

Living Well with Diabetes

Know your ABCs

Diabetes is a condition people have for life. It can be a serious disease and cause other health problems for people who don't manage it well. To help you manage your diabetes, think **A.B.C.**

A = A1C

The A1C is a blood test that shows what your average blood sugar has been for the past 3 months. A lower score means better blood sugar control. A higher score means your blood sugar has been too high. High blood sugar can hurt your kidneys, feet, and eyes. Most people with type 2 diabetes should aim for an A1C score of between **7 and 8 %**. People with type 1 diabetes, and some people with type 2, do better with an A1C score that's **7 %** or lower.

B = Blood pressure

High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease. The goal for most people with diabetes is to keep blood pressure below **130/80**.

C = Cholesterol

There are different kinds of cholesterol. The 2 you hear most about are HDL (sometimes called good cholesterol) and LDL (sometimes called bad cholesterol). LDL can build up in your blood and cause heart disease. People with diabetes should aim for an LDL cholesterol level less than **100**.

My ABC goals

My ABCs	Date	My numbers	My goals	When to have my next test
A1C				
Blood pressure				
Cholesterol				

You can reach your ABC goals if you:

- Make healthy food choices
- Stay physically active
- Take your medicine
- Test your blood sugar
- Get to a healthy weight
- Don't use tobacco

What do YOU want to work on first?

You don't have to work on everything at once. Pick one area that you want to tackle. Then make an action plan to help you achieve your goal. For example, if you want to make healthier food choices, your first action plan might be to add a piece of fruit to your breakfast on Monday, Wednesday, and Friday.

Use this form or design your own. Be ready to make a new plan when you reach your goal.

My action plan to help me reach my ABC goals

Start date: _____

End date: _____

What am I going to do?	
How much am I going to do?	
When am I going to do it?	

The people who can help me reach my goals (friends, family, co-workers, members of my health care team):

My plan	I did it!	What worked, what didn't
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Adapted from *Control Your Diabetes for Life* by the National Diabetes Education Program, a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention. NIH Publication No. 04-5492. December 2003 and *Living a Healthy Life with Chronic Conditions*, Lorig, Sobel, et al. Third Edition. Copyright 2006 Bull Publishing Company.