



SIMPLE TIPS

SHARING DIABETES WITH YOUR FRIENDS AND FAMILY



FROM: DELAINE WRIGHT, MS, RCEP, CDE, FIT4D DIRECTOR AND HEAD COACH

Choosing whether or not to share your diabetes with others is a personal decision. Sharing your diabetes with family and friends or in a support group can help you build a great support system and may help improve your diabetes management.

Just as education is the key to empowering you to live a healthful life with diabetes, education is also the key to helping your friends and family support you! Family members who do not understand diabetes fully may be more likely to bring tempting “junk food” into the house or give inaccurate advice on what or how much to eat. When sitting down for a meal, share with your family how to count carbohydrates; if they had diabetes, which foods would raise their blood glucose? What would be the best food choices if their blood glucose levels were high? Talk to your family and friends about ways they can support your efforts and goals. If there are things they do to make your efforts more challenging, share that with them, but also share suggestions for alternatives or a more helpful approach. Often friends and family do want to learn more about diabetes to help and support the person they love.

Family and friends can also learn a lot about diabetes by attending a support group, lecture, or educator appointment with you. Other options for sharing include writing a personal blog, which can inspire others as well. Remember, sharing your diabetes is a personal choice. Choose your own pace.

Personal Perspective: “Living with diabetes for 26 years, I find that sharing my diabetes story helps inspire others to successfully manage their diabetes.” – Delaine Wright, MS, RCEP, CDE

Feeling the support of your family and friends – now that’s a Simple Win!

References: American Diabetes Association: www.diabetes.org
American Heart Association: www.americanheart.org

