

Diabetes HealthSense

Resources for living well



National Diabetes Education Program

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



National Institutes
of Health



Diabetes HealthSense

Resources for living well

- 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

I Am A

Age

Type of Resource

Language

You are here: NDEP Home > Resources > Diabetes HealthSense

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.

Search HealthSense by title or keyword

Go

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.](#)



Setting Goals to Improve Your Health

Making changes to prevent or manage diabetes is about setting goals that work for you. Breaking a goal down into small steps can make achieving it easier.

- 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



- health problems
- Check my blood glucose
- › I Am A
- › Age
- › Type of Resource
- › Language

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.

0:00

1 2 3 4 5

Watch or download more videos from NDEP

Selected Resources

Need help getting started, or feeling overwhelmed? Take a look at some of the resources below to help you get on the right track.



Cope with Stress and Emotions

- › AADE7 Self-Care Behaviors Handouts - Healthy Coping



Be Active

- › Active at Any Size
- › Exercise & Physical



Eat Healthy

- › A Healthier You



Manage Your Weight

- › Small Steps, Big Results



Diabetes HealthSense

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

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NDEP | Setting Goals to Improve Your Health



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Help Me

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

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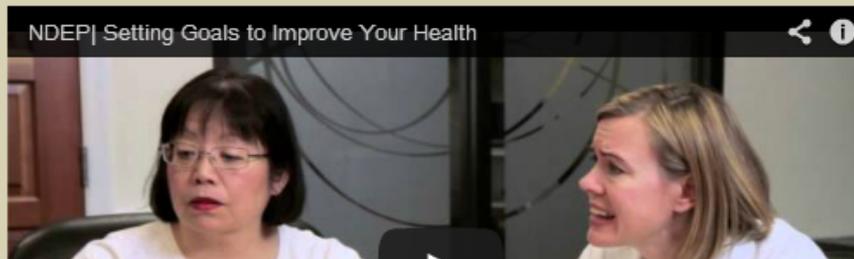
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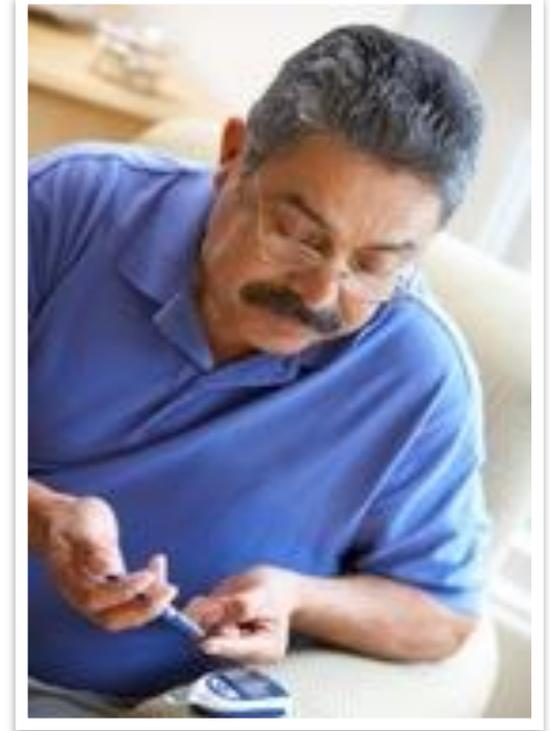
Setting Goals to Improve Your Health

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Xavier

- Age 68
- Has diabetes and knows he should be more active
- Has a hard time “sticking with it”
- Really doesn’t like to exercise





Rachel

- Had diabetes when pregnant, so now at risk for diabetes
- Overweight
- Dealing with a busy and stressful schedule
- Knows stress will affect her health but isn't sure what to do





Just One Step

Diabetes HealthSense

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HealthSense

Make a Plan

Health Care Professionals

Submit a Resource

About HealthSense

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Just One Step

Make a Plan

Change Begins with Just One Step

Even small changes — such as losing a small amount of weight and becoming more active — can go a long way toward preventing type 2 diabetes, as well as managing the disease. But even if you know what to do to improve your health, figuring out how to do it and fitting it into your daily routine can be a challenge. This tool will help you break down your goals for making modest but important lifestyle changes into small, achievable steps.

Take just one step toward better health today!

My goal this year is to: <input type="text" value="lose 15 pounds"/>	My first step is to: <input type="text" value="move more"/>	This month I will: <input type="text" value="walk 15 minutes twice a day"/>	<input type="text" value="every day"/>
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Take this step



Make a Plan: Overview

The screenshot shows the Diabetes HealthSense website interface. At the top, the text "Diabetes HealthSense" is displayed in a large, light blue font, with the tagline "Resources for living well" to its right. Below this is a dark blue navigation bar containing links: "HealthSense Home", "Make a Plan" (circled in red), "Health Care Professionals", "Submit a Resource", and "About HealthSense". A green arrow points from the "Make a Plan" link down to a corresponding tab in the main content area. The main content area has a light green header with two tabs: "Just One Step" and "Make a Plan". The "Make a Plan" tab is active. Below the tabs, there is a section titled "Getting started." with introductory text. This is followed by a section "Here are some questions to help you get started." and a "Choose how to make your plan:" section. This section offers two options: "Start now! Fill out the form online and print your completed plan *" and "Save for later. Save or print a blank plan that you can fill out later." The "Save for later" option includes a red "PDF" button. A red arrow points from the "Start now!" option down to a footnote: "* To protect your privacy, we do not save or store your answers. Closing this window will delete your answers."



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ndep.nih.gov/resources/diabetes-healthsense/

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