

My health action plan for diabetes



My health action plan for diabetes

Name

This plan was started on

Healthy eating



What I do now

What I am going to do

Activities and sport






What I do now


What I am going to do

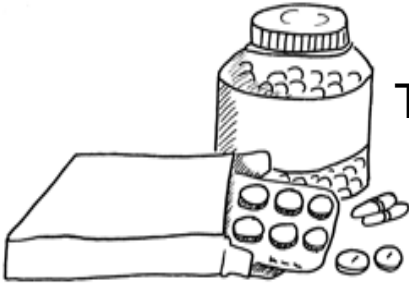


Day:

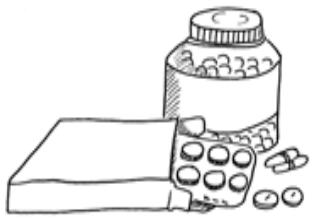
Day:

Day:

Health checks	What I do now	What I am going to do
 <p data-bbox="638 493 747 542">Eyes</p>		
 <p data-bbox="638 875 739 924">Feet</p>		
 <p data-bbox="558 1240 726 1354">Check - ups</p>		

Health checks	What I do now	What I am going to do
 <p data-bbox="558 526 724 634">Check - ups</p>		

My medication	What I do now	What I am going to do
 <p>Tablets</p>		
 <p>Insulin injection</p>		
 <p>Testing your blood</p>		



Name of
medication:

Name of
medication:

Name of
medication:

Name of
medication:

Morning

Lunchtime

Evening



Name of
medication:

Name of
medication:




Name of
medication:


Name of
medication:

Morning

Lunchtime

Evening

Other things I need to think about	What I do now	What I am going to do
 <p>Alcohol</p>		
 <p>Smoking</p>		
 <p>Help or support</p>		

Other things I need to think about	What I do now	What I am going to do
<div data-bbox="157 370 422 699">  </div> <div data-bbox="512 461 674 570"> <p>Help or support</p> </div>		

My health checks



HbA1c test



The test is to find out how much sugar is in your blood



Your blood test is ok if it is under 7



Your blood test is not ok if it is more than 7.5

How much sugar is in my blood?

Put your numbers in the box


Date

Numbers


Date

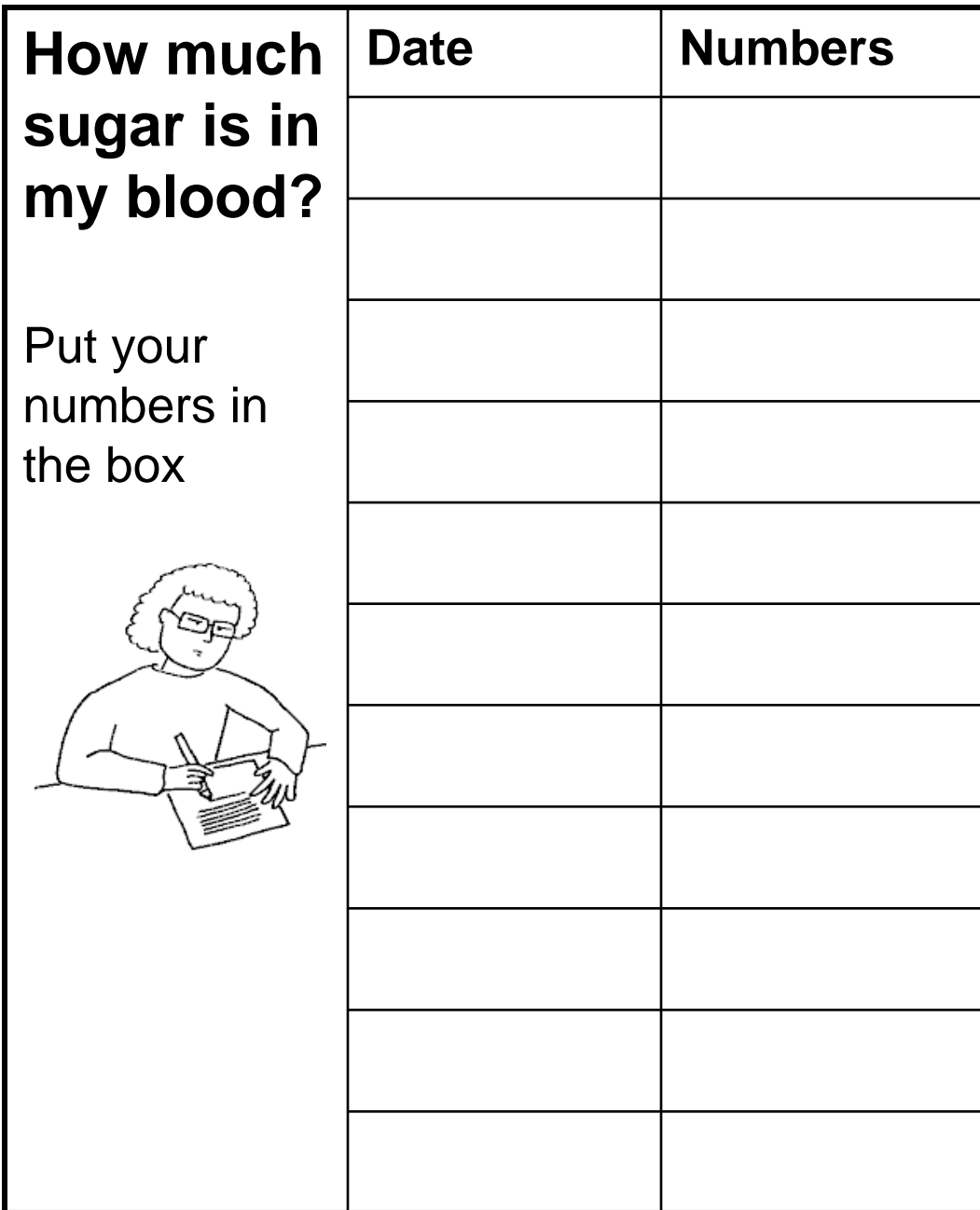
Numbers

How much sugar is in my blood?	Date	Numbers



How much sugar is in my blood?	Date	Numbers



[illegible]

Blood pressure



There will be 2 numbers



The first number is ok if it is under 135

The second number is ok if it is under 75



The first number is not ok if it is more than 140

The second number is not ok if it is more than 80

What is my blood pressure?

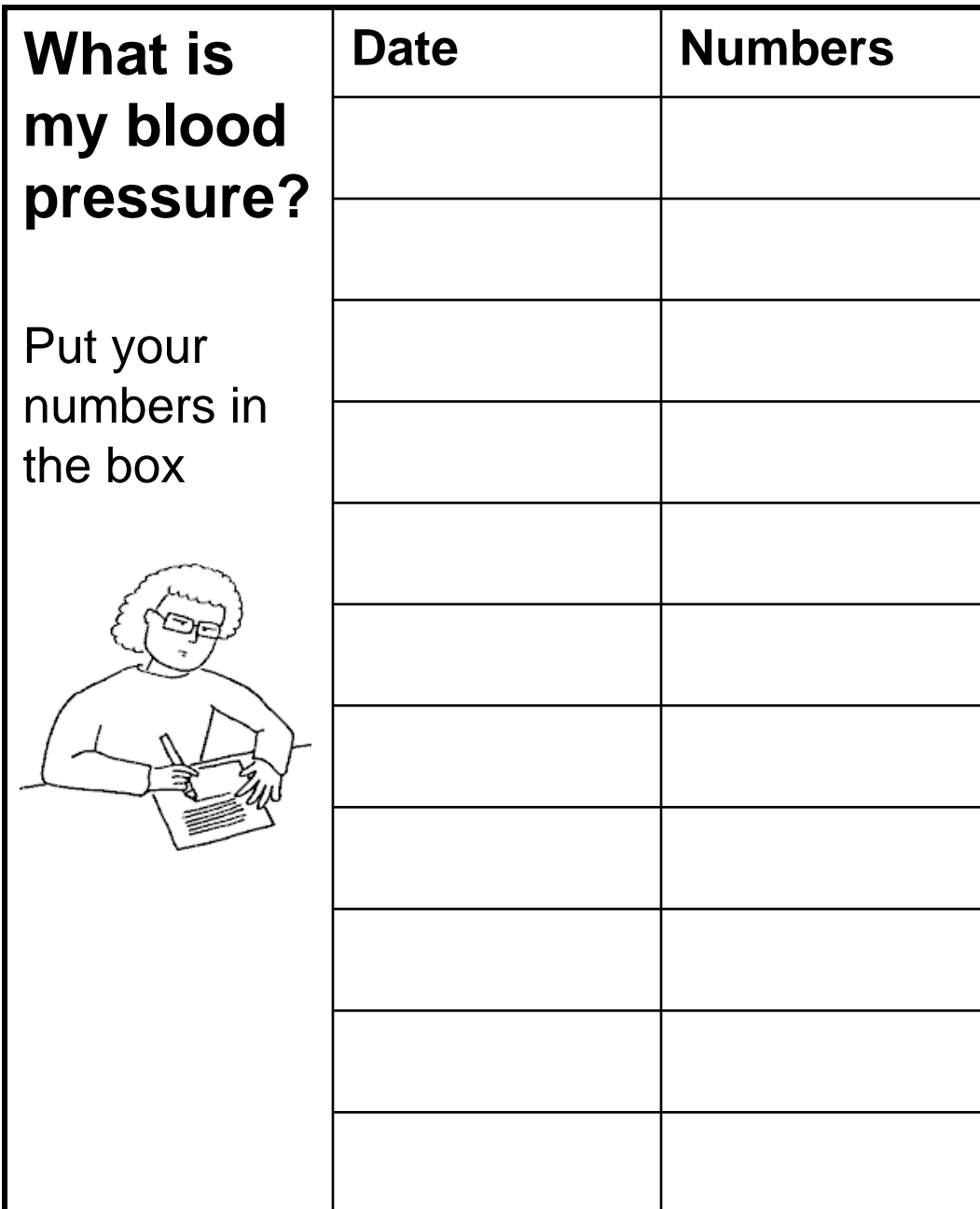
Put your numbers in the box

Date

Numbers

Date

Numbers

[illegible][illegible][illegible]

Your weight and body shape



The size of your waist shows how healthy you are



For a man your waist size is ok if it is under 37 inches or 94 centimetres (cms)



For a man your waist size is not ok if it is more than 37 inches or 94cms

What size is my waist?

Put your waist size in the box

Date

Number

Date

Number

Your weight and body shape



The size of your waist shows how healthy you are



For a woman your waist size is ok if it is under 31.5 inches or 80 centimetres (cms)



For a woman your waist size is not ok if it is more than 31.5 inches or 80cms

What size is my waist?

Put your waist size in the box


Date

Number


Date

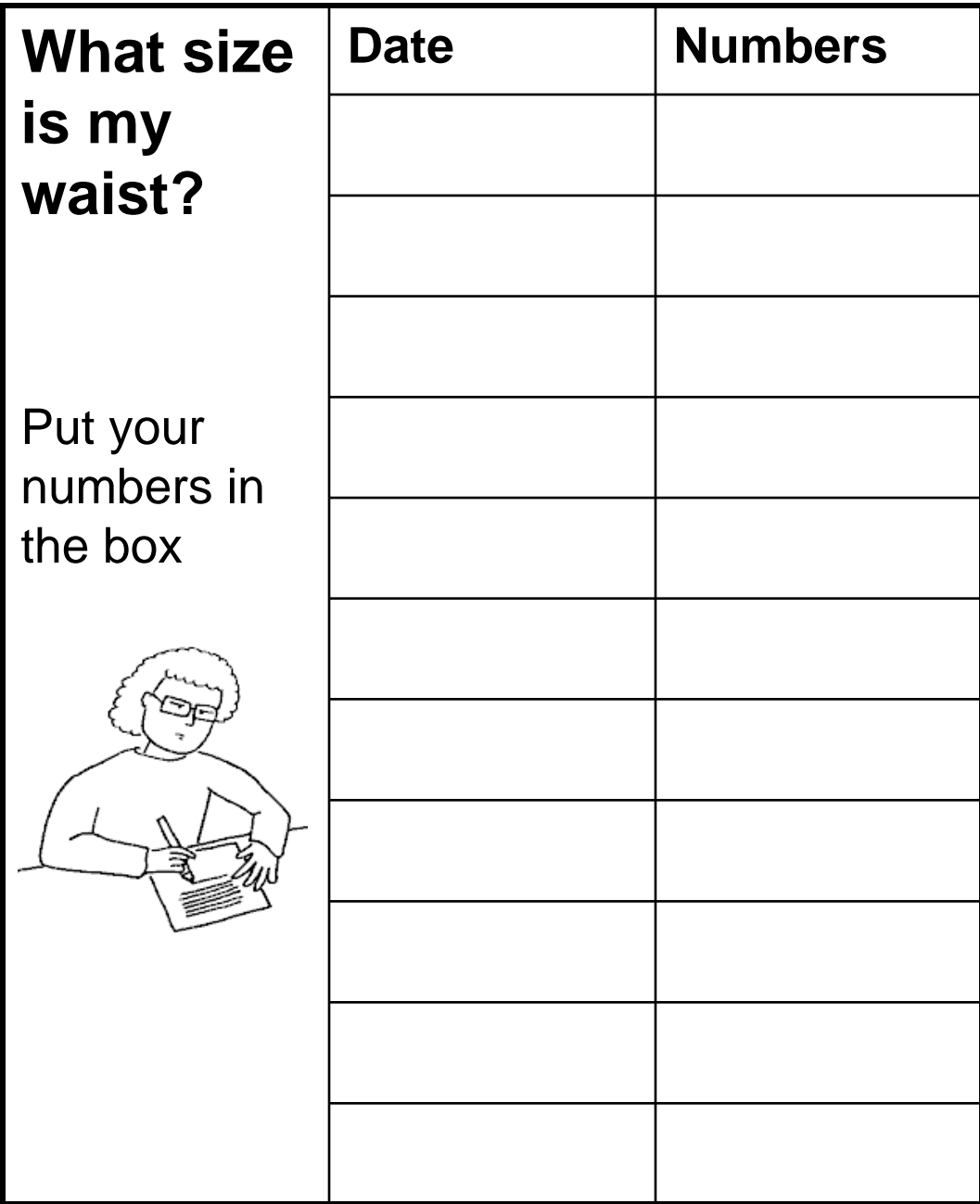
Number

What size is my waist?	Date	Numbers



What size is my waist?	Date	Numbers



[illegible]

Cholesterol test



The test is to find out how much fat is in your blood



Your test is ok if it is under 4



Your test is not ok if it is more than 5

How much fat is in my blood?

Put your numbers in the box


Date

Number


Date

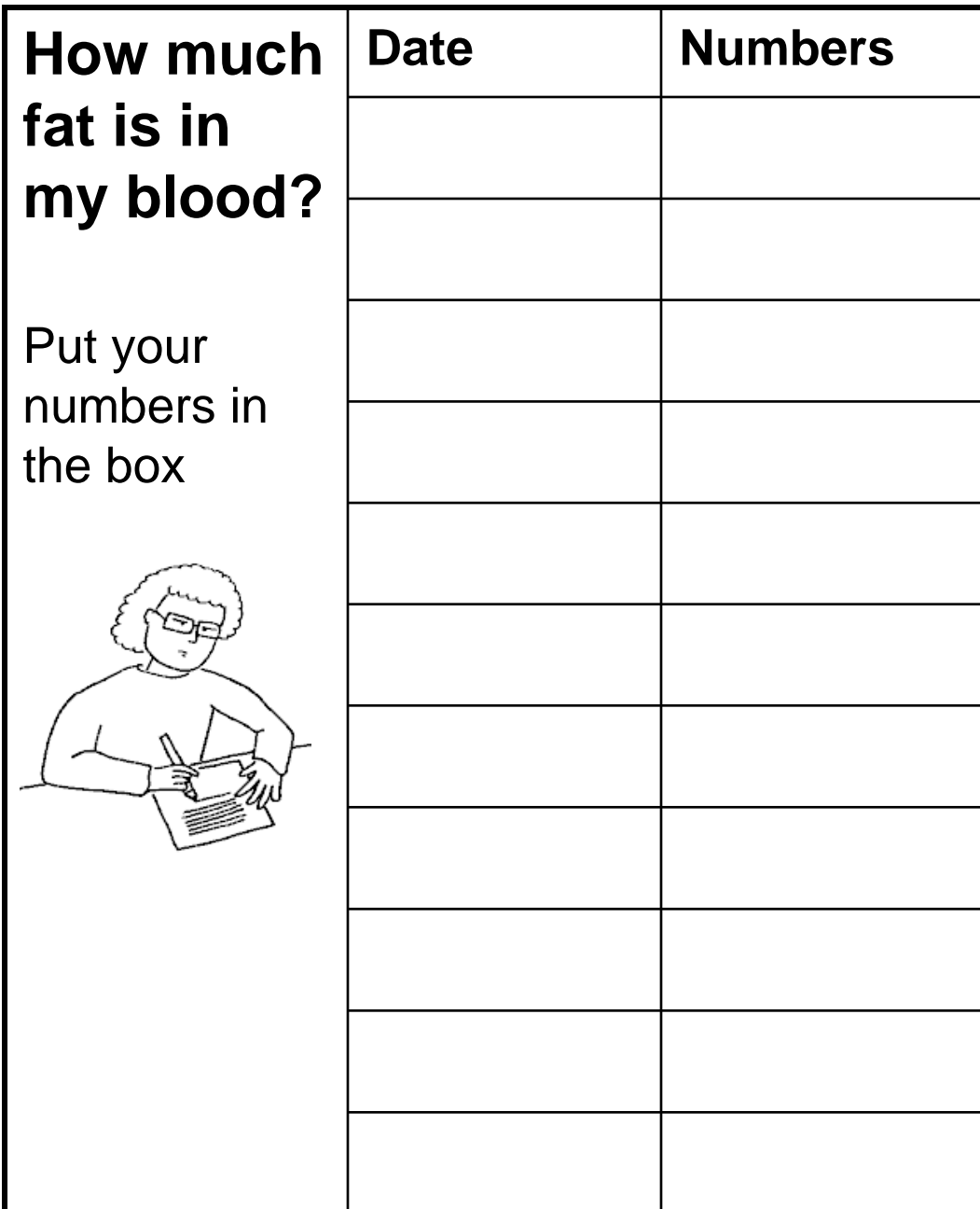
Number

How much fat is in my blood?	Date	Numbers



How much fat is in my blood?	Date	Numbers



[illegible]

This booklet has been written by the Healthy Living Group

(A sub group of the Northamptonshire Learning Disability Partnership Board)

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- Diabetes Team, Northamptonshire Teaching Primary Care Trust
- Community Learning Disability Teams, Northamptonshire Health Care NHS Trust

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The pictures and symbols are:

- NHS Photo Library
- Change Picture Bank
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