California Diabetes and Pregnancy Program

Material Catalog

SWEET Success©

Supported in part through contracts with the State of California
Department of Public Health, Maternal and Child Health Division.
Federal Title V Funds

SS-0000 9/2010

Program Information

In 1984, the Maternal Child Health Branch of the Department of Health Services established the California Diabetes and Pregnancy Program (CDAPP) as a part of the Regional Perinatal Programs of California (RPPC).

“Sweet Success," the clinical component of CDAPP, is intended to improve pregnancy outcome for its target group: women with pre-existing diabetes and women who develop gestational diabetes. The goal is to reduce maternal and infant mortality and morbidity for this high-risk group to approximate the outcomes of the low-risk perinatal population.

The Sweet Success program is based on the use of trained multidisciplinary teams composed of physicians, nurses, dietitians, social workers, and other health care professionals. Studies have shown that after adjusting for inflation and differences in charges across hospitals, $5.19 are saved for every $1 spent on the Sweet Success program. This saving was based on the use of the multidisciplinary team to provide comprehensive services to the target population.

The program emphasizes early recruitment of pre-pregnant and pregnant women with diabetes, into pregnancy programs managed by multidisciplinary teams. These professionals integrate specialized assessment and intervention strategies to meet the challenge of providing optimal care for the target group.

The program provides the following services to to the pre-pregnant and pregnant woman with diabetes:

- outpatient-based comprehensive education,
- nutrition,
- psychosocial, and
- medical services

The intent is to achieve active participation by the woman, in managing the meal plan, insulin, stress, exercise regimens and psychosocial concerns necessary for optimal glycemic control and perinatal outcomes.

Within CDAPP regions, clinical affiliate units are established to provide the services necessary to achieve the desired program outcomes. The affiliates provide a network of trained providers and agencies that assume the responsibility for coordinating and providing appropriate care to the target group within each perinatal region.

If you are interested in learning more about CDAPP, how to become a clinical “Sweet Success” affiliate or professional continuing education, please contact your Regional CDAPP Program.

Regional CDAPP Programs

Region 1
North Coast Regional - Diabetes and Pregnancy Program
University of California, San Francisco
(415) 476-9877

Region 2
Northeast Region - Diabetes and Pregnancy Program
Sutter Women's and Children's Services
(916) 733-7015

Region 3
North Coast Regional - Diabetes and Pregnancy Program
Alameda Contra Costa Counties
(415) 476-9877

Region 4
Mid-Coast California Perinatal Outreach Program
(650) 723-5763

Region 5
California Health Collaborative
Diabetes and Pregnancy Program
(559) 244-4546

Region 6.1
Long Beach Memorial Medical Center
Perinatal Outreach
(562) 595-6459

Region 6.2
South Bay Perintal Access Project
(310) 222-3651

Region 7
Loma Linda University Medical Center
Sweet Success Program
(909) 558-3646

Region 8
Community Perinatal Network
Sweet Success Program
(562)945-6484

Region 9
San Diego and Imperial Counties
Diabetes and Pregnancy Program
(858) 536-5090

Region 10
Kaiser Permanente System
Northern California
(408) 366-4100

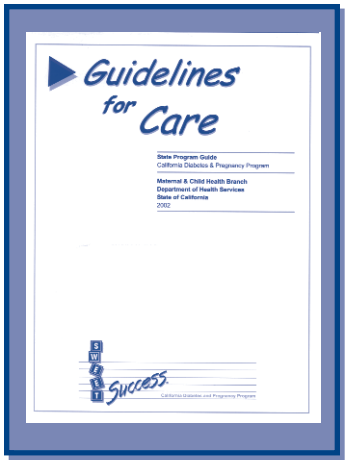
Region 11
Kaiser Permanente System
Southern California
(909) 353-3569

Counties Served

Alameda	Region 3
Alpine	Region 2
Amador	Region 2
Butte	Region 2
Calaveras	Region 2
Colusa	Region 2
Contra Costa	Region 3
Del Norte	Region 1
El Dorado	Region 2
Fresno	Region 5
Glenn	Region 2
Humboldt	Region 1
Imperial	Region 9
Inyo	Region 7
Kern	Region 5
Kings	Region 5
Lake	Region 1
Lassen	Region 2
Los Angeles, north	Region 6.2
Los Angeles, south	Region 6.1
Madera	Region 5
Marin	Region 1
Mariposa	Region 5
Mendocino	Region 1
Merced	Region 5
Modoc	Region 2
Mono	Region 7
Monterey	Region 4
Napa	Region 1
Nevada	Region 2
Orange	Region 8
Placer	Region 2
Plumas	Region 2
Riverside	Region 7
Sacramento	Region 2
San Benito	Region 4
San Bernardino	Region 7
San Diego	Region 9
San Francisco	Region 1
San Joaquin	Region 2
San Luis Obispo	Region 4
San Mateo, north	Region 1
San Mateo, south	Region 4
Santa Barbara	Region 6.1
Santa Clara	Region 4
Santa Cruz	Region 4
Shasta	Region 2
Sierra	Region 2
Siskiyou, east	Region 2
Siskiyou, west	Region 1
Solano	Region 2
Sonoma	Region 1
Stanislaus	Region 5
Sutter	Region 2
Tehama	Region 2
Tulare	Region 2
Tuolumne	Region 1
Trinity, east	Region 5
Trinity, west	Region 5
Ventura	Region 6.2
Yolo	Region 2
Yuba	Region 2

For Providers

Guidelines for Care



This easy to follow manual is a comprehensive tool designed to assist health care professionals in providing care to pregnant women with diabetes. The manual emphasizes interdisciplinary team management and covers the following topics: Preconception counseling, medical management, nutrition therapy, psychosocial issues, exercise, intrapartum, labor/delivery and postpartum care, neonatal care, breastfeeding, and family planning.
revised, 2002 with updates in 2005 and 2006

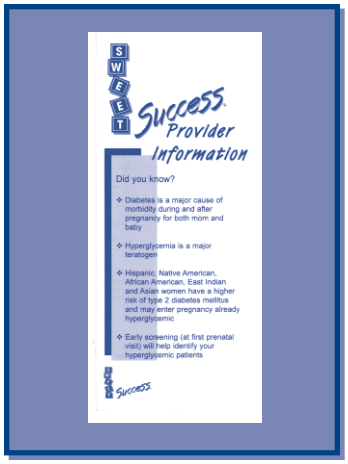
Item #	Price
SS-2333 CD	$25.00 each

Diabetes and Pregnancy Pocket Guide for Providers

This easy to follow guide is meant to serve as a handy tool for the practitioner to carry and use with diabetic clients. Its size makes it perfect for carrying in lab coat pockets. The guide covers all essential information needed to work with pregnant women with diabetes. Topics covered include: screening and diagnosis, insulin dose and regimen, oral medication protocols, special tests for DM1 and DM2, intrapartum management, among others.
2008

Item #	Price
SS-2334	$15.00 each

Program Brochure - Providers



This brochure gives the provider an overview of the Sweet Success Program and summarizes the services available. It outlines the special needs of prepregnant and pregnant women with diabetes.

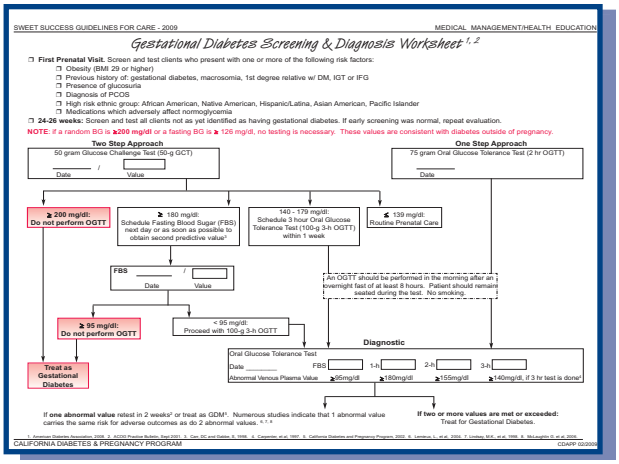
revised, 2002

Item #	Price
SS-2337	$0.53 each

Gestational Diabetes Screening and Diagnosis Worksheet

This worksheet sheet shows high risk screening criteria and screening and diagnosing algorithms for a two step approach (50g challenge and OGTT) and a one step approach (75g OGTT). The sheet is laminated and can be posted on a bulletin board for easy reference.
2009

Item #	Price
SS-2100	$1.25



SWEET SUCCESS GUIDELINES FOR CARE - 2009 MEDICAL MANAGEMENT/HEALTH EDUCATION

Gestational Diabetes Screening & Diagnosis Worksheet [1, 2]

- ❒ **First Prenatal Visit**, Screen and test clients who present with one or more of the following risk factors:
  - ❒ Obesity (BMI 29 or higher)
  - ❒ Previous history of: gestational diabetes, macrosomia, 1st degree relative w/ DM, IGT or IFG
  - ❒ Presence of glucosuria
  - ❒ Diagnosis of PCOS
  - ❒ High risk ethnic group: African American, Native American, Hispanic/Latina, Asian American, Pacific Islander
  - ❒ Medications which adversely affect normoglycemia
- ❒ **24-26 weeks:** Screen and test all clients not as yet identified as having gestational diabetes. If early screening was normal, repeat evaluation.

NOTE: If a random BG is **≥200 mg/dl** or a fasting BG is ≥ 126 mg/dl, no testing is necessary. These values are consistent with diabetes outside of pregnancy.

Two Step Approach

50 gram Glucose Challenge Test (50-g GCT)

_____ / [ ]
Date Value

- **≥ 200 mg/dl: Do not perform OGTT**
- ≥ 180 mg/dl: Schedule Fasting Blood Sugar (FBS) next day or as soon as possible to obtain second predictive value[3]
- 140 - 179 mg/dl: Schedule 3 hour Oral Glucose Tolerance Test (100-g 3-h OGTT) within 1 week
- ≤ 139 mg/dl: Routine Prenatal Care

FBS _____ / [ ]
Date Value

- **≥ 95 mg/dl: Do not perform OGTT** → **Treat as Gestational Diabetes**
- < 95 mg/dl: Proceed with 100-g 3-h OGTT

An OGTT should be performed in the morning after an overnight fast of at least 8 hours. Patient should remain seated during the test. No smoking.

One Step Approach

75 gram Oral Glucose Tolerance Test (2 hr OGTT)

_____
Date

Diagnostic

Oral Glucose Tolerance Test
Date _____

	FBS	1-h	2-h	3-h
Abnormal Venous Plasma Value	≥95mg/dl	≥180mg/dl	≥155mg/dl	≥140mg/dl, if 3 hr test is done[4]

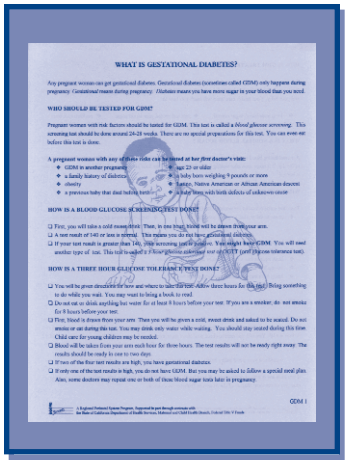
If **one abnormal value** retest in 2 weeks[5] or treat as GDM[6]. Numerous studies indicate that 1 abnormal value carries the same risk for adverse outcomes as do 2 abnormal values. [6, 7, 8]

If two or more values are met or exceeded: Treat for Gestational Diabetes.

1. American Diabetes Association. 2008. 2. ACOG Practice Bulletin, Sep/2001. 3. Carr, DC and Sabbe, S. 1998. 4. Carpenter, et al. 1997. 5. California Diabetes and Pregnancy Programs. 2002. 6. Lemieux, L., et al. 2002. 7. Lindsay, M.K., et al. 1998. 8. McLaughlin, D. et al. 2000.

CALIFORNIA DIABETES & PREGNANCY PROGRAM CDAPP 02/2009

Diabetes and Pregnancy Fact Sheet - What is Gestational Diabetes?



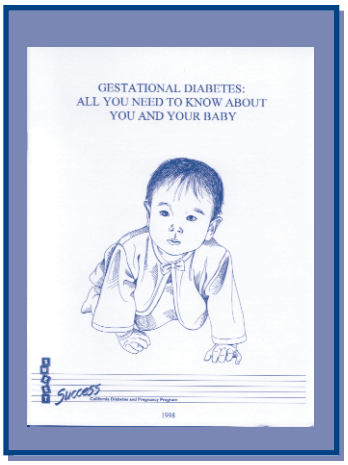
This straight forward, two sided fact sheet describes risk factors, diagnosis and treatment for GDM. Great for health fairs and doctor's offices. 5th grade reading level.

revised, 2000

Item #	Price
SD-9008 English	$5.25 pad of 25 sheets
SD-9009 Spanish	$5.25 pad of 25 sheets

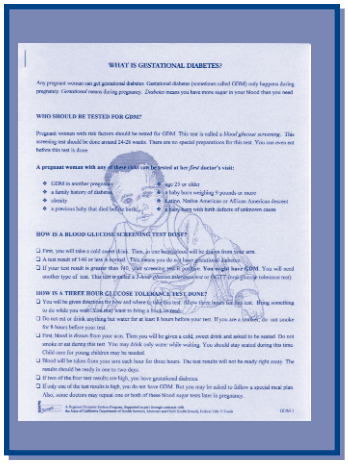
Gestational Diabetes Booklet - All You Need to Know About You and Your Baby

This beautifully illustrated and culturaly sensitive booklet is written for the woman with gestational diabetes. It explains all the facts of GDM including diagnosis, treatment, psychosocial issues, fetal assessment, delivery, postpartum care and follow-up. Helpful and practical information on meal planning and choices are detailed. Includes meal and blood glucose record sheets. Emphasis is placed on patient's responsibility to be a part of the health care team. 8th grade reading level.
revised, 2006 (english), 2007 (Spanish)



Item #	Price
SD-9022 English	$3.00 each
SD-9023 Spanish	$3.00 each

Gestational Diabetes Fact Sheet Set



The set of 10 fact sheets explains everything your patient needs to know about gestational diabetes. The sheets are designed to be used as a packet. Each sheet addresses a specific topic and the packet can easily be customized for your patient. Topics cover risk factors, diagnosis, meal planning, exercise, blood sugar testing, fetal monitoring, kick counts, Mom's worries, post partum follow up and breastfeeding. 5th grade reading level.

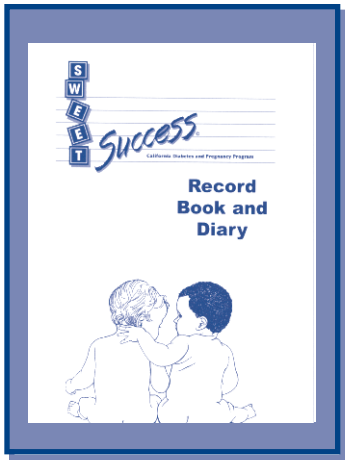
revised, 2000

Item #	Price
SD-9015 English	$1.50 each set
SD-9016 Spanish	$1.50 each set

Patient Record Book and Diary

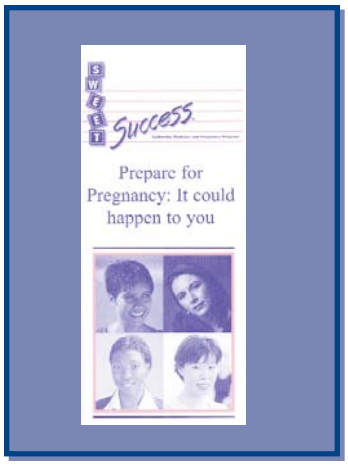
This compact and comprehensive record book is designed to record everything necessary to assist the woman and provider manage diabetes: food, blood glucose, exercise, weight gain, kick counts and more. Provides general diabetes and prenancy information and warning signs for prenatal emergencies.

revised, 2002



Item #	Price
SS-2901 English	$2.25 each
SS-2902 Spanish	$2.25 each

Preconception Counseling Brochure - Prepare for Pregnancy



This trifold brochure discusses the rationale and content of prepregnancy counseling for women with type 1 or type 2 diabetes, or gestational diabetes during a previous pregnancy. It also covers what is required to prepare for pregnancy and why. Straight forward instructions are provided in a sensitive and caring manner. A space is provided for placement of a provider's phone number and address. 8th grade reading level.

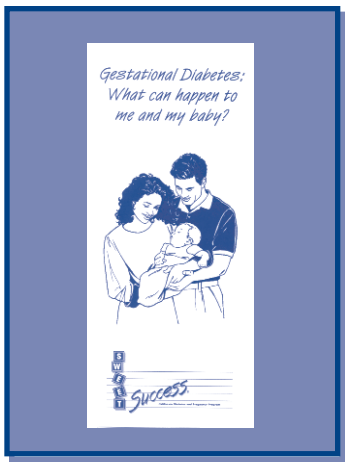
revised, 2009

Item #	Price
SD-9030 English	$0.50 each
SD-9031 Spanish	$0.50 each

Novela - Gestational Diabetes: What can happen to me and my baby?

Discusses the importance of prenatal care including exercise, proper diet and glucose monitoring. Lists possible complications of gestational diabetes. Encourages pot partum follow-up and provides a space for writing notes. Graphics and language are culturally appropriate. 6th - 7th grade reading level.

revised, 2003

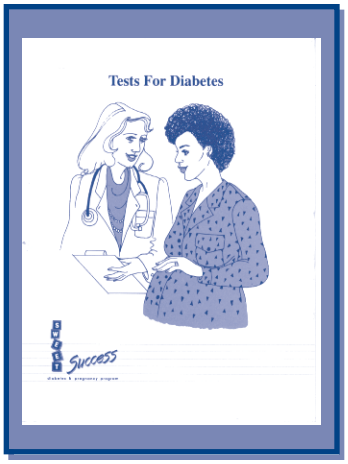


Item #	Price
SS-2520 English	$0.53 each

Novela - Tests For Diabetes

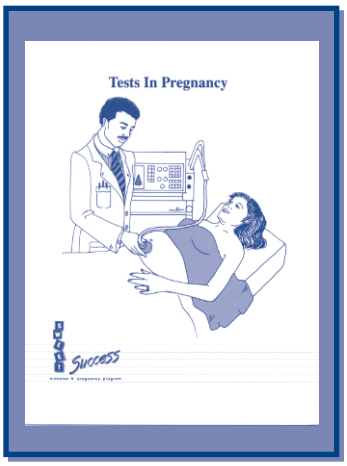
Instructions on preparation for a 3 hour glucose tolerance test are given in a clear and concise manner. Pictures aid in explaining step by step, all the do's and don'ts. 4th to 7th grade reading level.

revised, 1993



Item #	Price
SS-2523 English	$0.53 each
SS-2375 Spanish	$0.53 each

Novela - Tests In Pregnancy



Introduces diagnostic tests used during pregnancy: AFP, ultrasound, non-stress test, contraction stress test, and fetal movement. Graphics and language are culturally appropriate. 4th - 7th grade reading level.

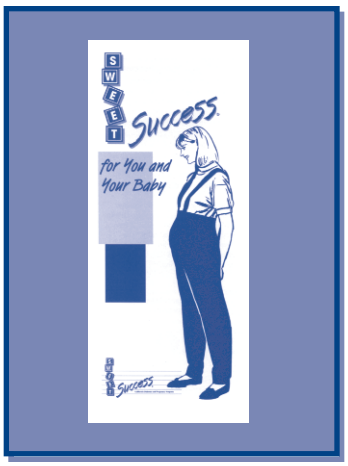
revised, 1993

Item #	Price
SS-2522 English	$0.53 each
SS-2355 Spanish	$0.53 each

Sweet Success Program Brochure - Sweet Success for You and Your Baby

This brochure gives the patient an overview of the Sweet Success Program and summarizes the services available. It outlines the special needs of prepregnant and pregnant women with diabetes. The brochure is in English on one side and Spanish on the other with a space for your own local phone number and address. A must for patient recruitment or referrals. 8th - 9th grade reading level.

revised, 2002

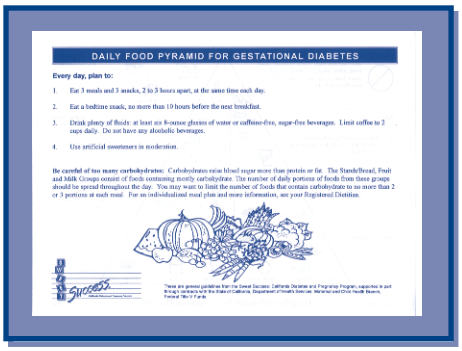


Item #	Price
SS-2335 English	$0.53 each
SS-2336 Spanish	$0.53 each

Daily Food Pyramid for Gestational Diabetes

This simple two sided guide uses a food pyramid to briefly discuss a daily meal plan and explain carbohydrates. It was designed specifically for patients with gestational diabetes. The pyramid includes "tips" for each food group. This is an excellent tool for a wide range of literacy skills including the illiterate.

revised, 2005


DAILY FOOD PYRAMID FOR GESTATIONAL DIABETES

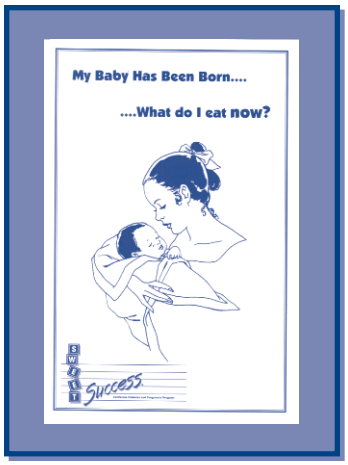
Every day, plan to:

1. Eat 3 meals and 3 snacks, 2 to 3 hours apart, at the same time each day.
2. Eat a bedtime snack, no more than 10 hours before the next breakfast.
3. Drink plenty of fluids: at least six 8-ounce glasses of water or caffeine-free, sugar-free beverages. Limit coffee to 2 cups daily. Do not have any alcoholic beverages.
4. Use artificial sweeteners in moderation.

Be careful of too many carbohydrates: Carbohydrates raise blood sugar more than protein or fat. The Starch/Bread, Fruit and Milk Groups consist of foods containing mostly carbohydrate. The number of daily portions of foods from these groups should be spread throughout the day. You may want to limit the number of foods that contain carbohydrate to no more than 2 or 3 portions at each meal. For an individualized meal plan and more information, see your Registered Dietitian.

Item #	Price
SS-2750 English	$5.25 each pad of 25 sheets
SS-2751 Spanish	$5.25 each pad of 25 sheets

Postpartum Nutrition - My Baby Has Been Born, What Do I Eat Now?



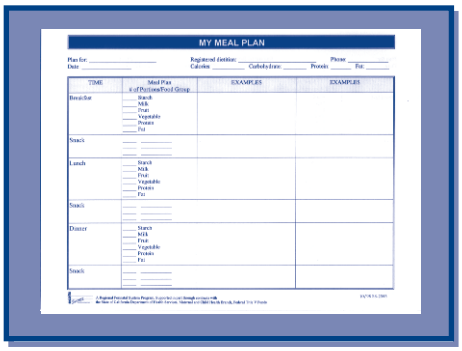
This easy to read brochure helps a woman maintain a healthy life style after delivery. Includes information on steps to take to maintain a healthy weight, eating less fat, and how to read a label.

revision, 2003

Item #	Price
SS-2420 English	$0.53 each
SS-2421 Spanish	$0.53 each

My Meal Plan

This useful tool assists in providing personalized meal plans for your patient. The chart allows individualized meal and snack examples to be listed in the correct portions for each food group. The chart is printed front and back. This is an excellent tool for a wide range of literacy skills including the illiterate.
revised, 1998

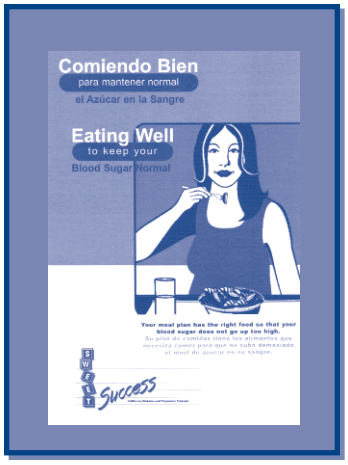

MY MEAL PLAN

Plan for: _____ Registered dietitian: _____ Phone _____
Date _____ Calories _____ Carbohydrate _____ Protein _____ Fat _____

TIME	Meal Plan # of Portions/Food Group	EXAMPLES	EXAMPLES
Breakfast	___ Starch ___ Milk ___ Fruit ___ Vegetable ___ Protein ___ Fat		
Snack	___ ___ ___ ___		
Lunch	___ Starch ___ Milk ___ Fruit ___ Vegetable ___ Protein ___ Fat		
Snack	___ ___ ___ ___		
Dinner	___ Starch ___ Milk ___ Fruit ___ Vegetable ___ Protein ___ Fat		
Snack	___ ___ ___ ___		

Item #	Price
SS-2343 English	$5.25 each pad of 25
SS-2344 Spanish	$5.25 each pad of 25

Novela - Eating Well To Keep Your Blood Sugar Normal



This pamphlet encourages patients to eat meals low in sugar/carbohydrate and at regular times. Included are cooking tips along with examples of high fiber foods. Foods high in sugar which should be avoided are identified. Graphics and language are culturally appropriate.

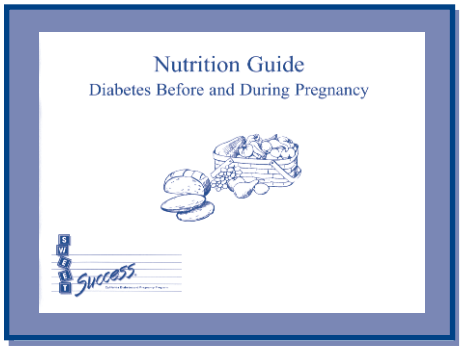
revised, 2006

Item #	Price
SS-2519 English/Spanish	$0.53 each

Nutrition Guide: Before and During Pregnancy

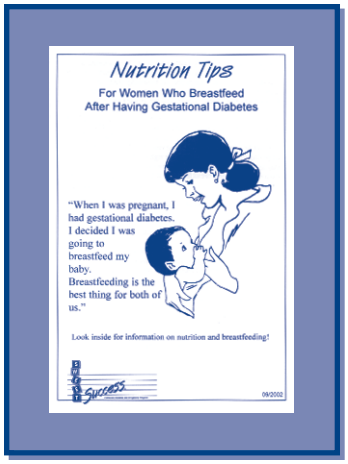
This detailed, 36 page nutrition guide addresses prepregnant and pregnant nutrition guidelines for preexisting and gestational diabetes. Subjects covered are: meal planning principles, an introduction to preconception nutrition needs, an overview of GDM, pregnancy weight gain, detailed food group information, simple sugars, meal planning examples and cooking techniqes. Not tested for reading level yet.

revised, 2005 (English), 2007 (Spanish)



Item #	Price
SS-2349 English	$3.35 each
SS-2350 Spanish	$3.35 each

Nutrition Tips for Women who Breastfeed/GDM



This easy to use brochure gives a woman who has had gestational diabetes informations she needs to successfully breastfeed. Includes phone numbers for national resources such as La Leche League and space for the provider to write in local resource phone numbers.

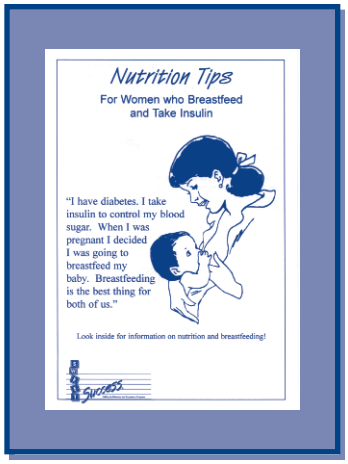
revised, 2002

Item #	Price
SS-2310 English	$0.53 each
SS-2311 Spanish	$0.53 each

Nutrition Tips for Women who Breastfeed and Take Insulin

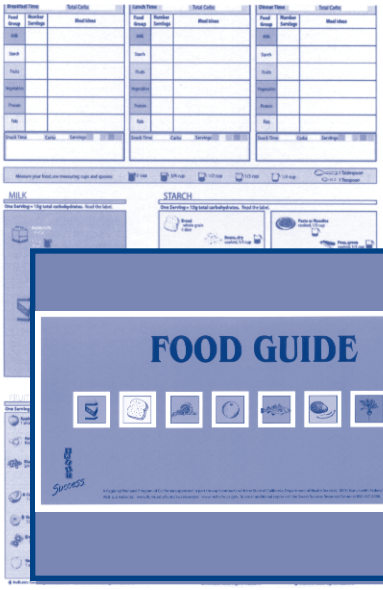
This easy to use brochure gives a woman who has Type 1 or 2 diabetes informations she needs to successfully breastfeed. Includes phone numbers for national resources such as La Leche League and space for the provider to write in local resource phone numbers.

revised, 2002



Item #	Price
SS-2320 English	$0.53 each
SS-2321 Spanish	$0.53 each

Food Guide

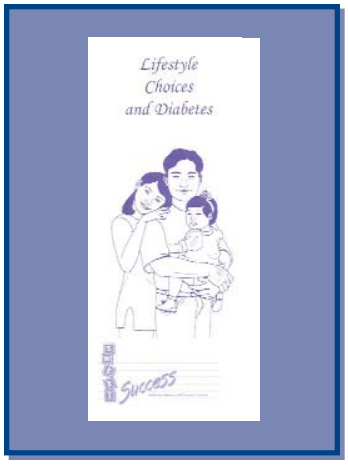


This 12x17 trifold poster presents a colorful pictorial of the different food groups with a place for writing a personalized meal plan. Drawings of culturally appropriate food items are labeled along with portion sizes. Food groups are color coded for easy reference in a table format. Fruits and vegetables rich in vitamin C and A are coded for easy reference. A table of foods which raise blood sugar and should be avoided is also provided. This is an excellent tool for a wide range of literacy skills including the illiterate.

revised, 2006 (Vietnamese), 2004 (English, Spanish, Asian English, Chinese), 1995 (all others)

Item #	Price
SS-2340 English	$1.00 each
SS-2341 Spanish	$1.00 each
SS-2736 Asian/Eng	$1.00 each
SS-2739 Chinese	$1.00 each
SS-2741 Vietnamese	$1.00 each
SS-2737 Cambodian	$1.58 each
SS-2738 Laotian	$1.58 each
SS-2740 Korean	$1.58 each
SS-2792 Hmong	$1.58 each

Lifestyle Choices and Diabetes



This brochure discusses how lifestyle choices affect diabetes. It presents positive lifestyle choices that can help prevent developement of type 2 diabetes. It includes a brief discussion on setting goals and making a plan to reach a goal. It also has a short "worksheet" that walks the client through the steps needed to develop a "plan" to reach a goal of his/her choice.

Item #	Price
SS-2410 English	$0.53 each
SS-2411 Spanish	$0.53 each

Catalog

CDAPP Resource Center Material Catalog has desription and pricing information on all items currently available through the Resource Center, including Guidelines for Care. Also includes information on statewide CDAPP programs and contact information for each region.

Item #	Price
SS-0000	$0.00

Portfolio

This two pocket portfolio with an attractive Sweet Success Cover may be used to organize your patient records or may be given to your patients to keep their information organized. Also useful as a professional organizer for training or presentations.

Sold to affiliates only.

Item #	Price
SS-2348	$1.58 each

For Program Promotion

Material Order Form

7835 Trade Street, Ste 100
San Diego, CA 92121
phone 858 536-5090 fax 858 536-5099
www.regionalperinatalsystem.org/programs/mrc/

Date: _____ Are you a new customer? Y N Customer #: _____

Where did you hear about our material/Where did you pick up this order form? Ca MCAH Web Site

Agency Name : _____

Affiliate/Associate: Please note; if affiliate/associate information is not provided, discounts will NOT be applied

Affiliate/Associate #: _____ Contact: _____ Phone #: _____ Email: _____

Purchasing Contact Person: _____ Phone: _____ Ext: _____ Fax: _____

Shipping Address: Business ❐ Residence ❐

NO P. O. BOX PLEASE

Attention: _____

_____

_____

City: _____ State: ____ ZIP: _____

Billing Address:

Attention: _____

_____

_____

City: _____ State: ____ ZIP: _____

ITEM #	TITLE/DESCRIPTION	QTY	PRICE EA.	TOTAL

Affiliate/Associate Information

❐ Affiliate Number _____

❐ Associate Number _____

Method of Payment:

❐ Check (Make Payable to: **Regional Perinatal System**)

❐ P.O. _____

❐ Credit Memo (attach copy)

Our Federal Tax ID Number: 95-6006144

SUBTOTAL	
Affiliate Discount (25%) -	
Associate Discount (15%) -	
TOTAL +	
*TAX (% varies) +	
*Shipping	
GRAND TOTAL	

* Refer to Ordering Informaion on next page.

DO NOT USE ANY ORDER FORM DATED PRIOR TO 09/2010

Ordering Information

Business Hours/Numbers

Monday - Friday: 8:00 am - 3:30 pm PST
Phone 858 536-5090 Fax 858 536-5099

Web Site Information

Visit our web site:
www.regionalperinatalsystem.org/programs/mrc/default.asp

Prices & Payments

All Prices are effective September 1, 2010 and are subject to change without notice.

We accept the following forms of payment:

- ✓ Purchase Order
  - ❖ include PO number
- ✓ Check
  - ❖ made payable to: Regional Perinatal System
- ✓ Credit Memo or Gift Certificate
  - ❖ attach original

Please note: credit card charges will appear on your statement under "UCSD Cashier's Office"

Send all orders/payments to: **CDAPP Resource Center**
7835 Trade Street
Ste 100
San Diego, CA 92121

Payment terms are NET 30 days.

Tax

Please add tax to your order (before adding shipping charges) as follows:

8.75%	San Diego County
8.25%	California, outside San Diego County (Note: we only apply the California base tax. If your county has a higher tax rate, talk to your accounting department about accruing "use tax".)
0.00%	U.S., outside California; University of California campuses; State and Federal Agencies

Rush Orders

UPS "next day air" or "2nd day air" are available. All rush orders will be charged the UPS rate plus a handling fee. **Please let us know if you will need a rush delivery at the time the order is placed.**

Discounts

Affiliates and Associates: There is a 25% discount available to affiliates and a 15% discount to Sweet Success Express Associates. ***The discount is applied to the subtotal, before taxes and shipping charges are applied.*** If you would like more information on becoming an affiliate or associate contact:

in California, CDAPP Resource Center
858 536-5090
outside California, Sweet Success Express
714 968-0735 or
visit their web site **sweetsuccessexpress.com**

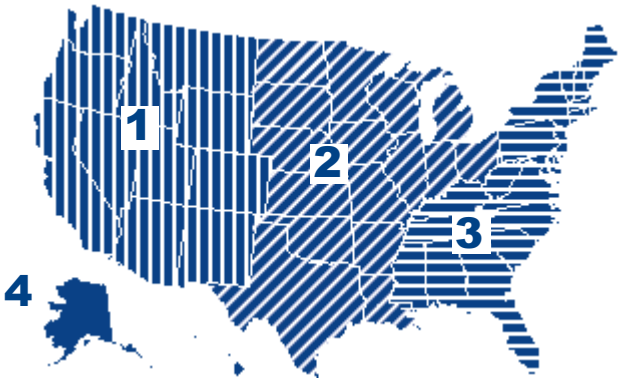
Quantity: Discounts may be available for orders totaling more than $500.00. Please call the Resource Center for details.

Return Policy

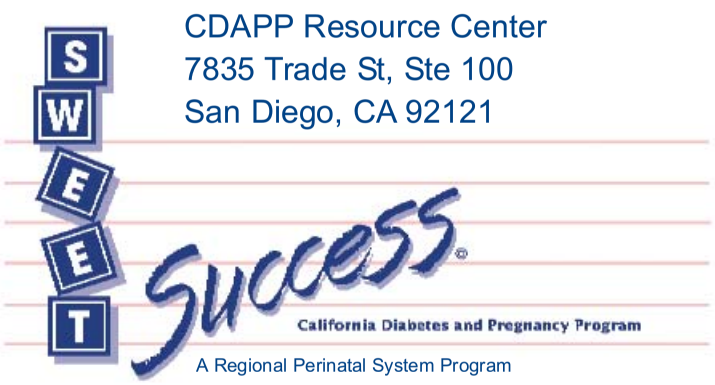
A credit memo will be issued for overpayments, items that are no longer in stock, and returned items. ***Returned items must be in resalable condition and returned within 30 days of original delivery.*** Credit memos will be honored up to one year after date of issuance.

Shipping

Shipping fees are charged on all orders depending on geographic region and total value (before discounts and taxes) of order. Most orders are shipped within 10 working days of receipt. Use the map and table below to determine your shipping costs.



	Up to $45.00	$45.01 to $100.00	$100.01 to $400.00	Above $400.00
Region 1 West US	$5.50	13%	6%	4%
Region 2 Central US	$5.75	15%	8%	6%
Region 3 East US	$6.25	17%	11%	8%
Region 4 Outside Continental US	$12.50	35%	20%	15%
Rush Delivery	call	call	call	call



CDAPP Resource Center
7835 Trade St, Ste 100
San Diego, CA 92121

A Regional Perinatal System Program

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