

Target Information

Diabetes control (Hba1C)

Your Hba1C result is an overall measure of glucose control over the past 8-10 weeks. A level of between 42 and 53 is associated with the lowest risk of complications.

Blood pressure (BP)

A target blood pressure of below 140/80 lowers the risk of complications such as heart disease, stroke and kidney disease. A target of below 135/75 is used if you already have kidney disease.

Cholesterol and blood fats

Lowering your cholesterol and blood fats (lipids) can reduce the risk of complications such as heart attacks and strokes. Whether or not you need treatment depends on your overall risk. The target for cholesterol is less than 4.

Weight, BMI and waist measurement

Being overweight increases the risk of many medical conditions including heart disease, arthritis and premature death. It can also worsen diabetes and blood pressure. The body mass index (BMI) is another way to look at your weight by adjusting for your height. A BMI between 19 and 25 is best for your health. Aim for a gradual weight loss that you can maintain by healthy eating, reducing the size of your meals and regular activity.

Physical activity

Regular physical activity such as walking, swimming, dancing or cycling will help regulate your blood glucose levels, protect your heart and will help you manage your weight. Aim to do at least 30 minutes of moderate activity on 5 days of the week, so that you are slightly breathless and warm but still able to maintain a conversation.

Healthy eating

The diet for people with diabetes is a normal healthy diet recommended for everyone - low in fat, sugar and salt but with plenty of fruit and vegetables. Aim for 5-8 portions of fruit and veg every day.

Mood changes

Having a chronic illness like diabetes can lead to changes in your mood or self esteem. If you have a high score you should see your nurse or doctor for help tackling this.

Kidney tests, eye check and foot check

Diabetes can lead to damage to the kidneys, eyes and feet if your blood sugar levels are not well controlled, so make sure you have these checked every year. Your kidneys are tested by looking at a blood test (eGFR) and whether there is protein in your urine.

Smoking

Smoking causes many different health problems but is particularly damaging in people with diabetes - it makes complications much more likely.

Diabetes Care Plan

Name:

Date:

Date:

Date:

Date:

Date:

HbA1c		48	53	58	64	69	75	80	86	86+
Date:										
HbA1c:										

Blood Pressure		125	130	135	140	145	150	155	160	165	170
		65	70	75	80	85	90	95	100	105	110
Date:											
BP:											

Cholesterol		2	3	4	5	6	7	8	9	10	11+
Date:											
Cholesterol:											

Body Mass Index		19-25	26-30	31-35	36-40	40+
Date:						
BMI:						
Weight:						

Waist Measurement		M:<94cm/37" F:<80cm/31.5"	M:94-102cm/37-40" F:80-88cm/31.5-34"	M:>102cm/40" F:>88cm/34"
Date:				
Waist:				

Activity Sessions (per week)		7	6	5	4	3	2	1	0
Date:									
Activity Sessions:									

Fruit/Veg Portions (per day)		5-8	3-4	1-2	0
Date:					
Fruit/veg Portions:					

Mood Score		0-7	8-10	11-15	16-21
Date:					
Mood Score:					

Kidney Checks	
Date:	
eGFR:	
Urine:	

Other Checks	
Smoking?	
Eye Check:	
Foot Check:	