



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 has been shown to reduce the incidence of 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. Even walking briskly for 30 minutes every day of the week reduces stress on your insulin-making cells and has been shown to decrease your chances of developing type 2 diabetes.

Follow these basic recommendations when making food choices:

- 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 polyunsaturated fats instead of trans fats. Fats from fish, nuts and seeds are more healthful choices than sweets. However, be careful of eating too much. Fat, regardless of type, has a lot of calories.
- Limit red meat and avoid processed meat; choose healthier protein sources, such as nuts, whole grains, poultry, or fish. Eating small amounts of processed red meat each day – just two slices of bacon, one hot dog, or the like – has been shown to increase diabetes risk.

If you smoke, take steps to quit.

Type 2 diabetes is one of many health problems linked to smoking. Smokers are more likely to develop diabetes. Smoking can also increase your risk for heart disease and stroke.

Keep a food diary

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

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

1. _____
2. _____
3. _____

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

¹ <http://www.diabetes.org/advocacy/advocacy-priorities/prevention/> Accessed August 15, 2018

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

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