



Small changes can help reduce your risk of diabetes

Type 2 diabetes can be prevented, even if you have prediabetes. Behavioral and lifestyle factors influence your development of type 2 diabetes more than family history. Making a few lifestyle changes can dramatically lower your chances of developing type 2 diabetes.

5 simple steps to lower your risk

Manage your weight

Being overweight is a key risk factor for type 2 diabetes. If your weight is above the healthy range, losing just 5 to 7 percent of your current weight and 150 minutes of moderate exercise per week has been shown to reduce the chance of a person with prediabetes developing type 2 diabetes by 58%.¹

Be active

Inactivity promotes type 2 diabetes. Moving your muscles more often and making them work harder helps your body to use insulin better and absorb glucose. Make exercise a part of your daily routine to increase your physical activity level. Start by counting the number of steps you take each day. Track your steps with a wearable fitness tracker, smartphone app that tracks fitness, or a pedometer. Try taking the stairs or parking at the far end of the parking lot to increase your step count.¹

Follow these basic recommendations when making food choices:²

- Choose whole grains and whole grain products over highly processed carbohydrates, like white bread, white rice and mashed potatoes.
- Choose water or lightly sweetened coffee or tea over sugary drinks, like sodas, fruit drinks and juices.
- Choose healthier fat sources instead of saturated fat. Avocados, nuts and seeds, olive and canola oil are more healthful choices. However, be careful of eating too much. Fat, regardless of type, has a lot of calories.
- Choose healthier protein sources, such as lean poultry or fish.

If you smoke, take steps to quit.

Type 2 diabetes is one of many health problems linked to smoking. Smokers are 30% to 40% more likely to get type 2 diabetes than those who do not smoke.³ Smoking can also increase your risk for heart attack or stroke.⁴

Keep a food diary

Monitor your blood glucose and learn how your body reacts to carbohydrates, exercise, stress, and medication.[†]

Consult your physician before making changes to your medication, diet, fitness program, or blood glucose testing schedules.

[†] Ask your physician what your blood glucose target should be.

¹ <http://www.diabetesforecast.org/2018/02-mar-apr/how-to-prevent-and-treat.html>
Accessed September 24, 2020

² <https://www.medicalnewstoday.com/articles/317718> Accessed September 24, 2020

³ <https://www.webmd.com/diabetes/ss/slideshow-prediabetes-recommendations>
Accessed September 24, 2020

⁴ <https://www.diabetes.org/diabetes-risk/prevention/smoking> Accessed September 24, 2020

Changes I plan to make before my next doctor's visit:

1. _____
2. _____
3. _____