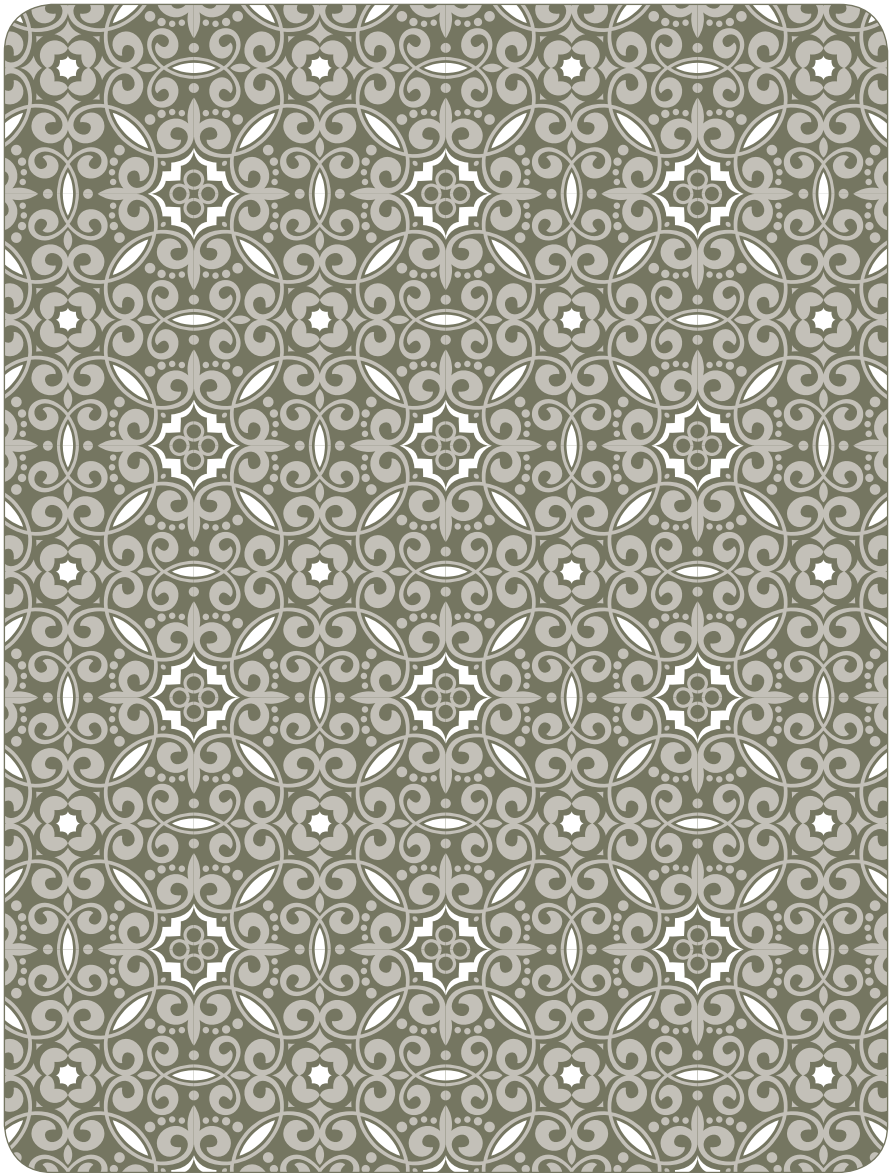


**TAKE
CHARGE
OF YOUR DIABETES**



USING THE CARDS: **CATEGORIES**

GENERAL DIABETES INFORMATION

HEALTHY EATING

BEING ACTIVE

MONITORING

TAKING MEDICATIONS

PROBLEM SOLVING

REDUCING RISKS

HEALTHY COPING



DISCUSSION



Q&A



ACTIVITY



Q&A:

What health problems are people with diabetes at risk for?



Q&A:

What is diabetes? What are some differences between type 1 and type 2 diabetes?



Discussion:

What are you most concerned about with your diabetes?



Activity:

Write down three words that come to mind when you think of diabetes.

1. _____

2. _____

3. _____



Discussion:

What are some challenges you face when trying to eat healthy?



Discussion:

What food-related advice have you received from family and friends since being diagnosed?

Have you heard anything that might be a myth or not true?



Discussion:

How do you know how many carbohydrates you are eating?



Activity:

Look at these two food labels. Which frozen meal is a better option based on the total calories, total carbohydrates, protein and fat? **Why?**

Nutrition Facts

Amount Per Serving

Calories 220 **Calories from Fat** 35

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 590mg **25%**

Potassium 780mg **22%**

Total Carbohydrate 35g **12%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 9g

Nutrition Facts

Amount Per Serving

Calories 310 **Calories from Fat** 70

Total Fat 7g **11%**

Saturated Fat 3g **16%**

Trans Fat 0g

Cholesterol 15mg **6%**

Sodium 660mg **27%**

Potassium 90mg **8%**

Total Carbohydrate 51g **17%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 10g



Activity:

On a piece of paper, draw a circle. Imagine that this is your dinner plate. **Now, either write in or draw what you would normally eat for dinner and how much space it takes up on the plate.**



Activity:

Which of these foods is all or mostly carbohydrate, protein, or fat?





True or False:

You are not working hard enough if you can carry on a conversation while being physically active.





Discussion:

What is physical activity?

Why is it important to
diabetes management?

BEING ACTIVE



Discussion:

How much physical activity is recommended for those with diabetes? How much do you do? What have you really enjoyed doing in the past?



Activity:

Write down one physical activity that you want to try.
Write down 2 (or more) things that might prevent you from doing it.

Now, list 3 steps to take to make it happen.



Activity:

Where in your community can you go to get physically active? Name as many places and activities as you can in the next minute. Which ones have you done before?

Did you like/dislike them and why?



Activity:

Think of some things you can do to be safe while being physically active.

Share them with the group.

BEING ACTIVE



Q&A:

What is an A1C?

MONITORING



Q&A:

What steps should you take to get an accurate blood glucose reading?



True or False:

Checking your blood glucose/
blood sugar is a test that you
pass or fail.



Discussion:

How often do you check your blood sugar? Do you keep a record?

Do you think this is important?



Discussion:

Think about a time when you forgot to check your blood sugar or purposefully didn't do it. What happened?

How can you change that in the future?



Discussion:

What are some diabetes-related health numbers that you should know?

How often should they be checked?



Discussion:

What is the test used to catch the first sign of damage to the kidneys?

How often should it be done?

What does it measure?



Q&A:

If you think a medication isn't working or you're experiencing side effects, what should you do?



True or False:

If you forget to take your medications, you double your dose the next time.



Discussion:

How often do you forget to take your medications?

What are some things you can do to help you remember?



Discussion:

What types of medications are prescribed for diabetes?

How do they work?





Discussion:

When you are prescribed a medication, what types of questions do you ask your healthcare provider?

Who else might you talk to about a certain medication?



Activity:

Name one of your medications.

How much are you supposed to take and how often?

How does this medication help you?



Discussion:

How do you feel when you have low or high blood sugar?



Discussion:

If you are about to go on a trip, what steps should you take to prepare?



Discussion:

You get the flu and notice that your blood sugar levels are not normal.

What do you do?



Activity:

Which of these three items can be used to treat hypoglycemia (low blood glucose/low blood sugar)?





Activity:

Does blood glucose typically go up or down when you:
Skip a meal? Take diabetes medication? Do physical activity/moderate exercise?
Eat meals or snacks? Drink alcohol? Are under a lot of stress? Are ill?



Activity:

Think about the next family or social event that you will attend. What challenges may you have with your diabetes care?

Write down 2 things that might help you overcome these obstacles.



Q&A:

Why is it important to have a diabetes eye exam every year?





True or False:

Controlling your diabetes can decrease your risk for heart disease, kidney disease, erectile dysfunction and stroke.



Discussion:

What are you looking for when you check your feet?





Discussion:

What are the major chronic complications of diabetes?

How can you prevent or delay these complications?



Discussion:

Is it OK to drink alcohol if you have diabetes?





Activity:

Using the handout provided, match the diabetes-related test/check on the left to the target goals on the right.

Note to Educator: A patient worksheet, Targeting Good Health: Test your knowledge, is available for download on

www.diabetesselfcare.org



Q&A:

What are the signs and symptoms of kidney disease?



True or False:

If you are feeling sad or frustrated with your diabetes management, you should keep it to yourself.



Discussion:

How did you feel when you were first diagnosed with diabetes?

What was your biggest fear?



Discussion:

Who supports you in your diabetes management?



Discussion:

How does stress affect your blood sugar?

What do you do to manage your stress?



Activity:

Write down three reasons why you want to manage your diabetes and one way you can help make this happen.



Activity:

Think about what you need to do to manage your diabetes at work, at school, or at home with your family. What could get you off track?

Make a plan for how to deal with these obstacles.