

PREVENT DIABETES

Per the CDC:

Research studies have found that moderate weight loss and exercise can prevent or delay type 2 diabetes among adults at high-risk of diabetes.

Diabetes is the seventh leading cause of death. It is also the leading cause for complications such as blindness, kidney failure, and lower extremity amputations. In addition to these human costs, the estimated total financial cost of Diabetes Mellitus in the United States in 2007 was \$174 billion, which includes the costs of medical care, disability, and premature death.

Nearly 24 million Americans have diabetes. Of these people living with diabetes, about 18 million have been diagnosed, and about 6 million do not know they have it.

Ways you can help prevent diabetes

Prediabetes is a condition in which people have blood glucose levels that are higher than normal but not high enough to be classified as diabetes. Prediabetes places the individual at high risk of developing diabetes, heart disease, and stroke. Obesity is also a major risk factor for diabetes. However, progression to diabetes among those at risk is not inevitable. Recent studies have shown that people at high risk for type 2 Diabetes can prevent or delay the onset of the disease by eating healthier, increasing physical activity, and losing 5 to 7 percent of their body weight. Knowing your risk lets you take charge of your health by making lifestyle changes, such as staying physically active and eating nutritious foods.

Healthful eating helps keep your blood glucose, also called blood sugar, in your target range. Diabetes is a disease that results in too much sugar (glucose) in the blood. Your body does not have enough insulin available to turn food into energy. High levels of glucose slowly damage your eyes, heart, kidneys, nerves, legs, and feet. People with diabetes have problems converting food to energy. After a meal, food is broken down into a sugar called glucose, which is carried by the blood cells throughout the body. Cells use the hormone insulin, made in the pancreas, to help them process blood glucose into energy. People develop type 2 diabetes because the cells in the muscles, liver, and fat do not use insulin properly. As a result, the amount of glucose in the blood increases while the cells are starved of energy.

The symptoms of diabetes can be so mild that you might not even notice them. As mentioned above, many people have no signs and symptoms.

What to look for is: **increased thirst, increased hunger, fatigue, increased urination, weight loss, blurred vision, and sores that don't heal.** Sometimes people have symptoms but do not suspect diabetes. They delay scheduling a checkup because they do not feel sick.

Risk factors:

Have a parent, brother, or sister with diabetes.

Your family background is African-American, Native American, Asian American, Pacific Islander, or Hispanic American/Latino.

Have had gestational diabetes, or gave birth to at least one baby weighing more than nine pounds.

Blood pressure is 140/90 or higher, or have been told you have high blood pressure.

Cholesterol levels are not normal. HDL is 35 or lower, or tri-glyceride level is 250 or higher.

Physically INACTIVE

Diabetes is a serious disease affecting approximately 20 million people in this country, again, you may be at risk if you are Hispanic, overweight, or do not exercise regularly.

Two keys to success:

Get a minimum of 150 minutes of moderate-intensity physical activity, such as brisk walking, dancing or gardening every week.

Eat a variety of foods that are low in fat, and reduce the number of calories you eat per day.

For more information on Diabetes:

[The National Diabetes Education Program \(http://www.cdc.gov/diabetes/ndep\)](http://www.cdc.gov/diabetes/ndep)

[Prevent Diabetes](#)

<http://www.cdc.gov/diabetes/consumer/prevent.htm>

[Frequently Asked Questions: Staying Healthy with Diabetes](#)

<http://www.cdc.gov/diabetes/consumer/healthy.htm>