

Diabetes Collection

Perfect for a person or group diagnosed with type 2 or pre-diabetes. Designed to offer you a tailored approach to meet an individual or group "where they are at" in the diabetes self management journey. From an initial introduction in basic concepts to laying a foundation for self management, the Diabetes Collection covers it all!

Details

Professional Level for the Toolkit:

- Diabetes Educators
- Nurses
- Dietitians
- Certified Diabetes Coaches

Suggested Professional Use:

- 1:1 Coaching for the Toolkit
- Website access to the Journey

Comprehension Level for the Journey:

- Adult Consumer

Stages

Stage 1

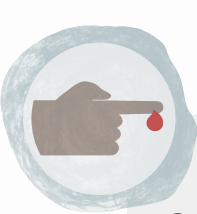
Awareness and Observation. A period for you to get to know your client's understanding of the diagnosis and readiness to meet the challenges for necessary change.

- **Focus for practitioner:** Dealing with Emotions, Observing Readiness to Change, Diabetes Coaching
- **Client Education:** Coping with a New Diagnosis, Daily Blood Sugar Log, Reducing Added Sugars, Snack List
- **Suggested Goals:** Food journaling, taking blood sugar everyday and reducing added sugars in the diet.

Stage 2

Learning NEW Skills. Getting down to the basic skills for self management. The tools necessary to build a foundation of basic skills, as necessary for the ongoing lifestyle, behavior and nutrition requirements.

- **Focus for practitioner:** Reading Food Labels, Diabetes Meal Planning, Easy Steps for Patients & Families
- **Client Education:** Food Label Made Simple, Pocket Portion Guide, Meals in Minutes, Exercise Mindset
- **Suggested Goals:** Identify carbohydrates on food labels, implement a plan for physical activity and simplify grocery shopping.



Stages

Stage 3

Goal Setting and Making Changes.

Content and helpful downloads to support your client's focus on setting personal goals and making changes to be successful with diabetes or pre-diabetes.

- **Focus for practitioner:** Dealing with Emotions, Observing Readiness to Change, Diabetes Coaching
- **Client Education:** Coping with a New Diagnosis, Daily Blood Sugar Log, Reducing Added Sugars, Snack List
- **Suggested Goals:** Food journaling, taking blood sugar everyday and reducing added sugars in the diet.

Stage 4

Review and Move Forward.

Supportive elements for going into long term maintenance of diabetes or pre-diabetes.

- **Focus for Practitioner:** Understand the Symptoms, Review the Basics of Diabetes
- **Client Education:** Eating Nutrient Dense, Living a Balanced and Healthy Life, Identify Common Challenges, Reflection
- **Suggested Goals:** Discuss challenges, possible solutions and planning for living a balanced and healthy lifestyle.

1. The Food Label Made Simple Video
2. Understanding Symptoms of Diabetes
3. Tips for Living a Balanced and Healthy Life
4. Tips for Managing Blood Glucose Levels
5. Reducing Added Sugars in the Diet

Toolkit Items

Stage 1

1. Diabetes Education: Introduction Questionnaire
2. Dealing with Emotions Associated with Diabetes
3. Diabetes Coaching: A General Flow Chart
4. Coping with a New Diabetes Diagnosis
5. Understanding Diabetes and Pre-diabetes
6. Reducing Added Sugars in the Diet
7. Diabetes Snack List
8. Daily Blood Sugar Log
9. Diabetes Food Journal

Stage 2

1. Diabetes Meal Planning
2. Diabetes: 5 Easy Steps for Patients & Families
3. Reading Food Labels
4. The Food Label Made Simple Video
5. Pocket Portion Guide
6. Meals in Minutes
7. Tips for Exercising with Diabetes
8. Sugar and Its Many Names

Stage 3

1. Meal Prep the Right Way
2. Nutrition Terms Cheat Sheet
3. How to Use Glucose Wands
4. Goal Setting
5. Dining Out with Diabetes
6. Acute and Chronic Symptoms of Diabetes
7. Diabetes Education: Stage 3 Reflection

Stage 4

1. Understanding Symptoms of Diabetes
2. Eating Nutrient Dense Foods
3. Tips for Living a Balanced and Healthy Life
4. Basics of Diabetes
5. Common Challenges for Those Living with Diabetes
6. Diabetes Education: Stage 4 Reflection

Journey Items

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| 6. Diabetes Snack List | 11. Holiday Season Tips |
| 7. Get Moving! | 12. Winter Produce |
| 8. Fun Mindset | 13. Summer Produce |
| 9. Treating Pre-Diabetes | 14. Spring Produce |
| 10. Dining Out with Diabetes | 15. Fall Produce |