

# Diabetes Self-Management Plan

Your Hemoglobin A1c (HgbA1c) goal:

Your blood sugar range target:

## Green Flags — All Clear

## What this means ...



**If you have:**

- HgbA1c less than 7
- Fasting blood sugar is 90–130
- Blood sugar less than 180 (1–2 hours after eating)
- Blood pressure less than 130/80
- No decrease in your ability to maintain your activity level

- Your blood sugars are under control.
- You are achieving targets for low cholesterol intake
- Continue to take your medications as ordered.
- Continue routine blood glucose monitoring.
- Follow health eating habits-the “Plate Diet”
- Walk up to 30 minutes a day
- Keep all physician appointments.

Keep up the great work!

## Yellow Flags — Caution

## What this means ...



**If you have:**

- HgbA1c between 7 percent and 8 percent
- Average blood sugar 150–210
- Most fasting blood sugars less than 200
- Blood pressure greater than 140/90

- You may need your medications adjusted.
- Improve your eating habits.
- Increase your activity level.
- Decrease your salt intake

**Call your doctor, consulting nurse, or health care provider if changes in your activity level or eating habits don't decrease your fasting blood sugar levels.**

Name:

Number:

Instructions:

If you notice a Yellow Flag, work closely with your health care team.

## Red Flags — Stop and Think

## What this means ...



**If you have:**

- HgbA1c greater than 9 percent
- Average blood sugars greater than 210
- Most fasting blood sugars well over 200

If you have blood glucose over \_\_\_\_\_, call your physician:

**If possible, notify your health care provider's office.**

Name:

Number:

Follow these instructions: **CALL 9-1-1**

If you notice a Red Flag, call your physician immediately.

# Diabetes Fast Facts

- Diabetes is a disease that occurs when your blood glucose, also called blood sugar is too high. Over time the high blood sugar causes health problems, including heart disease, nerve damage, eye problems, and kidney disease.
- Statistics in 2014 indicated that 29.1 million people in the U.S. or 9.3 percent of the population have diabetes. Furthermore, one in four people with diabetes don't know they have the disease and it is estimated that 86 million Americans aged 20 years or older have prediabetes
- Risk factors-being overweight or obese, 45 years of age or older, a family history of diabetes, are African American, Latino, Native American, or Asian American/Pacific Islander, have high blood pressure, have low good cholesterol levels and high levels of triglycerides, are not physically active, have a history of heart disease or stroke, or have depression.
- Some people can control their blood glucose (sugar) with healthy eating and being active, however many people need to take medication either by mouth or by injection.
- Your doctor may monitor your diabetes by a lab test known as an A1c, which is a measure of your blood sugar average over 2-3 months.
- Your doctor may also want you to test your blood sugar at home. This test allows you to see what your blood sugar is at that moment, and help you adjust your day-to-day management of diabetes, including diet, exercise, and medications.

## What Can You Do?

- Talk with your health care provider about your diabetes testing and monitoring. Check your blood sugar as directed by health care provider. If you have questions about how to use a glucose meter, check with your health care provider or pharmacist.
- If you are overweight, consider a healthy eating program which can help with weight loss. Making even small changes can help. A weight loss of 5-7 percent can make a difference.
- Eat a variety of food, eat meals and snacks regularly, eat breakfast every day, eat regularly throughout the day, and eat the same amount of food from day to day.
- Make healthier food choices. Foods that are high in fiber, low in saturated fats, trans fats, cholesterol, and salt can help your overall health and diabetes management.
- Consider learning about food labels. Look at the nutritional information per serving size.
- If you eat out, consider sharing a large portion or ask for a take-out container.
- Stay physically active. Talk with your health care provider about what activity is safe for you to do.
- Consider reducing stress in your life. This may include practicing positive thinking, relaxation techniques, praying, laughter, writing your feelings down in a journal, talking to a friend, exercising, or taking part in other activities.
- If you smoke, consider quitting.

## Aging and Disability Services

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail [info@communitylivingconnections.org](mailto:info@communitylivingconnections.org)



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