

# ***Diabetes Passport***

---



***Your Journey to Wellness***

This Diabetes Passport will help you track your health in 4 key areas for people living with diabetes:

- **Body Mass Index**
- **Blood Sugar (Blood Glucose)**
- **Blood Cholesterol**
- **Blood Pressure**

Bring this Passport with you when visiting the doctor, so you can monitor your results and stay on track with your self-care plans.



---

*My Diabetes Passport*

## *Body Mass Index*

### What is BMI?

Your body mass index — or BMI — shows the amount of fat in your body. BMI is calculated using height, weight, and waist measurements. BMI identifies weight levels that could lead to serious health problems.

### What is a healthy BMI?

Below 18.5 = underweight  
**18.5 to 24.9 = normal**  
25.0 to 29.9 = overweight  
30.0 or more = obese

BMI is only one way to understand your risk for health problems. BMI also varies by gender, age, and race. Your doctor will help you identify your own health strengths and risks.



### What is my BMI?

Your height:

Your weight:

Your waist:

Your BMI:

Your BMI is considered:

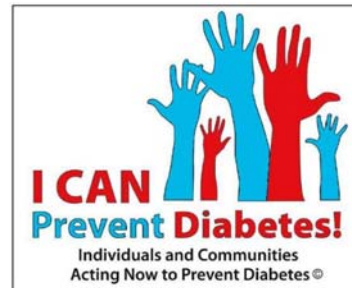
If your BMI is over- or under-weight, ask your doctor for resources to learn more about healthy eating and exercise.

---

*My Diabetes Passport*

## **Blood Glucose (Blood Sugar)**

The food we eat is turned into glucose, or sugar, that gives our bodies energy. The pancreas makes a chemical called insulin to help blood sugar enter our cells. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin well. This causes sugar to build up in the blood. When blood sugar goes up and stays high, it's called diabetes.



Diabetes can cause serious health problems like heart disease, blindness, and kidney failure.

### **What are my results today?**

### **Testing for Blood Sugar**

Your A1C:

An A1C test shows your average blood sugar level over the past 2 to 3 months. This lets you know how well your blood sugar is being controlled over time.

A1C results are interpreted as follows:

- 4 to 5.6% = Balanced A1C**
- 5.7 to 6.4% = Pre-diabetes A1C
- 6.5% or higher = Diabetes A1C

Diabetes is a serious illness that can respond well to changes in diet, daily exercise, and proper treatment. Ask your doctor to help you make a diabetes and emotional wellness self-care plan.

## Cholesterol & Triglycerides

Cholesterol and triglycerides are needed by your body. But, if you have too much of them in your blood, it can lead to (or make worse) heart disease, diabetes, stroke, and other health problems.

Cholesterol is carried in the blood by LDLs and HDLs. LDL is known as “bad” cholesterol because it can build up in your arteries and block them. HDL is “good” cholesterol because it helps flush it out of your body.

LDL = “Lousy” cholesterol  
HDL = “Healthy” cholesterol

### What is healthy total cholesterol?

<200 mg/dL = **Healthy**  
200-239 mg/dL = **Borderline high**  
240 mg/dL and above = **High**

### What are healthy triglycerides?

<150 mg/dL = **Healthy**  
150-199 mg/dL = **Borderline high**  
200 mg/dL and above = **High**

### What are my results today?

Your total cholesterol:

Your LDL:

Your HDL:

Your total cholesterol tested as:

Healthy	Borderline High	High
---------	-----------------	------

Your triglycerides:

	Healthy Borderline high High
--	------------------------------------

High cholesterol or triglycerides can be a sign of health problems that can be treated with diet, exercise, and/or medicine.

---

*My Diabetes Passport*

## **Blood Pressure**

Your blood pressure moves blood throughout your body. Blood pressure goes up and down throughout the day. When it goes up and stays high, it's called high blood pressure.

With high blood pressure, your heart has to pump harder than it should to move blood around your body.

The medical term for high blood pressure is hypertension.

High blood pressure increases risk for heart attack, stroke, kidney problems, and blindness.

You can have high blood pressure and not know it. This is why it's important to track your blood pressure.



Blood pressure (BP) is often measured with an inflatable cuff around the arm. It is given in two numbers showing different measurements of blood pumping in the veins. Results are read like this:

**Normal = <120/80**

Pre-hypertensive =  
120-139/80-89

High blood pressure =  
140/90+

### **What is my BP?**

Your BP:

Second BP reading (taken if your first one was high):

Today, your BP tested as:

Normal	Elevated	High
--------	----------	------

High blood pressure can be well controlled with diet, exercise, and medicine.

## *My Diabetes Passport*

### **Heart Health**

The heart is one of the most important organs in our bodies. Unfortunately, many diseases affect the condition and functioning of the heart, including diabetes, obesity, high cholesterol, and high blood pressure.

It's important to know that heart disease is the #1 killer of American men and women.

Also known as cardiovascular disease, conditions of the heart can include abnormal heart rhythms, narrowing of the arteries, heart valve disease, and heart attack or failure.

The good news is that heart disease can be managed. You can manage it by learning more about it, finding the best treatments and supports, and becoming an active partner in your own care.

You also can maintain a healthier lifestyle to reduce strain on your heart.



The first step to better health is understanding your own risks, needs, and strengths. People at the lowest risk for heart attack can say ALL of the following are true for them:

- Nonsmoker
- Total cholesterol less than 200 mg/dL,
- HDL cholesterol greater than 40 mg/dL
- Systolic BP less than 120, Diastolic BP less than 80
- No evidence of diabetes
- Not overweight
- No family history of early cardiovascular disease

With diabetes, you are at some risk for heart disease. If you also have a history of heart disease and/or these other risk factors, your needs are more pressing.

But, there is hope! You can work with your doctor and other supporters to manage your heart health for a longer and happier life!

---

*My Diabetes Passport*

***Record of Health Tests***

<u>DATE</u>	<u>TEST</u>	<u>RESULTS</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



---

*My Diabetes Passport*

***Record of Health Tests***

<u>DATE</u>	<u>TEST</u>	<u>RESULTS</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

---

*My Diabetes Passport*

## **Steps to a Healthier You**

**See a doctor regularly.** Continue to monitor your weight, blood sugar, cholesterol, blood pressure, and other health needs to get the support and treatment you may need. Self-care plans work!



**Eat healthy meals and snacks.** Eat fruits, vegetables, whole grains, and low fat dairy products. Drink 6-8 glasses of still water every day.

**Be active.** It is important to be physically active every day. Being active doesn't only mean working out at a gym. You also can take walks, garden, play sports, or dance to your favorite song. Plan to move your body every day.

**Reduce or eliminate unhealthy habits.** Work to reduce or stop using cigarettes, alcohol, caffeine, energy drinks, and other unhealthy substances. It can be very hard to break these habits, but doing so could improve your physical and mental health.

**Manage stress and isolation.** Many people with diabetes and mental health issues deal with a lot of stress. Others may become isolated as they struggle to manage their health needs. If this sounds like you, please ask your doctor and supporters for help and resources to reduce stress and isolation.

**Create balance in your life.** Creating balance means having healthy meals, physical activity, and adequate sleep each day. It also means doing things that make you happy. Create time in your life to relax and have fun!

**Track your progress.** Set small goals that you can achieve over time. When needed, ask for support from family, friends, peers, and/or health care providers.

---

*My Diabetes Passport*

## *Health Resources*

<http://www.cmhsrp.uic.edu/health/>

Center on Psychiatric Disability & Co-Occurring Medical  
Conditions

<http://www.diabetes.org/>

American Diabetes Association

1-800-860-8747

National Diabetes Information Clearinghouse

<http://www.webmd.com/>

WebMD

<http://www.cdc.gov/>

Centers for Disease Control and Prevention

<http://www.heart.org/HEARTORG/>

American Heart Association

<http://www.mayoclinic.com/health/HealthyLivingIndex/>

[HealthyLivingIndex](http://www.mayoclinic.com/health/HealthyLivingIndex/)

Healthy Living, Mayo Clinic

**University of Illinois at Chicago  
Center on Psychiatric Disability and Co-  
Occurring Medical Conditions  
© 2013**

The UIC Center on Psychiatric Disability and Co-Occurring Medical Conditions is funded by the U.S. Department of Education, National Institute on Disability and Rehabilitation Research; and the Substance Abuse and Mental Health Services Administration, Center for Mental Health Services, Cooperative Agreement #H133B100028. The views expressed herein do not reflect the policy or position of any Federal agency.