



Sticking With It

Veteran Joe Frazier explains how TLC helped him get serious about losing weight and managing his diabetes

"I've tried diets before and lost some weight, but I didn't always stick with it. It's been different with TLC though. 'Strive for a Healthy Weight' is my Healthy Living goal, and I've been on the program for 6 months and lost 21 pounds!

TLC is helpful because it's encouraging—you learn that you *want* to do it, you *have a reason* to do it, and you *can* do it. The education part of TLC is really good, and I've been reading the program materials. I now really feel like I'm educated on my diabetes.

I've learned that I need to manage my weight and change my eating habits. I often skipped meals, so eating a breakfast, lunch, snack, and dinner was a big change for me. I'm also eating smaller portions now. Working with the MOVE!® Program here at the VA St. Louis HCS has also helped me—especially the group support.

My lab values are all where they should be or lower. My A1c was 7.1 percent when I was first diagnosed with diabetes, but over the last 6 months I've gotten it below 6.5 percent. That's really, really good progress! I can now see how my healthier eating is driving the improvements in my diabetes. If I keep doing this, I believe that I can successfully manage my diabetes.

I tell Veterans that they need to make up their mind to eat wisely, then be serious about it—follow the instructions, set realistic goals, and just do it!"



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