

## Type 2 Diabetes: What Do I Need to Know?

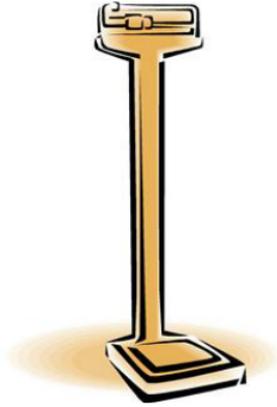
Type 2 diabetes is a disease in which the body does not properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

### Your risk for diabetes goes up as you:

- Get older
- Gain too much weight
- Don't stay active

### Diabetes is more common in:

- African Americans
- Hispanics/Latinos
- American Indians
- Asian Americans



### Other risk factors for Type 2 diabetes:

- Having high blood pressure (at or above 140/90)
- Having a family history of diabetes
- Having diabetes during pregnancy or having a baby weighing more than 9 pounds at birth

### Should I be treated for diabetes?

Testing is recommended for everyone starting at age 45. Testing should be started at a younger age or done more frequently in those with one or more risk factors from the above list. Talk to your health care provider about getting tested.

### Could I have diabetes now?

Yes, you could. If you have any of the following symptoms, you should see your health care professional. These are common symptoms, but many people with diabetes may not have them.

- Frequent thirst and urination
- Weight loss when you are not trying
- Cuts/bruises that are slow to heal
- Blurred vision
- Tingling in hands or feet
- Frequent infection

# Reduce Your Risk of Getting Type 2 Diabetes

## 1. Engage in regular physical activity. Try for 30 minutes or more at least 5 days a week.

- Walk or jog (10-minute walks 3 times a day are fine.)
- Sweep, vacuum and do other house work
- Take the stairs
- Dance
- Rake, hoe, weed and do other gardening activities
- Paint, wallpaper and do other home repairs

## 2. Eat a healthy diet that includes:

- More vegetables and fruits in place of high-fat foods and sweet desserts or snacks
- Fat-free and low-fat dairy foods



## 3. Enjoy high fiber foods such as:

- Whole grain breads and cereal, brown rice
- Cooked dry beans and peas in soups, salads and other ways

## 4. Maintain a healthy weight.

Check the changes you are ready to make to reduce your risk of getting Type 2 diabetes.

- I will be more active and improve my personal fitness
- I will maintain a healthy weight
- I will change my diet to include: \_\_\_\_\_

For more ideas on how you can eat better, ask your health care provider or dietitian, or contact:

- American Dietetic Association consumer hotline at 1-800-877-1600 or [www.eatright.org](http://www.eatright.org).
- American Diabetes Association at 1-800-DIABETES or [www.diabetes.org](http://www.diabetes.org).
- National Diabetes Education Program at 1-888-693-6337 or <http://ndep.nih.gov>.

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