Eat Wisely and *Be Physically Active*: Take Control of Type 2 Diabetes

Diabetes can be managed!

Balancing the food you eat with exercise and medicine (if prescribed) will help you control your weight and can keep your blood sugar in the healthy range. This can help prevent or delay complications. Many people with diabetes live long and healthful lives.

If your weight is a concern consider joining MOVE!, a comprehensive lifestyle intervention targeting weight loss through dietary changes, physical activity and improved weight management behaviors. This approach, particularly when delivered in a group format, has been shown to be effective for managing diabetes.

Stay one step ahead of your diabetes with these resources.

MOVE! Resources

Eat Wisely

- Eat Wisely: A Healthy Living Message
- Eat Wisely Whiteboard Video

Be Physically Active

- Be Physically Active: A Healthy Living Message
- Be Physically Active Whiteboard Video

Strive For A Healthy Weight

- Strive For A Healthy Weight: A Healthy Living Message
- Strive For A Healthy Weight Whiteboard Video
- MOVE!11 Patient Questionnaire
- MOVE! Success Stories
- MOVE! Videos
- Manage Your Weight – Create a Healthy Plate Placemat

MOVE! Handouts

- The Basics of Weight Control
- Set Your Weight Loss Goals
- How Do I Get Started With Changing My Eating Habits
- How Do I Get Started With Increasing My Physical Activity
- Making Healthy Food Choices with a Healthy Plate
- The Four Elements of Fitness
- Sample Aerobic Activity Plan for Beginners
- Daily Food And Physical Activity Diary
- Change Your Behavior
- Diabetes and MOVE!

Veterans Health Library

http://www.veteranshealthlibrary.org/

The Veterans Health Library (VHL) offers Veterans, their families and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that's consistent with VA clinical practice. Its information, resources, and tools are engaging, "Veteran-friendly" and written in plain language VHL helps Veterans understand and manage health problems, make informed health decisions, and actively partner with their health care teams. A sample of items within the VHL on Take Control of Type 2 Diabetes: Eat Wisely & Be Physically Active:

- What is Type 2 Diabetes?
- Diabetes: Shopping for and Preparing Meals
- Diabetes: The Benefits of Exercise
- Go-to-Guide for Managing Type 2 Diabetes
- Understanding Type 2 Diabetes
- Video – Diabetes: Type 2
- Weight Management: Getting Started
- Weight Management: Healthy Eating
- Weight Management: Physical Activity
- Weight Management and Physical Activity: Getting the Most from Your Minutes
- Exercise for Mental Health

Department of Veterans Affairs Resources

- **Nutrition Education – Nutrition & Food Services**
  http://www.nutrition.va.gov/diabetes.asp

Federal Government Resources (links provided below will leave the Department of Veterans Affairs web site.)

US Department of Agriculture (USDA) & US Department of Health and Human Services (HHS)

- **Dietary Guidelines for Americans 2015-2020**
  The 8th edition of *Dietary Guidelines for Americans* offers authoritative science-based nutrition guidance to help Americans make informed food choices that promote overall health.
  http://www.cnpp.usda.gov/dietary-guidelines

Healthfinder.gov

- **Take Steps to Prevent Type 2 Diabetes**
  http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=73&cnt=1&areaID=0

National Institutes of Health – Medline Plus

- **Diabetes**
  Information about diabetes, including numerous online resources.
  http://www.nlm.nih.gov/medlineplus/diabetes.html

National Diabetes Education Program

- **National Diabetes Education Program**
  For those with newly diagnosed diabetes or anyone wanting to learn more about the disease, find links for fact sheets, diabetes control, diabetes prevention, resources for children and adolescents and pre-diabetes.
  http://healthfinder.gov/FindServices/Organizations/Organization.aspx?code=HR3465

  http://www.niddk.nih.gov/healthinformation/health-communication-programs/ndep/pages/index.aspx

- **More Than 50 Ways to Prevent Type 2 Diabetes**
  http://ndep.nih.gov/media/NDEP71_Choose50Ways_4c_508.pdf

Non-Federal Government Resources

(Links to non-Federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by NCP or the Federal Government, and none should be inferred.)

American Diabetes Association

- **Questions to help you learn if you are at risk for type 2 diabetes**
  http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/

- **Spanish version**
  http://www.diabetes.org/es/usted-corre-el-riesgo/examen-de-riesgo-de-la-diabetes.html