

# Type 2 Diabetes Prevention



Type 1 diabetes is an autoimmune disease, without known prevention.

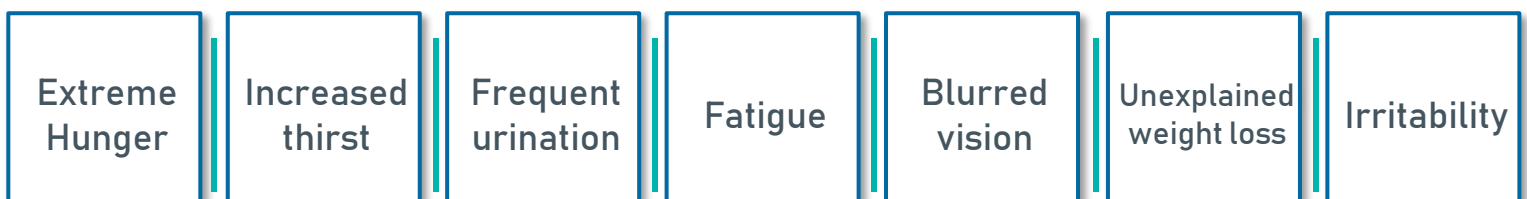
Type 2 diabetes, however, can be prevented or delayed through proven, achievable healthy lifestyle habits. By making healthy lifestyle changes, you lower your risk of diabetes, while also lowering your risk of other disease. Not to mention, you'll feel better and have more energy.

## Healthy Lifestyle Habits

- **Weight Control:** Weight control is an important part of diabetes prevention. You may be able to prevent or delay diabetes by losing 5 to 10 percent of your current weight. For example, if you weigh 200 pounds, your goal would be to lose between 10 and 20 pounds. Once you lose the weight, it is critical that you don't gain it back.
- **Eat Healthy:** It is important to reduce the amount of calories you eat and drink each day, so you can lose weight and keep it off. To do that, your diet should include smaller portions and less fat and sugar. You should also eat a variety of foods from each food group, including plenty of whole grains, fruits, and vegetables. It's also a good idea to limit red meat and avoid processed meats. <sup>1</sup>
- **Exercise Regularly:** Exercise has many health benefits, and can help you to lose weight and lower your blood sugar levels.<sup>2</sup> These both reduce your risk of type 2 diabetes. Try to get at least 30 minutes of physical activity 5 days per week. If you have not been active, talk with your healthcare professional to determine which types of exercise are best for you. <sup>3</sup> You can start slowly and work up to a bigger goal.
- **Don't Smoke:** Smoking can contribute to insulin resistance, which can lead to type 2 diabetes. If you already smoke, try to quit. <sup>4</sup>
- **Talk to Your Doctor:** Check with your healthcare provider to understand if there is anything else you can do to delay or prevent type 2 diabetes. If you are at high risk, your provider may suggest you take one of a few types of diabetes medications. <sup>5</sup>

## Development of Type 2 Diabetes Symptoms

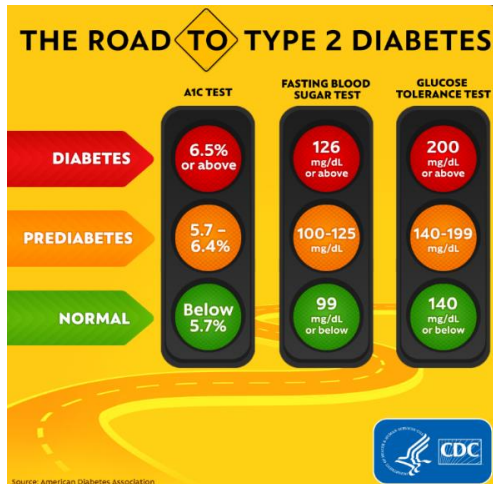
The development of type 2 diabetes reflects symptoms such as:



Unmanaged type 2 diabetes increases risk of many comorbidities, such as heart diseases, stroke, kidney disease, high blood pressure, high cholesterol, nerve damage, vision impairment, and foot ulcers that require amputations. <sup>6,7</sup>

# Should you get tested?

Prediabetes doesn't have symptoms and is diagnosed through a blood test. Consult your healthcare provider regarding your need for testing. While people with diabetes regularly test their blood sugar levels at home, it is best to have a healthcare provider administer your test and analyze your results. Testing at home can give you conflicting results depending on when and how you take your test. Below is a chart created by the Centers for Disease Control and Prevention (CDC) that outlines indicators for normal, prediabetes, and diabetes fasting blood sugar levels. [8.9.10](#)



## Educational Resources

If you would like to continue your education on diabetes, the following organizations have reliable and simple to-read resources available:

- [American Diabetes Association](#)
- [National Institute of Diabetes and Digestive and Kidney Diseases](#)
- [Centers for Disease Control and Prevention](#)
- [World Health Organization](#)
- [International Diabetes Federation](#)