Diabetes HealthSense
Resources for living well

NDEP
National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

OVERVIEW

Diabetes HealthSense—from the National Diabetes Education Program (NDEP)—is an online library that provides easy access to more than 160 resources from more than 80 organizations that support people in making changes to live well—whether they have diabetes or are at risk for the disease. All resources in Diabetes HealthSense have been reviewed by independent experts on psychosocial issues and the behavior change process.

WHY

Education alone does not change behavior. Many people know *what to do* to improve their health; it's figuring out *how to do it* that's challenging. For example, people know that being active can help them lose weight. But do they know how to become more active in their daily lives and keep it up over time? The resources in Diabetes HealthSense help answer the question of *how* to make lifestyle changes.

WHO

Diabetes HealthSense is for:

- People with diabetes
- People with prediabetes and others who are at risk for the disease
- Family members, friends, and caregivers
- Health care professionals
- Teachers or school health professionals
- Community health workers
- Community organizations

HOW

When using Diabetes HealthSense, visitors can:

- Choose what they'd like help with—such as coping with stress and emotions, eating healthy, or being active
- Select the type of resource they'd like—such as tracking tools to help track calories or physical activity, online or in-person programs, videos, podcasts, and presentations
- Identify up to 40 Spanish-language resources

Health care professionals also can use Diabetes HealthSense to find resources to facilitate behavior change in their patients and research articles on psychosocial issues and behavior change.

The National Diabetes Education Program is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations.