <a href="http://www.pdep.org">www.pdep.org</a>
Youth Health Guide	Marshallese with some English translation	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 <a href="mailto:pdep@papaolalokahi.org">pdep@papaolalokahi.org</a>	Download at <a href="http://www.pdep.org">www.pdep.org</a>
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 (801) 538-6141	Download at <a href="http://health.utah.gov/diabetes/index.php">http://health.utah.gov/diabetes/index.php</a>

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**Nutrition**

Title (in alphabetical order)	Languages Recommended	Material Information	Source/Contact Information	Availability
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: <a href="mailto:mele@hawaii.edu">mele@hawaii.edu</a>	Educational Resources page on <a href="http://www.hawaiiexportcenter.hawaii.edu">www.hawaiiexportcenter.hawaii.edu</a>
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 <a href="mailto:adap@hawaii.edu">adap@hawaii.edu</a>	Download at <a href="http://www2.ctahr.hawaii.edu/adap2/Publications/ADAP_pubs.htm">http://www2.ctahr.hawaii.edu/adap2/Publications/ADAP_pubs.htm</a>
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 <a href="mailto:adap@hawaii.edu">adap@hawaii.edu</a>	Download at <a href="http://www2.ctahr.hawaii.edu/adap2/Publications/ADAP_pubs.htm">http://www2.ctahr.hawaii.edu/adap2/Publications/ADAP_pubs.htm</a> 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 <a href="mailto:pdep@papaolalokahi.org">pdep@papaolalokahi.org</a>	Download at <a href="http://www.pdep.org">www.pdep.org</a>

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**Diabetes Education**

Title (in alphabetical order)	Languages Recommended	Material Information	Source/Contact Information	Availability
Diabetes Today in the Pacific Training Modules	English	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	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>	Download at <a href="http://www.pdep.org">www.pdep.org</a> or contact PDEP directly

**Self-Care**

Title (in alphabetical order)	Languages Recommended	Material Information	Source/Contact Information	Availability
Foot Care	Chuukese	1 page flyer on diabetic foot care	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>	Download at <a href="http://www.pdep.org">www.pdep.org</a>
Take Charge of Your Diabetes booklet	English	130 page booklet on general diabetes information, self-care, complications, gestational diabetes, a glossary, and resources	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>	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>

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Take Charge of Your Diabetes Reinforcement booklet	English, Hawaiian, Samoan, Tongan, Chuukese, Ilocano, Tagalog and Marshallese	20 page booklet that reinforces the information in the larger Take Charge of Your Diabetes book-also available in, Vietnamese, and Chinese	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>	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>
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