





Ready for Change

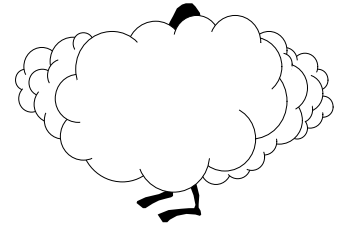
Changing the way you do things can be very hard. If you understand the stages that a person goes through in making a change, it may help you. Think about what it is that you need to do to better control your diabetes. Name a behavior that goes with preventing problems from diabetes. Walk through the stages. See what stage you are presently in and work on ideas to help you to move to the next stage.

 <p>Unaware!</p> <p>1</p>	 <p>Aware!</p> <p>2</p>	 <p>Making a Plan!</p> <p>3</p>	<p>Acting on Plan!</p> <p>4</p> 	<p>Part of Lifestyle!</p> <p>5</p> <p>Congratulations!</p>
<p>Are there changes I could make?</p>	<p>There are changes I could make!</p>	<p>I am making plans for change!</p>	<p>I am working on my plan and making changes as needed to meet my goal!</p>	<p>My goal is now part of my lifestyle I am living healthier!</p> 

Stage 1: Unaware

Are there changes I could make?

- You may not even be aware that there is a problem.
- You know there is a problem, but you may have no idea of changing in the near future - within the next 6 months.
- You may even deny the need for change.



You might say, "I have always been overweight. Everyone in our family is heavy."

What can you do? Move to the next stage!

Become more aware of the need for change.

- Get to know yourself
- Get more information on how changing can help you.
- Get more information on problems that may occur if you do not change.

Stage 2: Aware!

There are changes I could make

- You may be thinking about making a change in the near future.
- You know there is a problem but you are not ready to change.
- You are thinking about making a change in the next six months.



You might say, "I've heard that being overweight can lead to diabetes. But I don't think I can handle going on a diet".

What can you do? - Move to the next stage!

- Decide why you want to change.
- What is your end goal? What do you want to accomplish?
- Get more information on what you want to change.

My diabetic day

Just how different would your day be if you followed a healthy day for a diabetic? Check the boxes of the things you do daily. Write in things we may have left out.

My Current Day	My Healthy Day
On the run - no time to eat or take medicine	Check blood sugar Write in log book
	Take medicine before I eat
Took medicine but usually do not eat breakfast	Breakfast- Eat 3 to 4 servings of carbohydrate
Do not sit down and make a food plan	Take a few minutes to make my weekly food plan and make shopping list
No time to fit exercise in my day	Exercise by walking for 30 minutes - Check my feet
Feel hungry -eat a donut	Mid morning Eat 1 carbohydrate snack-fruit
May or may not eat lunch	Lunch Eat 3-4 servings of carbohydrate
Starving -Maybe eat fast food	Mid-afternoon Eat 1 carbohydrate snack- crackers
	Shop for groceries with list
Shop for groceries	Take medicine before dinner
Eat out or eat whatever is easy to fix	Dinner - eat 3-4 servings of carbohydrate
	Check blood sugar and write in log
Go to ER with Sugar crisis!	Sleep 6-8 hours

Find your Body Mass Index number to see if you need to loose or gain weight, **Body Mass Index**, or **BMI** is the measurement of choice to determine obesity. The BMI takes into consideration both your height and your weight.

The table on the next page has already figured it out for you.

Find your height in inches in the left-hand column.

Example: if you are 5 feet 4 inches tall

$$\begin{aligned} 5 \text{ feet} &= 60 \text{ inches} \\ 4 \text{ inches} & \\ &= \mathbf{64} \text{ inches} \end{aligned}$$



Move across the row closest to your weight.

Example: if you weigh 175 pounds choose the row with **174**

A person age 35 or older with a BMI of 27 or more is obese.

Look at the top of the row for your BMI

Example: if you are 64 inches tall and weigh 175 pounds your **BMI is 30**

For a person under age 34 a BMI of more than 25 is considered obese.

BMI CHART

Stage 3: Making a plan!

I am making plans for change



- You are making a plan to change. You know what you want to do.
- Get help from your health care provider if necessary.
- You get the information, start planning,
- You may tell your family and friends.
You may need to ask your friends and family for help.
- You are serious about making a change in the near future.



You might say, "I am going to lose some weight. I learned that I might be able to take less insulin."



Planning for success means having a successful plan!

What can you do? - Move to the next stage!

- Decide on small goals that you know you can do. Small steps can lead to larger ones.
- Write specific **action plans**. What are the steps that you are going to do to reach your goal? Write them out with a date for when you are going to start.

Example:

Goal: lose weight

Plan: measure my portion sizes for one week

Mark my calendar to walk for 10 minutes every other evening

I will eat sugar free jello in place of ice cream this week

I will drink water in the place of soda in the morning for one week

Stage 4: Acting on my plan!

I am working on my plan and making changes as needed to meet my goal!



Work with your plan every day!

- Make changes as needed to reach your goal.
- You may have a hard time getting started and keeping the change. Slipping back into old habits is normal. Don't give up, change is worth it!



**Don't worry about what happened yesterday.
Today is a new day.
Start working on your plan.**

You might say, "I'm walking three times a week for half an hour. I made this change, I can make changes"

- This stage may last six months to longer!

What you can do -

- Talk to your health care provider about how you are doing.
- Get ideas on how you can overcome problems.
- If needed, join a support group. Get help from your family and friends.
- Celebrate your successes. Buy that item you have always wanted, take a vacation, take your family to their favorite park, etc.

Do not use food for a reward

Stage 5: Part of my lifestyle

My goal is now part of my lifestyle I am living healthier!

- Continue working on your goals.
- You may have setbacks but get back on track as soon as possible.
- Remember the changes are worth it!
- Continue to make changes to your plan as needed.



**Celebrate your success!
Make changes as needed!**

What you can do -

- Remind yourself of your success and how much better you feel!
- You may be faced with problems or things that make it hard for you to stay on course. Look for help from family and friends.