

MY TYPE 2 DIABETES CARE PLAN

Your Name: _____

Your Age: _____

Cheshire And Wirral Partnership NHS Foundation Trust



What is diabetes?

Diabetes is a serious condition and does come with complications.

When you have diabetes, this means that your body doesn't produce insulin at all (Type 1) or doesn't produce enough insulin that works very well to control the sugar in our body (type 2)

Type 2 diabetes is where the body doesn't make enough insulin, or what it does make isn't enough. Type 2 diabetes can be prevented.

Following diagnosis of type 2 diabetes with the correct lifestyle changes, diet and exercise type 2 diabetes can be put into remission. Diabetes is irreversible but can be put into remission.

Remission means your blood sugar levels are healthy without needing medication.

What are the main signs or symptoms?

- Going the toilet more often
- Always feeling thirsty, even after drinking large amounts
- Often feeling exhausted, very tired, and sleepy
- Eyesight getting worse, blurry at times
- Losing weight without trying

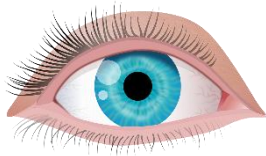
Facts

Did you know.

- 80% of people with type 2 diabetes could have been prevented.
- People can live up to 10 years with diabetes before being diagnosed. It is estimated 1 million people are currently undiagnosed
- Lifestyle changes, diet changes and moving more can reduce the risk by at least 50%
- Around 90% of people with diabetes have type 2 diabetes
- People with a learning disability are more likely to get diabetes than the general population

Type 2 diabetes is serious so what can happen?

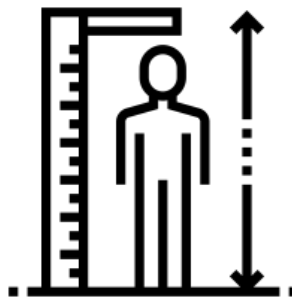
Your annual health check with the Dr should be thorough and check the following and many more!



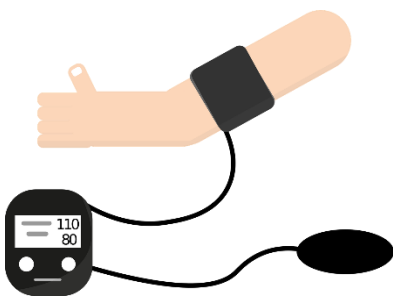
A leading cause of sight loss, called retinopathy



Your feet should be checked.
Diabetes can lead to amputations



Body Weight & Height



Blood Pressure checked

Understanding your Risk

What you **can't** change

Age – Your age can increase your risk of diabetes.

Gender – Men are slightly more likely to get Type 2 diabetes than women

Ethnicity – African- Caribbean, Black African and Asian origin are more likely at risk than a white background.

Family – Your parents or brothers or sisters having diabetes, does increase your risk of getting type 2 diabetes.

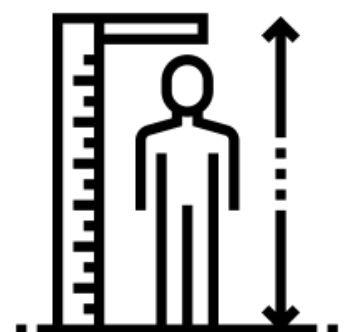
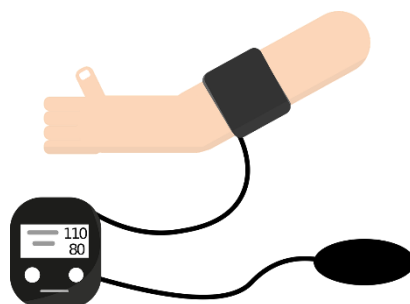
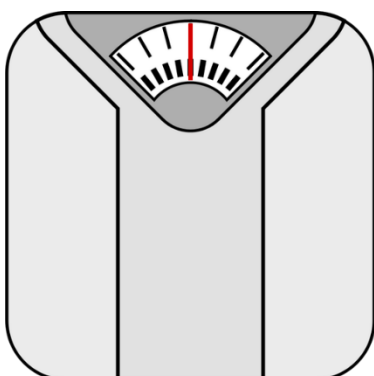
What you **can** change

Weight – Being overweight increases your risk, it means your pancreas works harder to control the levels of sugar in your body

Waist – contributes to your weight and risk.

Blood pressure - High blood pressure is also contributed to being overweight.

Change in diet and lifestyle - Eating a balanced diet, eating better, moving more can reduce weight and your risk of type 2 diabetes.



Fun ways to move more and exercise

Counting your footsteps, making a target is a great way for motivation to move more, also a fun way of doing it!



Other fun ways include taking pictures of your favourite plants or animals you see in the garden or when out on a walk.

Going on treasure hunts is also a fun way to encourage walking more.

Visit your favourite places, explore the area, and write down how many of things you have seen

How many times did you see ?

- Bus _____
- A delivery driver _____
- A Bumble Bee _____
- A dog _____
- A bicycle _____
- Your favourite plant _____
- Flowers _____
- A Plane _____
- A Cat _____
- A Dog _____



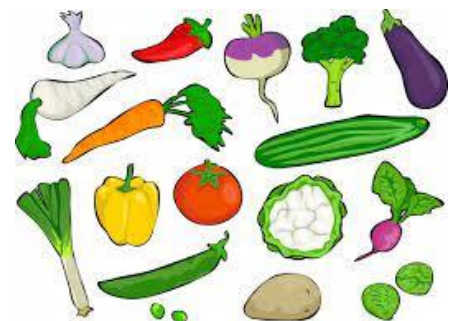
Shopping Habits

Do

- ✓ Stock up on tasty and convenient food items such as tinned tomatoes, rice, tinned fish.
- ✓ Plan a-head before going shopping, make a list and follow it exactly
- ✓ Shop for fresh fruit and vegetables, both tasty and fill a hole!
- ✓ Stock up on super foods such as nuts and seeds, berries, beans, and legumes
- ✓ Even canned fruit and veg still count towards your 5 a day! They can be cheaper and more convenient at

Don't

- ✗ Don't go shopping when hungry – the temptation to fill the trolley with more you need and more unhealthy items
- ✗ Don't go shopping without a plan.
- ✗ Buy items on a bulk deal, or sales in frequency such as “buy one , get one free” – these are usually unhealthy items with high fat and sugar content
- ✗ Be careful on the amount of fruit smoothies or fruit juices you consume; these are also high in sugar – fresh fruit is a much better option



Your Diet & food log

WEEK 1

	Breakfast	Lunch	Dinner
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

WEEK 2

	Breakfast	Lunch	Dinner
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

WEEK 3

	Breakfast	Lunch	Dinner
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

WEEK 4

	Breakfast	Lunch	Dinner
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

What medications do you currently take?

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Are there any new changes?

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My Goals & Targets

Setting goals and targets is a great way for motivation and send you on your way to feel much better and healthier.

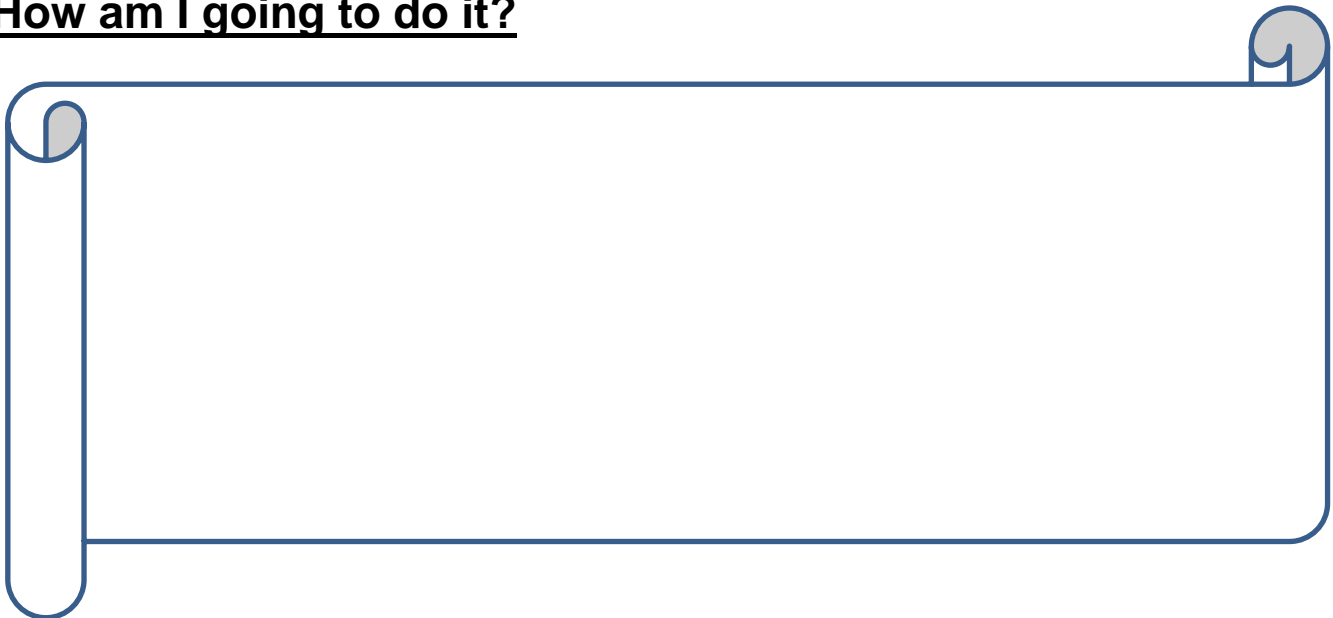
Think about the small changes you want to swap when eating.

Think about the small changes you can make to move more.

Think about why its important and the positive impact these changes can make for you.

Make these goals achievable for you and stick to them.

How am I going to do it?



My personal goal is:

