Diabetes HealthSense

Resources for living well

NDEP National Diabetes Education Program

A program of the National Institutes of Health and the Centers for Disease Control and Prevention

National Institutes of Health

Centers for Disease Control and Prevention

Diabetes HealthSense provides easy access to:

- Resources that support people with diabetes and those at risk for the disease in making lifestyle changes and coping with the demands of diabetes
- Resources for health care professionals to help facilitate lifestyle changes in their patients

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HealthSense Home | Make a Plan | Health Care Professionals | Submit a Resource | About HealthSense

Help Me
Select one:

- Eat healthy
- Be active
- Manage my weight
- Cope with stress and emotions
- Set goals
- Stop smoking
- Prevent diabetes-related health problems
- Check my blood glucose
- Take my medicine

I Am A

Age

Type of Resource

Language

You are here: NDEP Home › Resources › Diabetes HealthSense

Search HealthSense by title or keyword | Go

Diabetes HealthSense provides easy access to resources to help you live well and meet your goals—whether you have diabetes or are at risk for the disease.

Live well. Eat healthy. Be active.
It's not easy, but it's worth it.

Use the options on the left to find resources to help you get started.

The Health Improvement Institute recently named NDEP as the recipient of its 2012 Annual Aesculapius Award, recognizing NDEP's Diabetes HealthSense website for excellence in the communication of reliable information about healthy lifestyles, disease prevention, and health care treatments. *Read more.*

Partnering with Your Diabetes Care Team

Your health care team is a resource to help you manage your diabetes. Find ways to work with your team so you can successfully manage your disease.

1 2 3 4 5

Make a Plan

Change begins with just one step. Make a plan to achieve your goals.

Health Care Professionals

Find research articles and resources for facilitating behavior change in your practice.

Research articles ›

Patient resources ›

Follow NDEP

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Help Me

Eat healthy

I Am A

Select one:

- Person with diabetes
- Person with prediabetes
- Person at risk for diabetes
- Family member, friend, or caregiver
- Health care professional
- Teacher or school health professional
- Community health worker
- Community organization

Age

Type of Resource

Language

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Start Over

Search HealthSense by title or keyword Go

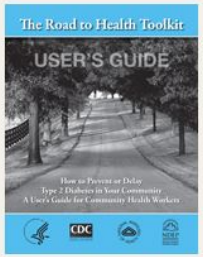
Featured Resource

A Healthier You

This easy-to-use resource guide helps you make smart choices from every food group, find balance between food and physical activity, and get the most out of the calories you consume.

From: Department of Health and Human Services (HHS)

Related Publications



The Road to Health Toolkit

Cut Back on Your Kid's Sweet Treats

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Make a Plan

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You are here: NDEP Home › Resources › Diabetes HealthSense › Make a Plan

Just One Step | Make a Plan

En español

Getting started. If you are dealing with a health issue such as diabetes, you may find that you struggle at one time or another. You're not alone. Making changes in how you care for your health is a matter of trying and learning. It's all about choosing a goal that's right for you and working toward it.

Here are some questions to help **you** get started.

Choose how to make your plan:

Start now!
*Fill out the form online and print your completed plan **

OR

Save for later.
Save or print a blank plan that you can fill out later

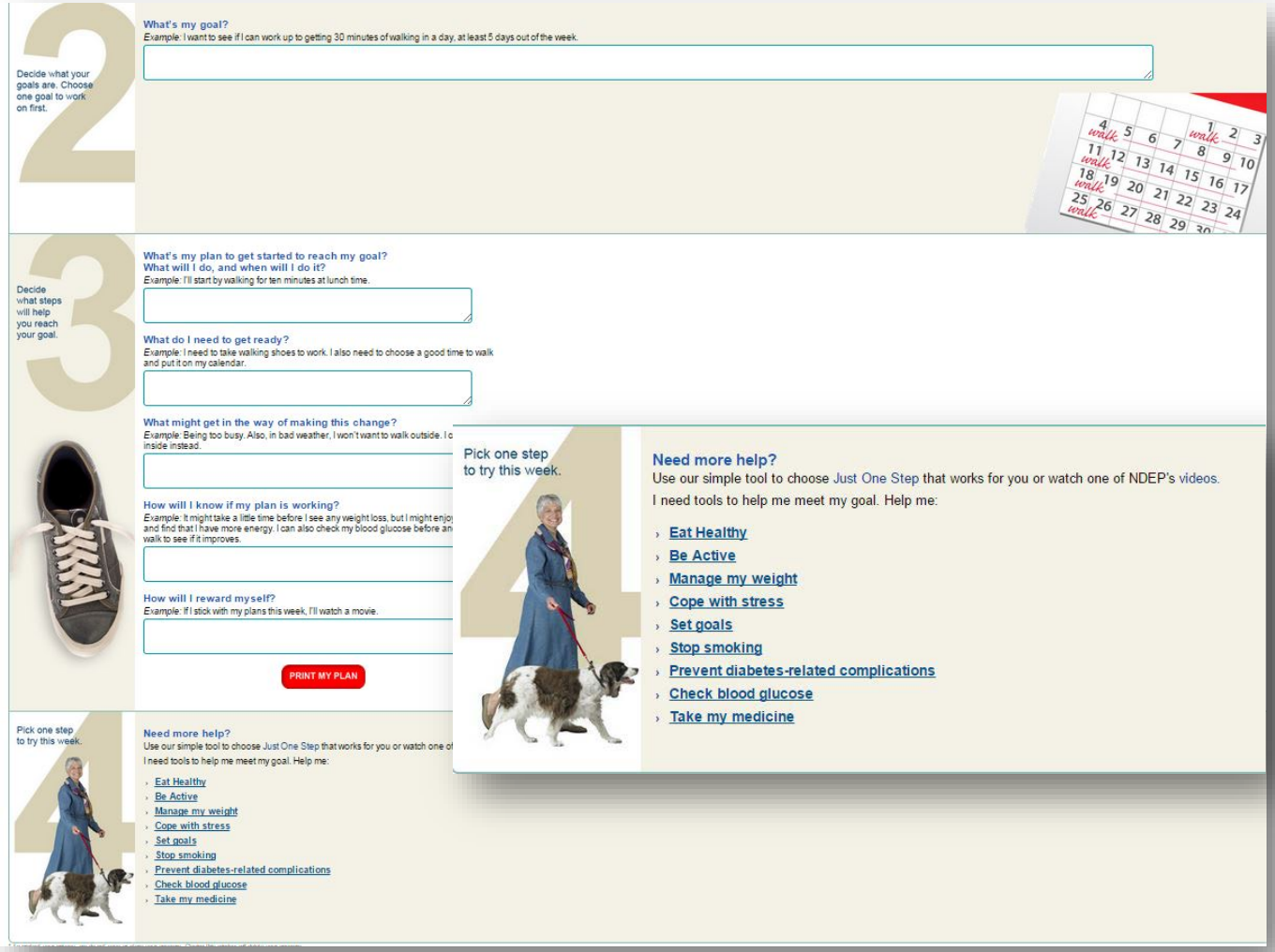
PDF

* To protect your privacy, we do not save or store your answers. Closing this window will delete your answers.

What's hardest about caring for my diabetes?

Example: I don't have the time to do what I need to do, such as exercising. I often feel guilty.

Make a Plan


2
Decide what your goals are. Choose one goal to work on first.
What's my goal?
Example: I want to see if I can work up to getting 30 minutes of walking in a day, at least 5 days out of the week.
3
Decide what steps will help you reach your goal.
What's my plan to get started to reach my goal?
What will I do, and when will I do it?
Example: I'll start by walking for ten minutes at lunch time.
What do I need to get ready?
Example: I need to take walking shoes to work. I also need to choose a good time to walk and put it on my calendar.
What might get in the way of making this change?
How will I know if my plan is working?
How will I reward myself?
Example: If I stick with my plans this week, I'll watch a movie.
PRINT MY PLAN
4
Pick one step to try this week.
Need more help?
Use our simple tool to choose Just One Step that works for you or watch one of NDEP's videos.
I need tools to help me meet my goal. Help me:
Eat Healthy
Be Active
Manage my weight
Cope with stress
Set goals
Stop smoking
Prevent diabetes-related complications
Check blood glucose
Take my medicine

Health Care Professionals

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Health Care Professionals

When patients are successful at making changes in their behaviors, health outcomes improve.

Let Diabetes HealthSense help you help your patients identify their priorities, set goals, and think through the steps necessary to achieve those goals—putting them on the path to success.

Diabetes HealthSense provides easy access to resources that support people with diabetes and those at risk for the disease in making lifestyle changes and coping with stress and negative emotions. Diabetes HealthSense also includes resources to facilitate behavior change in your practice. Let Diabetes HealthSense help you help your patients live well—whether they have diabetes or are at risk for the disease.

Find Research Articles

Click here to find research articles on the science of behavior change and

Make a Plan

Change begins with just one step. Help your patients in making a plan to achieve their goals.

Health Care Professionals

Find research articles and resources for facilitating behavior change in your practice.

Research articles ›

Patient resources ›

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Behavioral Strategy
Select one:
- Active listening
- Coping skills
- Counseling skills
- Education and care strategies
- Goal setting
- Motivational interviewing
- Patient empowerment
- Problem solving
- Social and peer support
- General reference

Behavior

Date Published

Publication

You are here: NDEP Home › Resources › Diabetes HealthSense › Health Care Professionals › Research Articles

Search HealthSense research articles by author or title | Go

Research Articles

Use the options on the left to find review articles, landmark studies, and meta-analyses on the science of behavior change and psychological health. Or, view a list of all research articles in Diabetes HealthSense.

Selected Research Articles

For an introduction to the science of behavior change and psychological health, take a look at the selection of research articles below:

Title:	Author:
Lifestyle and Behavior: The Diabetes Attitudes, Wishes and Needs (DAWN) Program: A New Approach to Improving Outcomes of Diabetes Care	Skovlund SE, Peyrot M, DAWN International Advisory Panel
PubMed ID: not available / Full Text	
+ VIEW FULL CITATION	
Helping Patients Manage Their Chronic Conditions	Bodenheimer T, MacGregor K, Sharifi C
PubMed ID: not available / Abstract / Full Text	
+ VIEW FULL CITATION	
Behavioral and Psychosocial Interventions in Diabetes: A Conceptual Review	Peyrot M, Rubin RR
PubMed ID: 17666457 / Abstract / Full Text	
+ VIEW FULL CITATION	

Make a Plan

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Health Care Professionals

Find research articles and resources for facilitating behavior change in your practice.

Research articles ›

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Behavioral Strategy

Active listening

Behavior
Select one:

- Healthy eating
- Physical activity
- Weight management
- Coping, stress, and psychosocial issues
- Keeping appointments
- Stopping smoking
- Preventing complications
- Self-monitoring of blood glucose
- Taking medication
- General lifestyle change

Date Published

Search HealthSense research articles by author or title | Go

Search Results

Start Over

1-5 of 5 results (listed in alphabetical order) | 1 | View All

Print this list | + Link to this list

Title:	Author:
Behavioral and Psychosocial Interventions in Diabetes: A Conceptual Review	Peyrot M, Rubin RR
PubMed ID: 17666457 / Abstract / Full Text / + VIEW FULL CITATION	
Behavioral Treatment of Obesity	Wadden T, Foster G
PubMed ID: 10793651 / Abstract /	

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dLife

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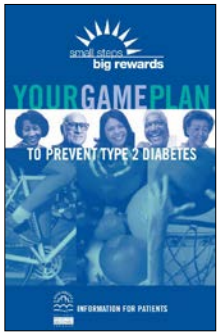
Aim for a Healthy Weight

Diabetes HealthSense

From the National Diabetes Education Program



LET'S MOVE!

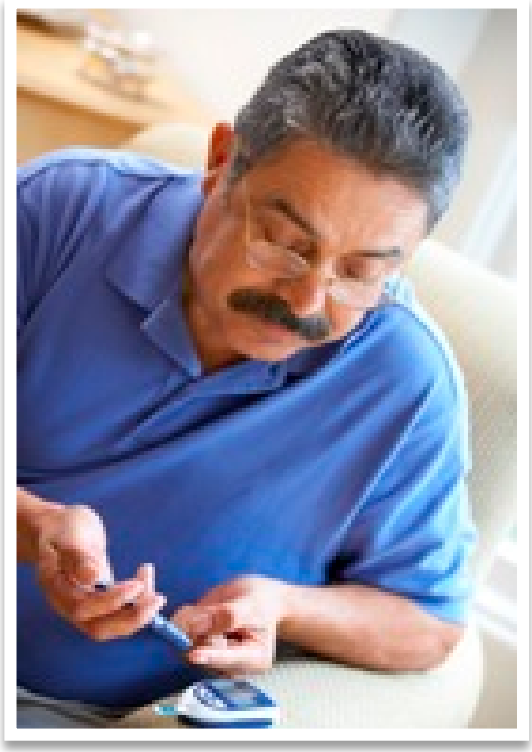
SIT AND BE FIT™

JOURNEY FOR CONTROL
Advancing Diabetes Education

MOVE!℠
WEIGHT MANAGEMENT PROGRAM FOR VETERANS

Xavier

- Wants to lose some weight
- Has a hard time “sticking with it”
- Really doesn’t like to exercise



Exercise & Physical Activity: Your Everyday Guide

NIH National Institute on Aging
Turning Discovery Into Health

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HEALTH & AGING

Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging

Es Spanish Version

PDF (7.88 MB)

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Introduction

Welcome to *Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging!* The National Institute on Aging (NIA) is part of the National Institutes of Health, and the goal of our research is to improve the health and well-being of older adults.

Like most people, you've probably heard that physical activity, including exercise, is good for you. If you're already active, keep it up. It may even be time to push yourself a little harder, try a new activity, or find new ways to add exercise to your daily life.

Don't worry if you've never exercised, or if you stopped exercising for some reason. Let us help you get moving. By picking up this book and looking through it, you've taken an important first step toward good health.

Go4Life
Everyday Fitness Ideas
National Institute on Aging at NIH

This guide is the centerpiece of ***Go4Life***®, NIA's national campaign to help you fit exercise and physical activity into your daily life. To find out more about how ***Go4Life*** can help you be more active, visit our website at www.nia.nih.gov/Go4Life. ***Go4Life*** is a registered trademark of the U.S. Department of Health and Human services.

The Winters Family

- Mother recently diagnosed with prediabetes
- Concerned about her own and her children's future health

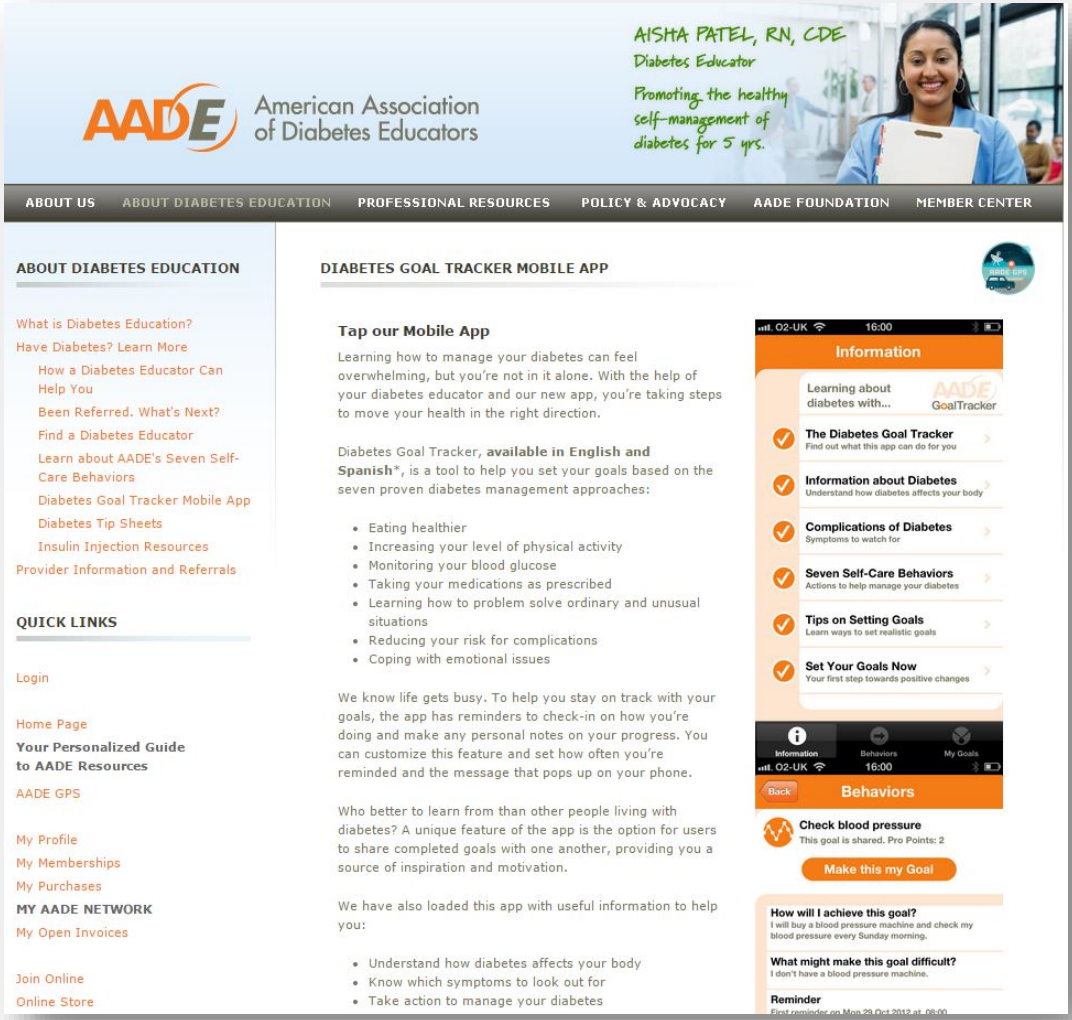
The President's Challenge

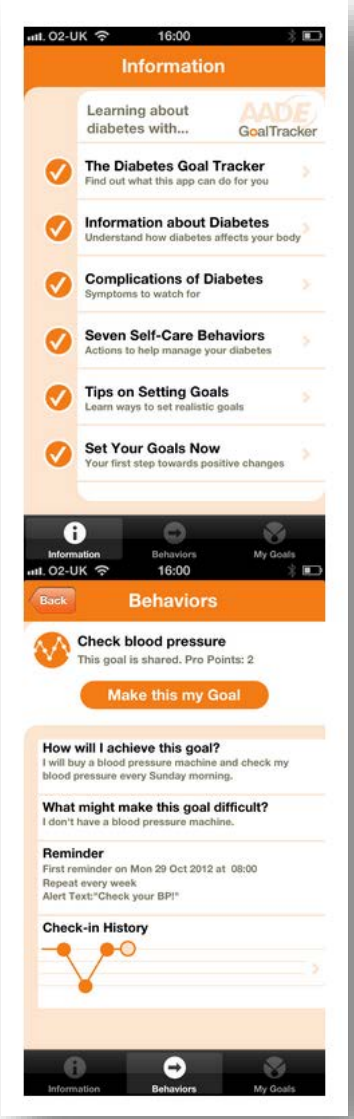
- **Behaviors:** physical activity, healthy eating
- **Audience:** parents, kids and teens, educators
- **Source:** President's Council on Physical Fitness and Sports

Cynthia

- Newly diagnosed with type 2 diabetes
- Feeling overwhelmed
- Not sure where to start to manage her diabetes

Goal Tracker Mobile App





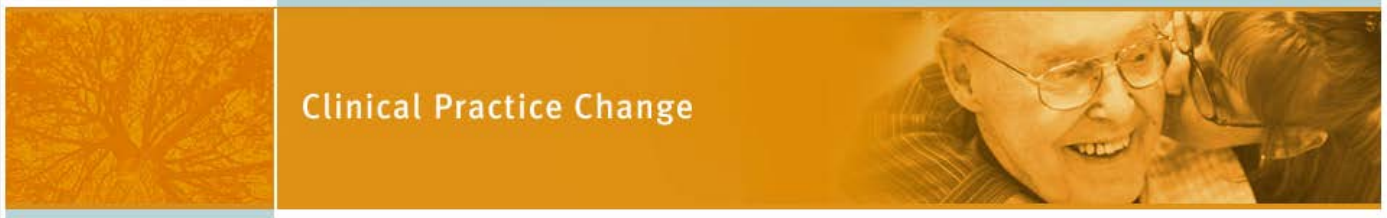
Dr. Armstrong

- Busy health care professional
- Wants to help patients be effective with self-management and to become more active

Partnering in Self-Management Support

Improving chronic illness care

DONATE



THE CHRONIC CARE MODEL
CARE COORDINATION
PRACTICE CHANGE
> ASSESSMENT
> SELF-MANAGEMENT SUPPORT
Team Up for Health
Clinician Toolkit
> PRACTICE COACHING
> ALIGNING FORCES FOR QUALITY
> PCT-LEAP
> PBRNS
PATIENT-CENTERED MEDICAL HOME
GLOBAL WORK
EVIDENCE FOR BETTER CARE
RESOURCE LIBRARY
ABOUT US

Self-Management Support

Self-management can be defined as the decisions and behaviors that patients with chronic illness engage in that affect their health. Self-management support is the care and encouragement provided to people with chronic conditions and their families to help them understand their central role in managing their illness, make informed decisions about care, and engage in healthy behaviors.

Many patients do not understand what clinicians have said to them and do not participate in decisions about their care - leaving them ill-prepared to make daily decisions and take actions that lead to good management. Enabling patients to make good choices and sustain healthy behaviors requires a collaborative relationship: a new health partnership between health care providers and teams, and patients and their families. This partnership supports patients in building the skills and confidence they need to lead active and fulfilling lives.

Visit Diabetes HealthSense

and submit resources for review at

http://www.YourDiabetesInfo.org/HealthSense

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www.YourDiabetesInfo.org

1-888-693-NDEP (1-888-693-6337)

TTY: 1-866-569-1162

National Institutes of Health