Diabetes HealthSense: Resources for Living Well
Transcript

Slide 1: Thank you for visiting Diabetes HealthSense. This video gives you a brief introduction to Diabetes HealthSense, a website from the National Diabetes Education Program which offers resources to help you make changes to live well and cope with stress including the demands of diabetes.

Slide 2: Here you see the home page for Diabetes HealthSense. From here you can visit any part of Diabetes HealthSense. To return to this page, you can always click on HealthSense Home, which is circled in red on this slide. You'll see a series of options on the left-hand side of the page. These options allow you to find the information to meet your needs. Once you select one or more of those options, a list of resources will appear that matches the criteria you've selected.

Slide 3: Also on this page, you'll find videos of real people with diabetes talking about how they are working to manage the disease, the struggles they have faced, and how they have overcome them, as well as NDEP partner experts discussing topics important to diabetes management and prevention, like setting goals that are right for you and finding ways to fit physical activity into your daily life. To see additional videos, click on the link directly under the video section. Below the video player is a list of selected resources for patients that address coping with stress and emotions, healthy eating, being active, and managing your weight. If you need help getting started or are feeling overwhelmed, take a look at these resources to help you get going. Now let's take a look at what happens once you make some selections on the left.

Slide 4: The first option on the left-side of Diabetes HealthSense is "Help Me." For example, you can find tools that correspond with "Eat Healthy" under the "Help me" section – when you click on "Eat healthy," you will see featured resources and related publications.

Slide 5: You can look at resources from this list or further narrow your search by "I Am A," such as a person with diabetes or a family member or caregiver, "Age," "Type of Resource," and "Language." When you make these selections, you will see a much shorter list of resources, that are specific to your needs. You are narrowing the search with each additional selection. With each resource, you'll see the name of the resource, a short description, and the organization who offers the resource. To eliminate any of these filters and see more choices, click the 'x' by that search category.

Slide 6: Let's look at a couple examples. Here we have Xavier. Xavier wants to lose weight, but has a hard time sticking with a weight loss plan and he doesn't like to exercise. Xavier can narrow his search to find a resource to fit his needs by making the following selections: Under "Help Me" select "Be Active." Under "I Am A" select "Person with diabetes." Under "Age" select "Older adult (65+)." Several resources will be available for Xavier to choose from. One of the resources that Xavier will find is Exercise & Physical Activity: Your Everyday Guide. This guide is a resource from the National Institute on Aging (NIA) designed to help older adults fit exercise and physical activity into their daily lives. When you click on this resource, a new browser window will open to the resource's website.

Slide 7: Here's another example: Rachel. Rachel is overweight and is at risk for diabetes because she had gestational diabetes, or diabetes when she was pregnant. Balancing work and family makes her constantly feel stressed. She wants to manage her stress but isn't sure what she can do. She can narrow her search to find a resource to fit her needs by making the following selections: Under "Help Me" select "Cope with stress and emotions." Under "I Am A" select "Person at risk for diabetes." Under "Age" select "Adult." From the list of resources Rachel finds, she selects Bring Your Life Into Balance Toolkit offered by HelpGuide. The Bring Your Life Into Balance Toolkit includes articles, videos, and other materials to help users attain greater emotional health and balance in life.

Slide 8: Another important Diabetes HealthSense feature is called "Make a Plan." Here you see "Make a Plan" circled in red. Diabetes HealthSense's Make a Plan tool can help you think about what is important to your health and how to make a plan to take small, but important steps to help you reach your goal. There are two parts to Make a Plan, and Just One Step comes first. This tool will help you break down

your goals into smaller, achievable lifestyle changes. After you've filled out the drop-down boxes, when you click "Take this step," the tool will remind you what you set as your first step and then point you to the next tab, which is "Make a Plan."

Slide 9: Step 2 under the Make a Plan tab looks like this. Having a plan helps you find the resources that are best for you in Diabetes HealthSense. You can fill out the Make a Plan form online and print out a completed plan or save or print a blank plan that they can fill out later. You can print your plan and discuss how it's working each time you visit your health care team. The Make a Plan tool is available in both English and Spanish.

Slide 10: We hope you found this video helpful! Keep in mind that lifestyle changes are often difficult and take time. Good luck in your exploration of Diabetes HealthSense and using the resources to prevent or manage diabetes!