



Materials for World Diabetes Day 2022

Helpful Printouts

We know not everyone is digitally minded, so here are some quick links to PDFs that can be printed out for use at stalls or outreach events etc.

[Know Diabetes Easy Read PDF for people with Diabetes and a Learning Disability](#)

[Know Diabetes 7 Day meal Planner](#)

[Know Diabetes 3 Day Food Diary](#)

[Know Diabetes Weight Loss tracker in St/lbs](#)

[Know Diabetes Weight Loss tracker in Kg](#)

[10 Point Training Trifold leaflet for People with type 2 diabetes](#)

[10 Point Training Trifold leaflet for People with diabetes in hospital](#)

[10 Point Training trifold leaflet for parents or carers of children with type 1 diabetes](#)

Meal Plans

Know Diabetes 7-day lower carb meal plans:

[Arabic, Caribbean, South Asian \(vegetarian\), South Asian \(non vegetarian\), and West African Meal Plan](#)

QR code posters

These posters can be printed out and allows people to scan the QR codes with their phones, which navigates them to the popular Know Diabetes content:

[Know Diabetes QR Code Posters – Languages/Translation, REWIND \(Type 2 remission\), Healthier You \(Type 2 Prevention\), Foot Health Quiz, Meal Plans](#)



Trends Leaflets

TREND-UK is a working group of diabetes nurses with a wide range of different skills and backgrounds. It was set up in 2009 in response to a request by the National Clinical Director for Diabetes at the time, who wanted a collective voice representing all diabetes nursing groups. You can also check the trend website to ensure you are using the latest version

[All the PDF are linked to the Know Diabetes website:](#)

[Diabetes and your kidneys](#)

[Diabetes and dementia](#)

[Diabetes and menopause](#)

[Diabetes and enteral feeding](#)

[Diabetes and looking after your feet](#)

[Diabetes and emotional well-being](#)

[T1 Diabetes: What to do when you're ill](#)

[T2 Diabetes: What to do when you're ill](#)

[Keeping safe with insulin therapy](#)

[Managing mealtime insulin](#)

[T2 Diabetes and steroids](#)

[65+: Keeping well with T2D](#)

[Diabetes: Why do I sometimes feel shaky, dizzy and sweaty?](#)

[Alcohol, smoking and illicit drugs](#)

[Diabetes and travel](#)

[Diabetes: Safe driving and the DVLA](#)