Request for Materials from the Nebraska Diabetes Prevention & Control Program
Department of Health & Human Services – Revised Aug. 12, 2013

Free – For Nebraska Residents/Nebraska Healthcare Professionals

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone #: _____ Email: _____

Include email on DPCP email list? (If yes, you will receive the monthly Diabetes Newsbeat from our Office) ___ Yes ___ No

Please indicate below which items & the <u>quantity</u> 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)……. ____

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. 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)…….. ____

Take Charge of Your Diabetes – English (book)……. ____

CDC Got Diabetes? Thinking about having a baby? (English)…….. ____

Diabetes Home Care Videos (English) (While Supplies Last)…….. ____

Diabetes Home Care Videos (Spanish) (While Supplies Last)……... ____

(Over)

The following items will no longer be offered once supplies are depleted:

Take Heart – Healthy Latino Life – English (booklet) ……. ____

Take Heart – Healthy Latino Life – Spanish (booklet) …….. ____

Take Heart – Healthy African American Life (booklet) …….. ____

ADA Choose to Live: Your Diabetes Survival Guide (booklet)…….. ____

ADA Diabetes & Your Weight (English pamphlet) …… ____

ADA Your Weight and Your Health (English pamphlet) …… ____

ADA Your Weight and Your Health (Spanish pamphlet) …….. ____

ADA Children with Diabetes: Information for School & Childcare
Providers (pamphlets) …… ____

ADA Pre-diabetes (Bilingual) ……... ____

ADA Pre-diabetes (Spanish) ……... ____

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 (Spanish pamphlet) ……..... ____

ADA Portion Sizes (English pamphlet) …… ____

ADA Portion Sizes (Spanish pamphlet) …… ____

ADA Top 5 Ways to Stop Diabetes and Get Healthy Right Now…… ____

Gestational Diabetes (Spanish)…… ____

'I have diabetes' wallet cards (Spanish) …….. ____

Please email the completed form to **joshua.russo@nebraska.gov**, fax it to **(402) 471-6446** or mail it to:

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

Please call (402) 471-2648 or email joshua.russo@nebraska.gov if you have any questions.