

6 TIPS

for lowering your risk of diabetes

Did you know that **84 million** Americans are at risk for prediabetes?

Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a disease that may cause kidney failure, stroke, blindness, loss of feet or legs, or heart attack. Many people can lower their risk of type 2 diabetes through lifestyle changes that include physical activity and healthier eating habits. These tips can help:

- 1 Manage your weight.** Studies show that being overweight is a major risk factor in developing type 2 diabetes. Losing 5–7 percent of your body weight can help slow or reverse prediabetes (this is only 10–20 pounds if you weigh 200 pounds).
- 2 Be active.** A minimum of 2.5 hours (150 minutes) of light aerobic activity every week is recommended. Go for a walk, take the stairs, ride a bike or any activity that gets you moving.
- 3 Eat healthy.** Cutting out foods high in sodium, fried food and saturated fats can help improve your weight, blood glucose, blood pressure, cholesterol numbers and overall health. A food and activity tracker is a great tool for maintaining your goals.
- 4 Quit smoking.** Stopping tobacco use is a benefit for many reasons – lowers risk of heart disease, diabetes, cholesterol, blood pressure, lung and mouth cancers, and more. Talk to your doctor about a stop smoking program.
- 5 Know your numbers.** Your blood glucose (sugar) and your A1C are important to follow your progress.
- 6 Share your personal health history and family health history with your doctor** to ensure appropriate testing. Some ethnic groups have a higher risk of developing diabetes.

Join a diabetes prevention program if your physician diagnoses you with prediabetes or abnormal blood glucose. This program offers support and tips to help reduce your risk of type 2 diabetes and improve your health! Your doctor can direct you to a program near you, or visit doihaveprediabetes.org to find a program in your area.

This health alert is brought to you by:



Source: American Medical Association, Centers for Disease Control and Prevention, American Diabetes Association. 10/2023

These items are provided solely for informational purposes and are not intended as a substitute for consultation with a medical professional. Patients with any specific questions about the items on this list or their individual health should consult their physician.

