

## Internet for Diabetes

*Note: We thank David Mendosa and Janet Ruhl for providing assistance in compiling this listing. You will see their websites mentioned below.*

### **Becoming Certified by the American Diabetes Association**

The two key documents to be consulted first about an organization becoming certified by the American Diabetes Association are listed below.

The site for organizations seeking recognition by the American Diabetes Association to operate Diabetes Self-Management Education programs is:

<http://professional.diabetes.org/Recognition.aspx?typ=15&cid=57996>

The National Standards for Diabetes Self-Management Education, 2009:

[http://care.diabetesjournals.org/content/32/Supplement\\_1/S87.full.pdf+html](http://care.diabetesjournals.org/content/32/Supplement_1/S87.full.pdf+html).

**Chronic Care Model** The Institute for Healthcare Improvement provides a valuable resource for anyone interested in improving health care in this country.

<http://www.ihl.org/IHI/Topics/ChronicConditions/AllConditions/Changes/>

### **Federally Qualified Health Centers**

Health centers interested in becoming federally qualified should start at this web site: The 4-page Federally Qualified Health Center Fact Sheet is a good place to see an overview of the requirements.

<http://www.cms.hhs.gov/MLNProducts/downloads/fqhcfactsheet.pdf>

A very complete listing of available publications and organizations related to Federally Qualified Health Centers is maintained by The Rural Assistance Center (RAC) as part of the U.S. Department of Health and Human Services' Rural Initiative. It was established in December 2002 as a rural health and human services "information portal." RAC helps rural communities and other rural stakeholders access the full range of available programs, funding, and research that can enable them to provide quality health and human services to rural residents. Available from: [http://www.raonline.org/info\\_guides/clinics/fqhc.php](http://www.raonline.org/info_guides/clinics/fqhc.php).



**Health Disparities Collaboratives** Plenty of information can be found here:

<http://www.healthdisparities.net/hdc/html/home.aspx>

## General Information for Health Care Professionals

**WebMD** This is a good site for general medical information for patients and health care providers. Available from: [www.WebMD.com](http://www.WebMD.com)

**UpToDate** *UpToDate* is an evidence based, peer reviewed information resource - available on the Web and PDA. It is the website of choice by Bay Clinic clinical management for its providers to reference.

As its website explains: "With *UpToDate*, you can answer questions quickly, increase your clinical knowledge, and improve patient care. Independent studies confirm these benefits.

"The *UpToDate* community includes our faculty of more than 4,000 leading physicians, peer reviewers, and editors and over 360,000 users. Our faculty writes topic reviews that include a synthesis of the literature, the latest evidence, and specific recommendations for patient care. Our users provide feedback to the editorial group. This community's combined efforts result in the most trusted, unbiased medical information available." Available here: <http://www.uptodate.com/home/index.html>

**The National Diabetes Information Clearinghouse** of the National Institutes of Health in Bethesda, Maryland, is the site for several important government documents on diabetes. They have recently reorganized their web site and now have a much cleaner interface. Its documents include the Diabetes Control and Complications Trial, the National Institute of Diabetes and Digestive and Kidney Diseases landmark clinical study carried out between 1983 to 1993. If you are looking for definitions of terms related to diabetes, look at this site's Diabetes Dictionary. Here are statistics and reports on diabetic eye disease, diabetic neuropathy, end-stage renal disease, hypoglycemia, and other areas. Here too are links to the National Diabetes Information Clearinghouse and the National Diabetes Education Program. Still looking for more? How about a 733-page report on "Diabetes in America"? Available here: <http://diabetes.niddk.nih.gov/>

The **CDC Diabetes home page** comes from the Division of Diabetes Translation, a division of the National Center for Chronic Disease Prevention and Health Promotion of the Centers for Disease Control and Prevention. The site includes the National Diabetes Fact Sheet, information on state-based diabetes control programs, and abstracts of academic and scientific articles on diabetes by authors affiliated with the Centers for Disease Control and Prevention. Its website is: <http://www.cdc.gov/diabetes/>. Their page specifically relating to funding is: <http://www2.niddk.nih.gov/Funding/>

## Medicare Diabetes Self-Management Training and Medical Nutrition Therapy Benefits: New Web Resources Offer Key Information

a paper written by Ann Albright, PhD, RD; Anne E. Daly, MS, RD, BC-ADM, CDE; and Hope Warshaw, MMSc, RD, CDE, *Diabetes Spectrum* 2002, Vol. 15, Number 4, Pages 272, 273. Available from:

<http://spectrum.diabetesjournals.org/content/15/4/272.full.pdf+html>

**National Diabetes Education Program** NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations. They have a large number of publications for school use and for general audiences with basic diabetes information translated into many languages. Available from:

<http://ndep.nih.gov/index.htm>.

**diabetesatwork.org**

Taking on diabetes. Together, we are making a difference.



and preventing diabetes. <http://www.diabetesatwork.org/>

This site was created for people interested in developing worksite programs for managing



This is a website useful for finding studies about effective teaching methods that

have important relevance to the conduct of diabetes self-management empowerment education. Studies available on the site of interest include: 1) Pelletier, L. G., Dion, S. C., Slovenic-D'Angelo, M., & Reid, R. (2004). Why do you regulate what you eat? Relationship between forms of regulation, eating behaviors, sustained dietary behavior change, and psychological adjustment. *Motivation and Emotion*, 28, 245-277; and 2) Deci, E. L., Eghrari, H., Patrick, B. C., & Leone, D. (1994). Facilitating internalization: The self-determination theory perspective. *Journal of Personality*, 62, 119-142. Available from:

[http://www.psych.rochester.edu/SDT/publications\\_search.php?action=domain\\_search&dID=7](http://www.psych.rochester.edu/SDT/publications_search.php?action=domain_search&dID=7)

## Good Web Sites for Individuals



What They Don't  
Tell You  
About **DIABETES**

<http://www.bloodsugar101.com/>

"Hi! I'm Janet Ruhl, also

known as "Jenny," the author of this web site. I'm 59 years old. I was first diagnosed with Type 2 diabetes in 1998. Two years ago I discovered that I may actually have a form of MODY or a closely related genetic defect in a transcription factor, HNF4-a, that results

in an insulin-sensitive form of Type 2 diabetes.”

Ruhl's home page is full of fascinating questions and graphics that will draw you in. Some titles that caught my attention were: You Did NOT Eat Your Way to Diabetes!; Diabetes on a Budget; A1c and High Post-Meal Blood Sugars Predict Heart Attack; The 5% Club: They Normalized Their Diabetic Blood Sugars and So Can You!; Why Is Blood Sugar Highest in the Morning?

Her website has over 90,000 words and includes a Google function to search her site! It is well written. Her book, “What They Don't Tell You About Diabetes,” contains much of the good information. Ruhl wrote an article entitled “Start Your Own Effective Type 2 Diabetes Support Group.” It was a good article but she is not aware of anyone who has used it to start a group. Jenny lives in a rural area, so attendance at a group is not a practical thing for her. She suggests the following three online support sites.

**Tu Diabetes** Tu Diabetes is calling itself "MySpace on Insulin"

<http://tudiabetes.com/> This Web 2.0 community is turning into a friendly, helpful place for people with diabetes to find friendship and support with other people who face the same daily issues as they do.

There are a lot of young Type 1s posting there, possibly due to the MySpace style format which is more familiar to younger people, but there are also quite a few older people and people with Type 2. The visually rich format which gives people faces seems to avoid some of the nastier flaming and personal attacks that occur in some text-only diabetes groups.

Tu Diabetes lets you create a blog of your own which is automatically picked up by Diabetes Daily (described below) too.

**Diabetes Daily** Diabetes Daily has a wonderful headline service that keeps up with a lot of diabetes bloggers and news sites. Definitely worth subscribing. <http://www.diabetesdaily.com/news/headlines/>.

**dLife** is a community for people with diabetes, their families and caregivers, healthcare professionals and those at risk for diabetes. Anyone can join dLife for free at [www.dLife.com](http://www.dLife.com). When you join, you get valuable free benefits, including a diet & wellness program, eNewsletters, special members-only savings on diabetes-related products and services, and our twice yearly dLifeConnect newsletter mailing with more valuable coupons and offers. <dLife.com> has over 4,000 pages of diabetes lifestyle content to help you live a full and rewarding life with diabetes, including diabetes-friendly recipes, motivational stories, ask-the-expert columns, community forums, podcasts, and so much more. Our weekly television show, dLifeTV--which airs every Sunday on CNBC at 7:00pm ET/4:00pm PT--also helps people with diabetes manage their challenging condition and live long and healthy lives.

**Mendoza.com** David Mendoza is a writer who was diagnosed with type 2 diabetes in February 1994, and began to write entirely about that condition. His articles and columns have appeared in many of the major diabetes magazines and web sites. He publishes an online newsletter called “Diabetes Update.” Twice weekly he writes for his blog. He is coauthor of *The New Glucose Revolution: What Makes My Blood Glucose Go Up...And Down?* (New York: Marlowe & Co., first edition in 2003, second American edition in July 2006, and other publishers in the U.K., Australia, and Taiwan) and the author of *Losing Weight with Your Diabetes Medication: How Byetta and Other Drugs Can Help You Lose More Weight than You Ever Thought Possible* (New York: Perseus Books, March 2008).



“When you do something that you love, it’s easy,” says David Mendoza on his website. “The

trick is to make your exercise fun. For me it’s photographing nature. For some people it’s listening to music they love on their iPod. For others it’s going out with their friends or their dog. Still others make it a sort of game by counting their steps with a pedometer. By whatever means you can make your exercise fun, you can make sure to become and stay fit.”

Visit his website [www.mendoza.com](http://www.mendoza.com), which contains hundreds of articles focusing on diabetes and its treatment that he has written over the years.



<<http://www.diabetesmine.com/contact>>

Amy Tenderich provides what she describes as a “gold mine of straight talk and encouragement for people living with diabetes” from the perspective of a person with diabetes.

Amy has an interesting and packed web site that includes diabetes news, a blog, reports of conferences like the 2009 Diabetes Forum in Washington, D.C., personal stories, good books, fun stuff. It is worth a long visit. Included on her site was information about diabetes educators and a long article she wrote about the various issues and problems they face.

The **American Diabetes Association main web site** has plenty of information for people newly diagnosed with diabetes, and information about the national guidelines and standards for diabetes care: [www.diabetes.org](http://www.diabetes.org). It includes a diabetes risk test, recipes, book reviews and diabetes news. You need to be patient with the site, as it is very very complex.