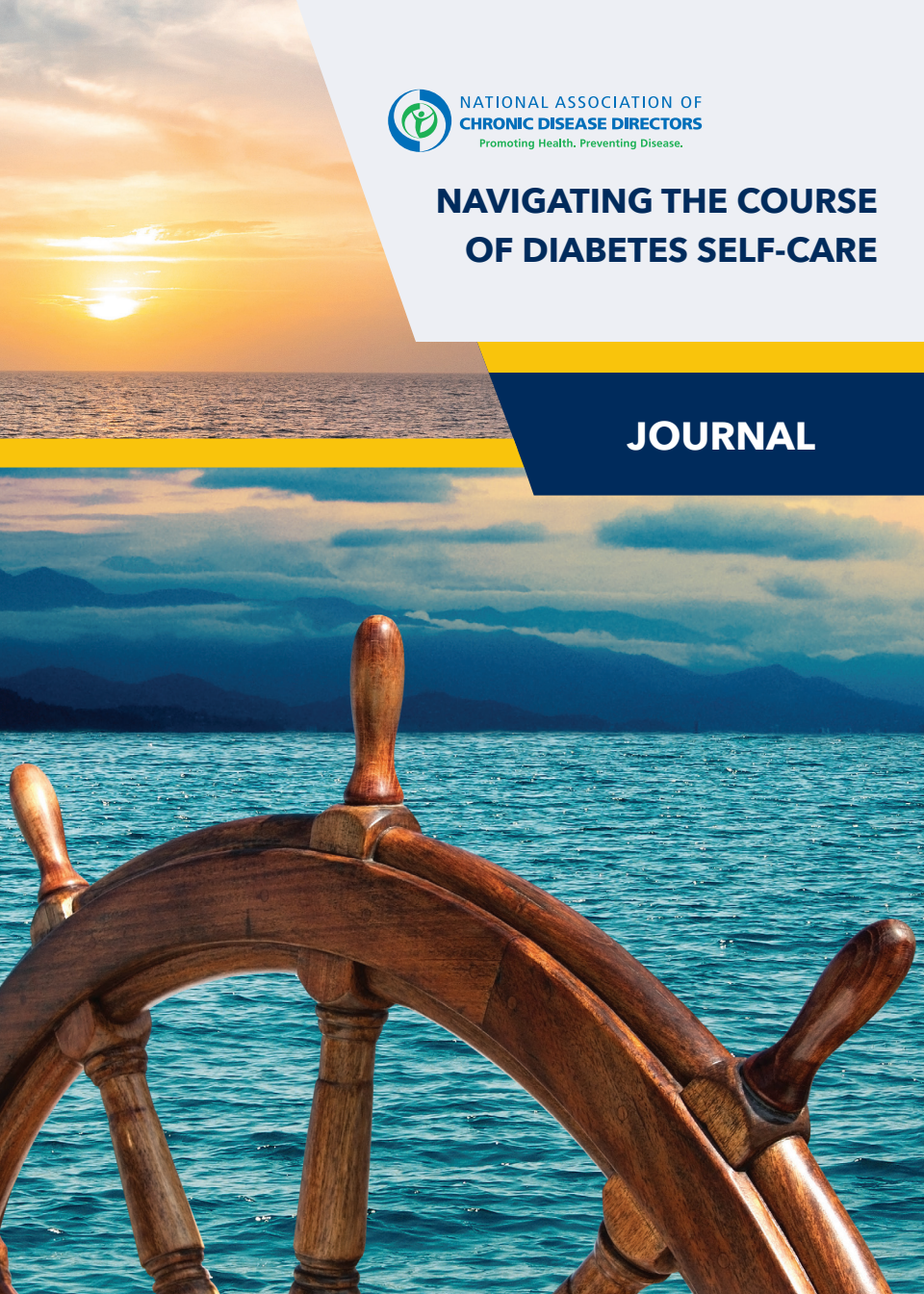




NATIONAL ASSOCIATION OF  
**CHRONIC DISEASE DIRECTORS**  
Promoting Health. Preventing Disease.

# NAVIGATING THE COURSE OF DIABETES SELF-CARE

**JOURNAL**



**"The course to successful  
diabetes self-care is not an  
easy one ...**

**... But we know you will  
succeed - keep at it!"**





## WELCOME TO YOUR JOURNAL

This journal can help you navigate the course of your diabetes self-care. Your health care team encourages you to begin the journey with small steps. Taking small steps can lead to big rewards for you and your family.

Making changes takes time and planning. Keep notes to help you sort out the steps you take to stay in good health. With each small step, you may begin to feel good about making changes.

### Your journal will help you:

- Reach your self-care goals.
- Learn healthy eating habits.
- Eat better.
- Move more.
- Track your blood sugar, and other things you may do to stay in good health.

This journal belongs to:

Name: \_\_\_\_\_



## SELF-CARE GOALS

Navigating your course for diabetes self-care means making a plan. Making a plan includes setting goals. A goal is something you aim for or try to reach.

### Write out your goal.

- Be clear about what you want to do, the steps you want to take, and when you will begin.
- Reward yourself when you reach a goal.
- When thinking of a reward, try not to think of food as a reward. Try a new hair style, play music, or spend time with your children, grand children, or friends.

### These are examples of goals you can work towards:

- I will walk three days a week, for at least 10 minutes.
- I will eat a healthy breakfast each day.
- I will lower my salt intake by not using dressings that are high in salt (ex. Ketchup).
- I will eat more local fruits and veggies.
- I will use a pill box to remind me to take my pills.



## SELF-CARE GOALS



With each small step, you may begin to feel good about making changes and reaching your goal.

Use this page to track your diabetes self-care goals.

Date: \_\_\_\_\_

Goals: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## DRINKING WATER IS GOOD FOR YOU

### Recommendations

- Drink eight glasses of water a day. About 2 liters or half a gallon.
- Sip water during your day, even if you are not thirsty.
- Drink water before meals. You may find you eat less.
- If you do any activity that makes you sweat, you need to drink more water. Try drinking water before a walk or working outdoors.



If you have heart or kidney problems, talk with your doctor about how much water is safe for you to drink each day.



## DRINKING WATER IS GOOD FOR YOU



Try tracking for three days.

Use this page to track how much water you drank.

Date	Quantity of Water You Drank / Day



## MAKE GOOD FOOD CHOICES

When possible, consult with a nutrition specialist so that you may develop a plan that meets your specific needs.



### Eat less:

- Fried foods or fast foods.
- Foods high in salt, such as chips or bacon.
- Sweets, such as baked goods, candies, and ice creams.



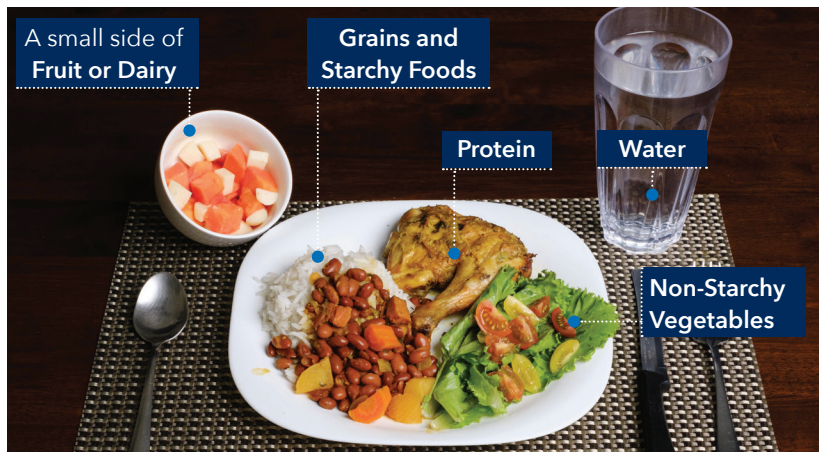
### Other tips

- **Eat about the same amount of food,** at the same time each day.
- **Eat 3 meals a day.** Space meals about 4 to 5 hours apart.
- **Try not to skip a meal.** Skipping meals may lead to an unhealthy snack choice.
- **Stop eating before you are full.** Eat slowly.
- **Go local.** A local banana is a great snack.
- **Drink plain water** instead of sugary drinks.





## MY HEALTHY PLATE

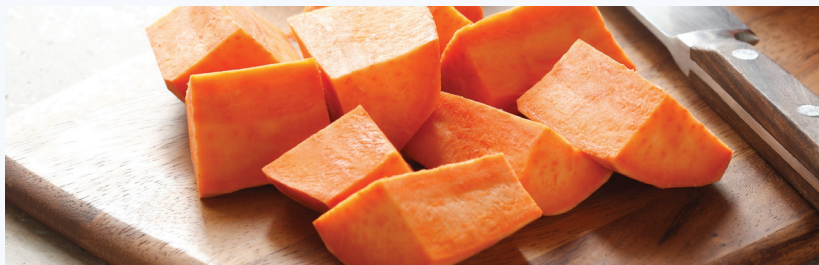


Three steps to help you and your family know how much to eat.

- 1 Use a 9 inch plate.
- 2 Divide your plate into three sections:
  - Half plate of non-starchy vegetables.
  - 1/4 plate is grains or starch.
  - 1/4 plate is protein.
- 3 Stack your food no higher than 1 to 1/2 inches.



## MY HEALTHY PLATE



Use this page to track changes you and your family make to stay in good health.

Date	Goal



## FOOD CHOICE TIPS

Eat more high fiber foods such as:

- Beans.
- Brown rice.
- Oatmeal.

Eat more non-starchy vegetables such as:

- Broccoli.
- Locally grown lettuce or romaine lettuce.
- Green beans.
- Carrots.
- Tomatoes.
- Spinach.
- Cabbage.



**White rice or fried rice can cause your blood sugar to go up quickly.** Brown rice is a better choice.



**Try making your rice using 1/2 white rice and 1/2 brown rice.** Eat smaller portions of rice (1/3 cup).



## FOOD CHOICE TIPS



**Changing habits does not happen overnight.**  
If you fail, get back up and try again. Use this page to track what works.

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If you have not been active, start slow.



Try doing more standing activities, light yard work, cooking, or playing music and moving your feet.

Set small goals, for example:

- First, try walking 2 times a week for 10 minutes each time.
- After a few weeks, try walking 2 times a day, 3 days of the week, for 15 minutes each time.
- As you get stronger, keep increasing your time until you are walking most days of the week for 30 minutes or more.

Many adults spend more than 7 hours per day sitting.  
**Sit less. Move more.**



Walking



Gardening



Hiking



Dancing



Biking



Active  
Recreation



Swimming



Use this page to track your journey to  
being more active.

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## **FAMILY IS YOUR PARTNER IN DIABETES SELF-CARE**

Many of the steps you take to stay in good health with diabetes will be good for all your family. It takes practice to let others know that you welcome their help and support. Your family might want to come with you on your clinic visits. This may help them learn more about how they can support you.

**You can make changes to stay in good health. Talk with your family and friends about how they can help.**



**Thank your family for their help.  
Let them know you value their support.**



## FAMILY IS YOUR PARTNER IN DIABETES SELF-CARE



You and your family can work together to stay in good health. Keep up the good work. Use this page to track your journey.

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## HEALTHY FEET KEEP YOU GOING





## GET HELP IF YOU FIND FOOT PROBLEMS

### Take care of your feet:

- Check your feet each day.
- Look at the tops and sides of each foot.
- Be sure to check between your toes.
- Use a mirror or ask a family member to help you check the bottoms.
- Look for cuts, sores, red spots, swelling, and blisters.
- Trim your toenails straight across.
- Wear shoes and socks. Never walk barefoot.
- Go to the clinic if you have a sore that is red, swollen, painful, or if the sore is draining pus.
- Problems with your feet can get worse very fast.
- Do not wait to see if it will get better.
- Do not try to take care of it yourself. Show your doctor or nurse your foot problem right away.



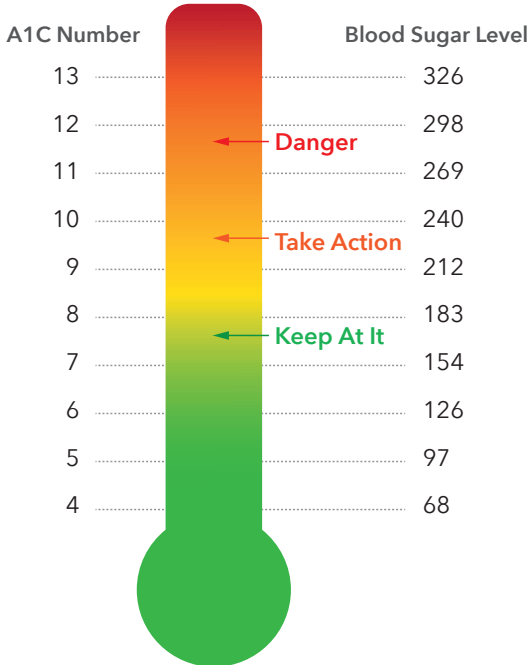
## OTHER THINGS



- **Diabetes pills and insulin** can help lower your blood sugar. Take your diabetes medicine the way your doctor tells you.
- **Know your stress level.** Stress can increase your blood sugar. Do things that help you relax.
- Deep breathing and positive self-talk can also help lower stress.
- **Talk with your doctor** if you notice any changes in your health or changes in how you have been feeling. If you are feeling depressed, talk with your doctor.
- **Avoid alcohol** use.
- **If you use tobacco, stop.** Talk with your doctor or clinic staff about ways to help you to quit.



## YOUR BLOOD SUGAR LEVEL



This **A1c thermometer** shows how A1c numbers match up to blood sugar levels. A1c is your blood sugar average over the past 3 months. Working to reach and keep your A1c at your target can help you stay in good health.

The course to successful diabetes self-care is not an easy, smooth one. We know you will do well. Keep at it.



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**NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS**

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