

## MAKE A PLAN - continued

❖ **Figure out the steps** you need to follow.

Be specific. For example, if you are going to go for a walk at work you need to:

step 1 - pack your walking shoes

step 2 - pack a snack and a bottle of water

step 3 - check your blood sugar

step 4 - \_\_\_\_\_ (what would **your** next step be?)

❖ **Ask for help.** Ask your health care team or social worker for help. They know a lot

❖ **Be positive.** Tell yourself “I can do this”. You have done it before.

❖ **Learn** how to work through problems. Take things one step at a time.

❖ **Plan** your time. Decide what is most important to you.

❖ **Be safe.** Try to walk with a friend.

❖ **Make time to take care of your needs.**

# Your Plan

Step 1 - Write down one thing you want to change:

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Step 2 - Write down your goal for that change (make sure it is what you can do):

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Step 3 - Write down when you are going to start:

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Step 4 - Write down the name of someone who can help you:

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Step 5 - Write down how you will ask that person to help you:

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Step 6 - Write down what could get in the way of reaching your goal:

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Step 7 - Write down what you could do to work around that problem:

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## Lifestyle Choices and Diabetes



*Never, never forget you are worth it!*

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Lifestyle choices affect diabetes. Information in this handout may help you keep from developing diabetes or at least delay it. If you already have diabetes, it may help you control your blood sugar.

Today, type 2 diabetes is more common in both adults and children. This is true even when no one else in the family has diabetes. This shows that exercise and healthy eating are as important as your family's health history when it comes to developing diabetes.

There are many lifestyle choices that **you** can choose that may help reduce your chance of developing type 2 diabetes. Choices include:

- ❖ Exercising
- ❖ Eating healthy foods in the right amounts
- ❖ Getting to a healthy weight
- ❖ Quitting smoking. It is bad for you, your baby and your family.
- ❖ Reducing your stress

Changing what you do and when you do it is not always easy. Sometimes it is very hard. These ideas may help.

Think about:

- ❖ **what** you can change
- ❖ **why** you want to change
- ❖ **what** will happen if you do not change
- ❖ **how** you felt when you did make a change that was good for you. You can do it again!

## EXERCISE

A healthy lifestyle includes regular exercise. Aim to exercise every day for at least a total of 30 minutes.

## EAT HEALTHY

Healthy eating includes a well balanced diet and correct portion sizes. Talk to a dietitian or healthcare provider if you need help deciding what and how much to eat.

## HEALTHY WEIGHT

Ask your doctor or nurse what is a healthy weight for you. Work toward getting there.

## QUIT SMOKING

Ask your doctor or nurse for help to quit smoking.

## LOWER STRESS

Everyone has to deal with stress sometimes. Learning to lower or manage your stress will help you stay healthy.



You can:

- ❖ get some fresh air; take a short walk
- ❖ find a little quiet time for yourself, even if it is only 5 minutes
- ❖ talk to your family, friends, or social worker. She/he may have some ideas to help lower stress

Here are some ways you can measure your health:

- \* check your blood sugars and A1c
- \* pay attention to how you feel
- \* keep all your medical appointments
- \* have all your lab tests done and ask for your results and discuss them with your health care provider

## MAKE A PLAN

❖ **Set a goal.** What do you want to change? By when? Make sure it is something you can do. Be specific.

For example:

“start exercising” is not specific,

“starting Monday, I will walk for two hours every day” is specific but most people can not do it

**but**

“starting Monday, I will walk every day after lunch for 30 minutes” is specific **and** you can do it

(continued on next column)