

*SOMALIAN

Title of Reference	Description	Website (or contact)
<ul style="list-style-type: none"> ·Diabetes-What can I do to take care of my feet? ·How can diabetes hurt my feet? ·Control your diabetes- It's worth your time: Pt. 1-The basics; Pt. 2- Diet and exercise; Pt. 3- Medication and Glucose ·Are you at risk from the world's fastest growing disease? 	Written, audio and multimedia versions	http://www.healthyroadsmedia.org/topics/diabetes.htm
Diabetes Packet	<u>Handout:</u> The Nutrition education for New Americans Project, Georgia State Anthropology and Geology Dept; 6 th grade reading level; Somalian and English combined	http://monarch.gsu.edu/multiculturalhealth
Diabetic Meal Planning and Food Guide Pyramid	<u>Handout:</u> Seattle and King County Public Health Departments; Somalian and English version combined	http://www.metrokc.gov/health/reach/diabetes.htm

****Note the limitations of some of these resources. They may mention the use of foods (pork) or beverages (alcohol) that are not used by individuals practicing Islam.***