

# RUSSIAN

Title of Reference	Description	Website (or contact)
Are you at Risk From the World's Fastest Growing Disease?	Written, audio and multimedia versions	<a href="http://www.healthyroadsmedia.org/topics/diabetes.htm">http://www.healthyroadsmedia.org/topics/diabetes.htm</a>
Diabetes Health Record Card	<u>Handout:</u> Developed by the California Diabetes Program and the Diabetes Coalition of California, this card helps people with diabetes keep track of basic tests they need and provides a place to record when they were done	<a href="http://www.caldiabetes.org/content_display.cfm?contentID=19">http://www.caldiabetes.org/content_display.cfm?contentID=19</a> (in 14 languages)
Diabetes Packet	<u>Handout:</u> The Nutrition Education for New Americans Project, Georgia State Anthropology and Geology Dept; 6 <sup>th</sup> grade reading level; Russian and English combined	<a href="http://monarch.gsu.edu/multiculturalhealth">http://monarch.gsu.edu/multiculturalhealth</a>
Food Guide Pyramid	<u>Handout:</u> The Nutrition Education for New Americans Project, Georgia State Anthropology and Geology Dept; 6 <sup>th</sup> grade reading level; Russian and English combined	<a href="http://monarch.gsu.edu/multiculturalhealth">http://monarch.gsu.edu/multiculturalhealth</a>