



Prepare. Plan. Prevent.

A resource toolkit to help prepare teens with diabetes for their childbearing years.



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Pocket 1- Overview

Michigan Monitor

- The Fall 2009 issue from Michigan Department of Community Health (MDCH) focuses on teens with diabetes mellitus and provides a snapshot of results and analysis of Michigan data from our teen survey.
- More information is available at www.michigan.gov/mdch.

Feedback Form

- Please complete and return this feedback form to help let us know if our resources are useful.

Pocket 2- Prepare.

Teens and Diabetes

Beginning the conversation early about diabetes control increases awareness of preconception health and helps prevent problems for future generations. Providing this information as early as possible can prepare teens to ultimately create preconception plans for themselves.

Pocket 3- Plan.

Diabetes and Pregnancy

The importance of planning a pregnancy can never be overemphasized especially in a woman with diabetes. Providing this information to women with diabetes can help pregnancy run as smoothly as possible.

Pocket 4- Prevent.

Health Professionals

Professionals play an important role in starting conversations with teens and women with diabetes about the prevention of birth defects. Teens and all women of childbearing age are at a risk for having a baby with birth defects, if they are not prepared. To help keep each pregnancy a happy and healthy one, talking about optimal diabetes management is an important first step.



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Pocket 2- Prepare. Teens and Diabetes



The Birds and the Bees... and Diabetes

- A fact card from the Michigan Department of Community Health (MDCH) that offers great information for teen women about how to keep diabetes in check and why this is especially important before a pregnancy.
- Email us at BDRFollowup@michigan.gov to order free fact cards.

Diabetes and Family Health History

- A fact card from MDCH that focuses on the importance of knowing about a family history of diabetes and ways to prevent or delay its onset.
- Email us at BDRFollowup@michigan.gov to order free fact cards.

What is Diabetes? - Tips for Teens with Diabetes

- This tip sheet from the National Diabetes Education Program (NDEP) explains diabetes, its effects, and how to keep it under control.
- To order go to www.YourDiabetesInfo.org to get free copies.

Stay at a Healthy Weight - Tips for Teens with Diabetes

- This tip sheet from the NDEP explains the importance of being at a healthy weight and goals to reach to stay at a healthy weight.
- To order go to www.YourDiabetesInfo.org to get free copies.

Be Active! - Tips for Teens with Diabetes

- This tip sheet from the NDEP explains the importance of physical activity and how to become more active in daily life.
- To order go to www.YourDiabetesInfo.org to get free copies.

Make Healthy Choices - Tips for Teens with Diabetes

- This tip sheet from the NDEP shows ways to maintain a healthy diet.
- To order go to www.YourDiabetesInfo.org to get free copies.

Just for Teens

- This resource from the American Diabetes Association (ADA) talks about a variety of diabetes topics with the focus on teens and their questions.
- This resource is available online at www.diabetes.org.

Leaving Home for Life on Your Own

- This resource from the ADA gives tips to teens with diabetes leaving home for the first time.
- This resource is available online at www.diabetes.org.

Michigan Tobacco Quit Line

- A resource from MDCH, this card provides a number to a hotline that can help a woman quit smoking for the health of her and her future baby.

“B” Your Best with Folic Acid

- This fact card from the Centers for Disease Control and Prevention (CDC) points out the importance of folic acid in a diet.
- Order free fact cards at www.cdc.gov/folicacid/index.html

SPANISH RESOURCES

¿Que es la diabetes?

- A Spanish resource from the NDEP explaining diabetes, its effects and how to keep it under control.
- An online version is available at www.YourDiabetesInfo.org.

Mantente en un peso saludable

- A Spanish resource from the NDEP explaining why it is important to be at a healthy weight and goals to reach to stay at a healthy weight.
- An online version is available at www.YourDiabetesInfo.org.

¡Mantente activo!

- A Spanish tip sheet from the NDEP explains the importance of physical activity and how to become more active in daily life.
- An online version is available at www.YourDiabetesInfo.org.

La diabetes, la cigüeña y tú.

COMING SOON

- A Spanish fact card from MDCH that provides great information for teen women on how to keep diabetes in check and why this is especially important before pregnancy.
- Email us at BDRFollowup@michigan.gov to order free Spanish fact cards.



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Pocket 3- Plan. Diabetes and Pregnancy



Pregnancy Planning and Care for Women with Diabetes

- This booklet from the International Diabetes Center (IDC) includes important information about multiple topics before, during and after pregnancy.
- To order more booklets go to www.parknicollet.com.

For Women with Diabetes: Your Guide to Pregnancy

- This resource from the National Diabetes Information Clearinghouse (NDIC) gives great information about taking care of mother and baby during a pregnancy.
- To order more booklets go to <http://www.catalog.niddk.nih.gov/index.cfm>.

Diabetes and Pregnancy

- This pamphlet from the American College of Obstetricians and Gynecologists (ACOG) provides educational information about how diabetes can affect a pregnancy, what can be done to control it and the care needed before, during and after pregnancy.
- To order more pamphlets go to www.acog.org/bookstore/index.cfm.

Take Charge of your Diabetes

- This excerpt from the Center for Disease Control and Prevention (CDC) resource contains information on pregnancy and diabetes and lists a variety of resources available.
- This full resource is available at www.cdc.gov/diabetes.

Diabetes and Pregnancy

- This fact sheet from the Organization of Teratology Information Specialists (OTIS) provides answers to some frequently asked questions about diabetes and pregnancy.
- This free resource is available at www.otispregnancy.org.

Pregnancy and Diabetes Global Guideline

- This guideline from the International Diabetes Federation aims to help women achieve the desired outcome of a healthy mother and baby for when the mother is newly diagnosed or known to have diabetes.
- This resource can be found at www.idf.org/global-guideline-pregnancy-and-diabetes.

SPANISH RESOURCES:

Controle su Diabetes

- This Spanish guide excerpt from the CDC contains information on pregnancy and diabetes and lists a variety of resources available.
- This full resource is available at www.cdc.gov/diabetes.

Diabetes y Embarazo

- This Spanish fact sheet from OTIS provides answers to some frequently asked questions about diabetes and pregnancy.
- This free resource is available at www.otispregnancy.org.



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Pocket 4- Prevent. Health Professionals



Pregestational Diabetes Mellitus and the Risk of Birth Defects

- This fact sheet from the Michigan Department of Community Health (MDCH) provides information on the increased risk of birth defects due to pregestational diabetes and how to decrease the risk through preconception care counseling.
- Find more information at www.migeneticsconnection.org/teensandiabetesforhealthprolinks.html

Diabetes Treatment Plan

- This fact sheet from the Michigan Diabetes Outreach Network (MDON) provides treatment options for patients who have been diagnosed with prediabetes and diabetes.
- More information is available at www.diabetesinmichigan.org.

Diabetes Partners in Action Coalition (DPAC) Newsletter

- This newsletter from DPAC provides resources, updates and opportunities for healthcare providers to increase awareness of diabetes.
- More information is available at www.DPACmi.org.

Conversation Maps

- This resource from the American Diabetes Association (ADA) and Healthyi introduces the self-discovery learning tool that is being used to engage patients in diabetes education.
- More information is available at www.healthyi.com.

Changing the Way Diabetes is Treated

- This brochure from the National Diabetes Education Program (NDEP) provides a quick reference available that can be used and shared with patients to help control and prevent diabetes.
- More information is available at www.YourDiabetesInfo.org.

Diabetes & Women's Health Across the Life Stages

- This report from the Centers for Disease Control and Prevention (CDC) looks at the challenges and risks of diabetes in each stage of a woman's life from a public health perspective.
- More information is available at www.cdc.gov/diabetes.

Overview of Diabetes in Children and Adolescents

- This fact sheet from the NDEP is filled with information about the different types of diabetes, identifies symptoms and treatment options.
- More information is available at www.YourDiabetesInfo.org.

BodyWorks

- This flyer explains the BodyWorks program, how it is used to promote healthy teen lifestyles and how to locate a BodyWorks trainer nearby.
- Find more information at <http://www.WomensHealth.gov/BodyWorks/index.cfm>.