

Prevent Type 2 Diabetes

With These 5 Simple Tips

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About 1 in 10 Americans have type 2 diabetes. Many more see type 2 diabetes in their family and worry about their own risk of contracting the disease. But did you know that 90% of people at risk for diabetes could prevent it by simply adopting certain lifestyle changes?

Learn what to look out for and get practical tips to help you lower your risk.

SYMPTOMS

Typical symptoms of diabetes include:



Frequent urination



Excessive thirst



Unexpected weight changes



Blurry vision

RISK FACTORS

You could have a higher risk of developing type 2 diabetes if you:

Are 45 years or older

Had gestational diabetes

Have a family history of diabetes

Belong to a certain ethnicity*



Are overweight

Engage in physical activity less than 3 times a week

Have heart disease, high blood pressure, or high cholesterol

Risk Factors You CAN'T Change

Risk Factors You CAN Change

*African Americans, Hispanics, Latinos, Native Americans, Asian Americans, Native Hawaiians, & Pacific Islanders are at an increased risk.

COMPLICATIONS

People with diabetes have a higher risk of:



Heart disease



Stroke



Kidney disease



Nerve problems

5 LIFESTYLE CHANGES TO PREVENT DIABETES

1



Keep your weight in check

If you're overweight, losing 7% of your body weight can greatly lower your risk of diabetes

2



Sit less; walk more

Just 30 minutes of brisk walking a day can lower your chances of developing diabetes by 30%

3



Embrace foods with healthy fats

Replace unhealthy fats (think fast food & baked goods) with healthier options like fish & plant-based foods

4



Try to quit smoking

Reach out to your doctor or pharmacist for proven strategies that make quitting easier

5



Say no to highly processed foods and drinks

Avoid:



- ❌ Soft drinks with added sugar
- ❌ Refined grains (breakfast cereals, white bread & white rice)
- ❌ Processed meats (deli meat, sausage & bacon)

Choose:



- ✓ Water, fresh fruit juice & coffee
- ✓ Whole grains/whole wheat foods (brown bread & brown rice)
- ✓ Fish, nuts & legumes

TIP

If you think you're at risk of type 2 diabetes, consult with your doctor for personalized recommendations and assistance in making the necessary lifestyle changes

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