

CHOOSE
HEALTHY LIFE

IN THIS
HOUSE
WE
BELIEVE
IN HEALTH

AND THAT INCLUDES
**DIABETES
AWARENESS**



Choose Healthy Life, a national nonprofit dedicated to improving health outcomes through partnership with the Black Church, is here to help you learn about and manage diabetes.

Living well with diabetes is possible, with tools & trusted resources to help you take control of your health — one day at a time.

WHAT IS DIABETES?

- Your body has trouble using sugar (glucose) because it doesn't make enough insulin or can't use it well.
- **Type 1** (body doesn't make insulin), **Type 2** (less insulin is made and it's not as effective), and **gestational** (during pregnancy).
- With the right care, people live long, healthy lives.

GET TESTED & KNOW YOUR KEY NUMBERS

- Cholesterol • Blood Sugar
- A1C • Blood Pressure

DAILY LIVING TIPS



Portion Control Plate

Method: ½ non-starchy veggies; ¼ lean protein; ¼ whole grains



Move daily: 10–15

minute walk after meals



Manage Lifestyle

It's important to get 7–8 hours of sleep a night, and do what you can to manage stress.



RISK FACTORS, TECHNOLOGY & TREATMENT

Essential knowledge, tools, and tips that make life easier.

RISK FACTORS

- Family history; overweight/waist weight; inactivity
- High blood pressure/cholesterol; gestational diabetes
- Age 45+; higher risk for Black Americans

TREATMENT OPTIONS

- Oral meds (e.g., metformin) and other classes
- GLP-1 and SGLT2 medicines (ask your provider)
- Insulin (various types and schedules)

DIABETES TECHNOLOGY

- Glucose meters (finger-stick)
- Continuous Glucose Monitors (CGMs)
- Insulin pumps and automated insulin delivery systems
- Tubeless Omnipod delivery system (from Insulet)

CAREGIVER ESSENTIALS

- Ask how your loved one wants help
- Routines for meals, meds, and exercise
- Know low/high blood sugar signs and treatment
- Keep an emergency kit (meter/CGM, insulin/pens, snacks)
- Track meds and refills; set reminders
- Bring device data, med list, insurance cards to appointments
- Track meds and refills; set reminders
- Ask about goals: A1C, BP, cholesterol

Your wellbeing matters just as much as your loved one's. Taking care of yourself helps you provide the best support without burning out. It's not selfish to prioritize your own health & peace of mind.

Remember to make space for your needs each day.



WE'RE HERE TO HELP

Visit choosehealthylife.org/diabetes for more information, and free events near you. Get tested and talk to a Choose Healthy Life Health Navigator about managing diabetes.

LEARN MORE



COMMUNITY RESOURCES

You're not alone – support options exist.

insulet.com

diabetes.org

cdc.gov/diabetes

findahealthcenter.hrsa.gov

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