

Diabetes Videos Available Through DHSS Audio Visual Program (listed alphabetically by title)

DVDs

Title Number: DV0022		DIABETES AND DEPRESSION (ENGLISH)	
Production Year: 2002	Producer: Milner-Fenwick	Running Time: 10 min.	Audience Level: A
<p>This DVD explains that people with diabetes have an increased risk of depression and discusses living with both diabetes and depression. Recognizing symptoms, getting help, and various approaches to managing depression are included. The program utilizes information provided by real people with diabetes as well as various questions they can ask themselves to help recognize if depression is present. Also available in Spanish; see DV0023.</p>			

Title Number: DV0023		DIABETES AND DEPRESSION (SPANISH)	
Production Year: 2002	Producer: Milner-Fenwick	Running Time: 10 min.	Audience Level: A
<p>This DVD explains that people with diabetes have an increased risk of depression and discusses living with both diabetes and depression. Recognizing symptoms, getting help, and various approaches to managing depression are included. The program utilizes information provided by real people with diabetes as well as various questions they can ask themselves to help recognize if depression is present.</p>			

Title Number: DV0024		DIABETES AND EXERCISE (ENGLISH)	
Production Year: 1999	Producer: Milner-Fenwick	Running Time: 15 min.	Audience Level: A
<p>Viewers learn that exercise is an essential component of diabetes self-management. Throughout the DVD, people with diabetes share the benefits they've experienced including improved blood glucose levels, weight loss, increased energy levels, and general well-being. They discuss how they work with their diabetes care team to develop a feasible exercise program appropriate for them. A section on hypoglycemia is included for people taking insulin or certain oral medications. Also available in Spanish; see DV0025.</p>			

Title Number: DV0025		DIABETES AND EXERCISE (SPANISH)	
Production Year: 1999	Producer: Milner-Fenwick	Running Time: 15 min.	Audience Level: A
<p>Viewers learn that exercise is an essential component of diabetes self-management. Throughout the DVD, people with diabetes share the benefits they've experienced including improved blood glucose levels, weight loss, increased energy levels, and general well-being. They discuss how they work with their diabetes care team to develop a feasible exercise program appropriate for them. A section on hypoglycemia is included for people taking insulin or certain oral medications.</p>			

Title Number: DV0016	DIABETES AND WEIGHT CONTROL: CHANGE FOR A LIFETIME (ENGLISH)		
Production Year: 1998	Producer: Milner-Fenwick	Running Time: 13 min.	Audience Level: A
<p>Introduces the relationship between excess weight, lack of activity, and the development of insulin resistance characteristic of type 2 diabetes. Portion control, variety of foods, exercise, and responsible calorie reduction are emphasized as keys to long-term weight control. Patient interviews are used to explore psychosocial issues. Weight loss tips and learning tools such as using a food diary are also presented. Also available in Spanish; see DV0017.</p>			

Title Number: DV0017	DIABETES AND WEIGHT CONTROL: CHANGE FOR A LIFETIME (SPANISH)		
Production Year: 1998	Producer: Milner-Fenwick	Running Time: 13 min.	Audience Level: A
<p>Introduces the relationship between excess weight, lack of activity, and the development of insulin resistance characteristic of type 2 diabetes. Portion control, variety of foods, exercise, and responsible calorie reduction are emphasized as keys to long-term weight control. Patient interviews are used to explore psychosocial issues. Weight loss tips and learning tools such as using a food diary are also presented.</p>			

Title Number: DV0018	DIABETES FOOT AND SKIN CARE: IN STEP (ENGLISH)		
Production Year: 2001	Producer: Milner-Fenwick	Running Time: 12 min.	Audience Level: A
<p>This DVD includes information about using monofilament testing to detect neuropathy. The DVD gives patients practical suggestions for maintaining healthy skin and feet, checking for problems, shoe selections, and more. It stresses the importance of good blood glucose control to prevent or delay the onset of the long-term complications of diabetes that can lead to foot problems. Also available in Spanish; see DV0019.</p>			

Title Number: DV0019	DIABETES FOOT AND SKIN CARE: IN STEP (SPANISH)		
Production Year: 2001	Producer: Milner-Fenwick	Running Time: 12 min.	Audience Level: A
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Title Number: DV0008	HEALTHY FOOD CHOICES: DAILY DECISION MAKING (ENGLISH)		
Production Year: 1996	Producer: Milner-Fenwick	Running Time: 10 min.	Audience Level: A
Viewers learn practical ways to follow the principles of diabetes nutrition while shopping, preparing food at home, and eating out. Provides information on reading nutrition facts labels, and how to select healthy foods. The DVD discusses size of food items and shows viewers correct portion sizes. Emphasizes that this way of eating is appropriate for everyone in the family. Also available in Spanish; see DV0009.			

Title Number: DV0009	HEALTHY FOOD CHOICES: DAILY DECISION MAKING (SPANISH)		
Production Year: 1996	Producer: Milner-Fenwick	Running Time: 10 min.	Audience Level: A
Viewers learn practical ways to follow the principles of diabetes nutrition while shopping, preparing food at home, and eating out. Provides information on reading nutrition facts labels, and how to select healthy foods. The DVD discusses size of food items and shows viewers correct portion sizes. Emphasizes that this way of eating is appropriate for everyone in the family.			

Title Number: DV0010	HEALTHY FOOD CHOICES: DEVELOPING A PLAN (ENGLISH)		
Production Year: 1996	Producer: Milner-Fenwick	Running Time: 10 min.	Audience Level: A
Explains the basic principles of nutrition including counting total carbohydrates, reducing fat, portion size control, and consistency of meal sizes and times. Keeping a food diary, working with a Registered Dietitian, the Food Guide Pyramid, nutrition facts labels, and how food affects blood glucose are all discussed. Shows patients how they and their diabetes educator will develop an individual meal plan based on the patient's health and needs. Also available in Spanish; see DV0011.			

Title Number: DV0011	HEALTHY FOOD CHOICES: DEVELOPING A PLAN (SPANISH)		
Production Year: 1996	Producer: Milner-Fenwick	Running Time: 10 min.	Audience Level: A
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Title Number: DV0026	INTRODUCTION TO CARBOHYDRATE COUNTING		
Production Year: 1997	Producer: Milner-Fenwick	Running Time: 13 min.	Audience Level: A
Carbohydrate counting is presented by explaining the physiological action of carbohydrate absorption, and the importance of limiting intake as it relates to blood glucose levels. It introduces patients to the process of counting carbohydrates including working with a dietitian specializing in diabetes management, and using food labels, exchange lists, diet tools, and portion sizes.			

Title Number: DV0012	INTRODUCTION TO DIABETES: THE GAME PLAN (ENGLISH)		
Production Year: 1994	Producer: Milner-Fenwick	Running Time: 13 min.	Audience Level: A
Here's a positive approach to managing diabetes through lifestyle changes—better nutrition, daily medication, regular exercise, and monitoring blood glucose levels. Viewers will learn what diabetes is, the symptoms and the complications, and find out how to keep it in control, reduce fears and depression, and enjoy life. Also available in Spanish; see DV0013.			

Title Number: DV0013	INTRODUCTION TO DIABETES: THE GAME PLAN (SPANISH)		
Production Year: 1994	Producer: Milner-Fenwick	Running Time: 13 min.	Audience Level: A
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Title Number: DV0014	GESTATIONAL DIABETES (ENGLISH)		
Production Year: 2002	Producer: Milner-Fenwick	Running Time: 29 min.	Audience Level: A
This DVD helps patients with gestational diabetes understand how they can get their blood glucose in a safe and healthy range for the remainder of their pregnancy. Understanding what gestational diabetes is, the risk factors, and the treatment plan (including home blood glucose and ketone monitoring, making healthy food choices, and increasing physical activity) are all covered in this DVD. Basic information about labor and delivery are included. Also available in Spanish; see DV0015.			

Title Number: DV0015	GESTATIONAL DIABETES (SPANISH)		
Production Year: 2002	Producer: Milner-Fenwick	Running Time: 29 min.	Audience Level: A
<p>This DVD helps patients with gestational diabetes understand how they can get their blood glucose in a safe and healthy range for the remainder of their pregnancy. Understanding what gestational diabetes is, the risk factors, and the treatment plan (including home blood glucose and ketone monitoring, making healthy food choices, and increasing physical activity) are all covered in this DVD. Basic information about labor and delivery are included.</p>			

Title Number: DV0027	MANAGING TYPE 2 DIABETES IN YOUNG PEOPLE		
Production Year: 2005	Producer: Milner-Fenwick	Running Time: 20 min.	Audience Level: S A
<p>After outlining what type 2 diabetes is and the five parts of a treatment plan, this program takes young viewers through the steps that will keep them feeling better and on the road to self-managing their diabetes. Teens with diabetes (from ages 11 to 18) share their healthy food selections and snacking tips. They encourage other young people with diabetes to find exercises they enjoy and incorporate them into their busy teen life.</p>			

Title Number: DV0020	PREVENTING LONG-TERM COMPLICATIONS OF DIABETES (ENGLISH)		
Production Year: 2001	Producer: Milner-Fenwick	Running Time: 15 min.	Audience Level: A
<p>Viewers learn how high blood glucose and the associated damage to blood vessels can possibly lead to heart attack, stroke, loss of vision, kidney disease, nerve damage, and amputation. The DVD stresses that improving blood glucose levels can help reduce the risk of complications over time. Also available in Spanish; see DV0021.</p>			

Title Number: DV0021	PREVENTING LONG-TERM COMPLICATIONS OF DIABETES (SPANISH)		
Production Year: 2001	Producer: Milner-Fenwick	Running Time: 15 min.	Audience Level: A
<p>Viewers learn how high blood glucose and the associated damage to blood vessels can possibly lead to heart attack, stroke, loss of vision, kidney disease, nerve damage, and amputation. The DVD stresses that improving blood glucose levels can help reduce the risk of complications over time.</p>			

Title Number: DV0007	THE DEBILITATOR		
Production Year: 2004	Producer: Millennium Filmworks	Running Time: 33 min.	Audience Level: A S
<p>This docudrama focuses on a middle-aged African American male with diabetes and his family, complications of diabetes, and his lack of attention to the disease. The DVD compels audiences to understand the importance of being tested for diabetes, especially when the symptoms are not present. The National Diabetes Education Program has produced a guidebook that expands on the themes and educational opportunities brought out in the DVD. The guidebook will be sent with the DVD. Also available in VHS format; see VH004878.</p>			

VHS Tapes

Title Number: VH004283	CARE OF CHILDREN WITH DIABETES IN CHILD CARE AND SCHOOL SETTINGS: 2 VIDEOS		
Production Year: 1998	Producer: Learner Managed Designs	Running Time: 40 min.	Audience Level: A PR
<p>These videos describe how to make a school or child care setting safe for a child with diabetes. Caregivers are instructed on ways to help prevent problems by monitoring blood sugar level, food intake, and exercise. Information is presented on what to do if a child has low blood sugar levels. Manual included.</p>			

Title Number: VH004509	CARING FOR YOUR FEET (Spanish/English)		
Production Year: 1990	Producer: LEAP	Running Time: 15 min.	Audience Level: A
<p>This video provides information and instructions for people with diabetes about how to care for and monitor their feet. Contains program in both English and Spanish.</p>			

Title Number: VH004514	CHILDREN WITH DIABETES: A GUIDE FOR SCHOOL PERSONNEL		
Production Year: 1999	Producer: INDIANA DOH	Running Time: 21 min.	Audience Level: A PR
<p>This video educates school personnel on issues concerning students with diabetes and how to handle diabetic emergencies.</p>			

Title Number: VH004291	CLASSMATES WITH DIABETES		
Production Year: 1995	Producer: Learner Managed Designs	Running Time: 10 min.	Audience Level: E A
<p>This video acquaints school-aged students with children who have diabetes. Children in the video explain when they were diagnosed and the kind of blood tests and shots they take.</p>			

Title Number: VH004879	DIABETES: THE BASICS PART 1 OF 3--UNDERSTANDING AND MANAGING DIABETES: SELF-TESTING, DIABETES, AND MEDICATION		
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Production Year: 2005	Producer: Alabama Department of Public Health	Running Time: 120 min.	Audience Level: S A PR
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This program covers the basics of diabetes care and management. It looks at what causes diabetes, followed by a consideration of risk factors, particularly ethnicity and obesity. The importance of self-monitoring the glucose levels in blood is discussed. The recognition and treatment of hyperglycemia (high blood glucose levels) and hypoglycemia (low blood glucose levels) are described. Finally, the medications used to treat type 1 and type 2 diabetes are discussed. This program should give you a basic understanding of what causes diabetes and how it can be treated. Handouts included.

Title Number: VH004880	DIABETES: THE BASICS PART 2 OF 3--NUTRITION AND EXERCISE		
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Production Year: 2005	Producer: Alabama Department of Public Health	Running Time: 120 min.	Audience Level: S A PR
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People with diabetes have the same nutritional needs as anyone else. Along with exercise and medications (insulin or oral diabetes pills), nutrition is important for good diabetes control. By eating well-balanced meals in the right amounts, you can help keep your blood glucose level as close to non-diabetic levels as possible. Learn more about how exercise can make you feel better physically and mentally. Learn how regular exercise can help you manage your diabetes, help you lose weight, and improve your blood sugar control.

Title Number: VH004881	DIABETES: THE BASICS PART 3 OF 3--COMPLICATIONS		
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Production Year: 2005	Producer: Alabama Department of Public Health	Running Time: 120 min.	Audience Level: S A PR
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Diabetes is a disease that can cause complications throughout the body. This program explains the complications that most commonly occur, how you can recognize them at the earliest stages, and how they can be treated. With good management of your diabetes, many of these complications can be delayed or avoided altogether. This program will help you to know more about possible problems and complications and bring you news about the latest new developments in keeping diabetes under control.

Title Number: VH004510	DIABETES TYPE 1: A SELF MANAGEMENT PROGRAM		
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Production Year: 1998	Producer: STAY WELL	Running Time: 27 min.	Audience Level: J A
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This video presents information on type 1 diabetes. The program explains what diabetes is, how it affects health, and how to manage blood sugar.

Title Number: VH004511	DIABETES TYPE 2: A SELF MANAGEMENT PROGRAM		
Production Year: 1998	Producer: STAY WELL	Running Time: 27 min.	Audience Level: J A
This video presents information on the causes and symptoms of type 2 diabetes and gives instructions on how to manage blood sugar.			

Title Number: VH003501	DIABETIC EMERGENCIES		
Production Year: 1990	Producer: Springhouse Corp.	Running Time: 30 min.	Audience Level: PR
In-hospital nursing review of hypoglycemia, hyperglycemia, and treatment.			

Title Number: VH004882	DIABETIC FOOT CARE—PREVENTING FOOT PROBLEMS IN INDIVIDUALS WITH DIABETES		
Production Year: 2005	Producer: Alabama Department of Public Health	Running Time: 120 min.	Audience Level: PR
In spite of efforts to control diabetes and improve limb salvage rates, the number of diabetes-related amputations continues to rise. Over 80,000 amputations are performed each year, with approximately one-half being partial foot procedures and one-half being higher amputations. For people with diabetes, limb amputations occur 10 to 30 times more often than in persons without diabetes. By evaluating and identifying patients at risk for amputation, clinicians may initiate simple, preventive interventions that can help lower these dismal statistics.			

Title Number: VH004512	FOCUS ON HEALTH: UNDERSTANDING DIABETES		
Production Year: 1997	Producer: HEALTH EDCO	Running Time: 20 min.	Audience Level: A
This video presents facts on diabetes using photography.			

Title Number: VH004516	HEALTHY WAYS, HEALTHY DAYS		
Production Year: 1993	Producer: UPJOHN	Running Time: 13 min.	Audience Level: A
This video presents an easy 45-minute walking program for persons with type 2 diabetes as part of a total diabetes management program.			

Title Number: VH004517	TAKING CHARGE: LIVING WITH DIABETES		
Production Year: 1995	Producer: ORACLE	Running Time: 90 min.	Audience Level: S A
This is a patient education video that describes what diabetes is, the value of diet and exercise, proper use of insulin, and the importance of monitoring blood sugar.			

Title Number: VH004878	THE DEBILITATOR		
Production Year: 2004	Producer: Millennium Filmworks	Running Time: 33 min.	Audience Level: A S
<p>This docudrama focuses on a middle-aged African American male with diabetes and his family, complications of diabetes, and his lack of attention to the disease. The video compels audiences to understand the importance of being tested for diabetes, especially when the symptoms are not present. The National Diabetes Education Program has produced a guidebook that expands on the themes and educational opportunities brought out in the video. The guidebook will be sent with the video. Also available in DVD format; see DV0007.</p>			

Title Number: VH004622	THE SMILE PROGRAM (TF 214)		
Production Year: 1992	Producer: University of Michigan	Running Time: 45 min.	Audience Level: A
<p>SMILE stands for So Much Improvement with a Little Exercise. This video presents a program of low-intensity exercises designed specifically for physically inactive older adults who are limited in functional mobility as a result of chronic, disabling illnesses such as arthritis, diabetes, high blood pressure, and related heart conditions. Instructor's manual and participant's manual are included.</p>			

Title Number: VH004508	TREATING DIABETIC EMERGENCIES: WHAT YOU NEED TO KNOW		
Production Year: 1998	Producer: ADA	Running Time: 8 min.	Audience Level: J A
<p>This video explains the symptoms of a blood sugar reaction and presents information on how to treat diabetes emergencies.</p>			

Instructions and an order form for borrowing these videos can be found at <http://www.dhss.mo.gov/warehouse/AudioVisualCatalog.htm>.