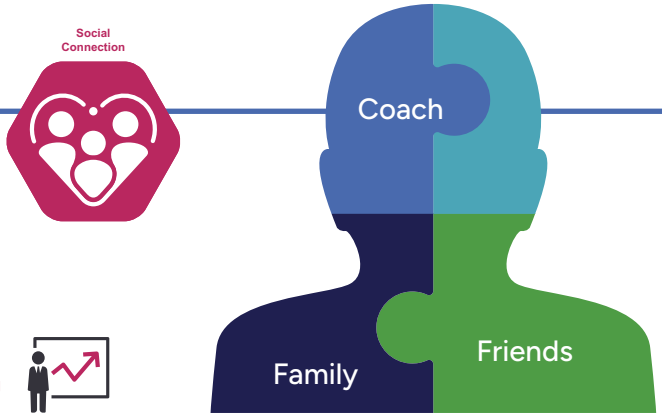
AMERICAN COLLEGE OF Lifestyle Medicine

Relationships Matter for Better Health



Building strong social connections can help you reinforce healthy lifestyle habits.* This can make it easier to prevent and manage diabetes, or even reverse diabetes in some cases. Here are six things to consider to build supportive relationships.



** Healthy lifestyle habits for diabetes include: what you eat, how you move (and how often), how you sleep, how you deal with stress, and whether you use risky substances like drugs or alcohol.*

1

Involve family members in your care, and invite them to join you in making lifestyle changes. Bring them to appointments or group programs or include them in follow-up calls about your care. Share with your family what you need to do at home to reach your health goals.

2

Tell friends what you need when you're together. Examples are choosing places to eat out that have healthy plant-based options, prioritizing restful sleep, exercising together, or staying away from alcohol or tobacco.

3

Get support from peers with diabetes experience. Ask your doctor if they know someone (or a peer group) to recommend. This would be someone who successfully manages diabetes — or has reversed it altogether.

4

Join a program about lifestyle change for diabetes. In your community, programs may be led by healthcare professionals, community health workers, or community organizations. Peer support may be included in these programs.

5

Seek out a health coach trained in lifestyle change for diabetes. This is someone who can work with you one-on-one and help you identify and achieve your goals. (Working with a health coach is not usually covered by insurance.)

6

Choose more than one way to connect with others. The more people in your life who support you, the more you may find success with making changes and sticking with them.

Recommended local programs, coaches, and support partners: [TO BE COMPLETED BY YOUR HEALTHCARE PROVIDER]

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