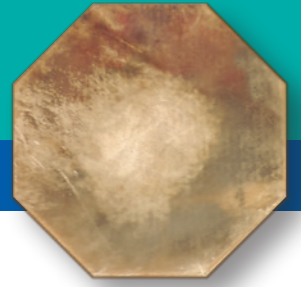




# LIVING A BALANCED LIFE WITH DIABETES:

Resources to Help a Loved One Deal with Diabetes



Diabetes is very common in American Indians and Alaska Natives. If someone you care about has diabetes, there are many things you can do to help them take care of themselves and their diabetes.

## LEARN ABOUT DIABETES

- Read about diabetes online or borrow books from a library. Learn about how American Indians and Alaska Natives are affected by diabetes.
- Go to doctors' visits with your loved one.
- Join a diabetes support group. Ask your loved one's health care team about support groups in your area.

## TALK ABOUT DIABETES

- Let your loved one know that you want to help them manage their diabetes.
- Ask them about any goals they have to take care of themselves and their diabetes. Ask if there are any goals that you can help with.
- Ask them about their plans to become more physically active and to eat healthy foods. Ask if they want your help with these plans.
- Check in with your loved one if you feel that they are having a tough time dealing with their diabetes.
- If your loved one is feeling down or sad, let them know this is normal. Ask your loved one if they know how to get help at the clinic or hospital, or by speaking with a spiritual counselor.

## BE ACTIVE TOGETHER

- Find things that you can do together, like walking, running, or riding bikes.
- Try a new activity that you both might enjoy.



### DEALING WITH DIABETES CAN BE HARD.

You may notice that your loved one feels down sometimes. Ask what you can do to help them feel better. Encourage your loved one to talk to their health care team or spiritual counselor when they feel down.

## LEARN MORE ABOUT DIABETES RESOURCES FOR AMERICAN INDIANS/ ALASKA NATIVES

National Diabetes Education Program (NDEP)  
[https://www.cdc.gov/diabetes/ndep/communities/  
american-indian-alaska-natives/resources.html](https://www.cdc.gov/diabetes/ndep/communities/american-indian-alaska-natives/resources.html)  
1-800-CDC-INFO (800-232-4636)

American Diabetes Association  
[http://www.diabetes.org/in-my-community/  
awareness-programs/american-indian-  
programs/?loc=imc-slabnav](http://www.diabetes.org/in-my-community/awareness-programs/american-indian-programs/?loc=imc-slabnav)  
1-800-DIABETES

Diabetes Wellness Connection  
[www.laplaza.org/health/dwc/nadp/](http://www.laplaza.org/health/dwc/nadp/)

## LEARN MORE ABOUT CARING FOR SOMEONE WITH DIABETES

NIH National Diabetes Education Program  
<https://ndep.nih.gov/resources/diabetes-healthsense/>  
1-888-693-NDEP (6337)

CDC National Diabetes Education Program  
<http://www.cdc.gov/diabetes/ndep/index.html>  
1-800-232-4636

dLife  
[www.dlife.com/diabetes/lifestyle/diabetes-caregivers](http://www.dlife.com/diabetes/lifestyle/diabetes-caregivers)

## LEARN MORE ABOUT BEING ACTIVE

Health Topics—Exercising and Keeping Fit  
[https://americanindianhealth.nlm.nih.gov/exercise.  
html](https://americanindianhealth.nlm.nih.gov/exercise.html)

Climb these Steps to a Healthier You  
[https://www.niddk.nih.gov/health-information/  
health-topics/diet/changing-habits/Documents/  
Changing\\_Your\\_Habits\\_Flyer.pdf](https://www.niddk.nih.gov/health-information/health-topics/diet/changing-habits/Documents/Changing_Your_Habits_Flyer.pdf)

Physical Activity  
[https://www.ihs.gov/forpatients/healthtopics/  
PhysicalActivity/](https://www.ihs.gov/forpatients/healthtopics/PhysicalActivity/)



AS SOMEONE WHO CARES ABOUT  
A PERSON WITH DIABETES  
THERE ARE MANY DIFFERENT WAYS  
YOU CAN HELP THEM.  
LEARN ABOUT DIABETES.  
TALK ABOUT DIABETES. BE ACTIVE  
TOGETHER. ALL OF THESE STEPS  
CAN HELP YOUR LOVED ONE TO DEAL  
WITH DIABETES.

Ann Bullock, MD, Indian Health Service, and Lemyra DeBruyn, PhD, Centers for Disease Control and Prevention, reviewed this material for technical accuracy.  
February 2017

**National Diabetes Education Program**  
For more information call 1-800-CDC-INFO (800-232-4636)  
TTY 1-888-232-6348 or visit [www.cdc.gov/info](http://www.cdc.gov/info)  
To order resources, visit [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)

