Protect Your Heart

Take Steps to Prevent Diabetes

1. **Check the risk factors you have.**
   - I am overweight (especially if I have extra weight around the waist).
   - I have a parent, brother, or sister with diabetes.
   - My family background is African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander.
   - I had gestational diabetes, or I gave birth to at least one baby weighing 9 pounds or more.
   - My blood pressure is 140/90 mmHg or higher, or I have been told by a healthcare professional that I have high blood pressure.
   - My cholesterol levels are not normal. My HDL cholesterol (“good” cholesterol) is 40 mg/dL or lower, or my triglyceride level is 150 mg/dL or higher.
   - I do very little physical activity, less than 2 hours and 30 minutes of moderate physical activity each week. I do strengthening activities less than 2 days a week.

How many risk factors did you check? ____
The more risk factors you check, the higher your risk for developing type 2 diabetes.

Only your healthcare provider can determine if you have diabetes. On your next visit, find out for sure.

2. **Lose weight.**

Being overweight puts you at high risk for type 2 diabetes. Check with your doctor and work toward a healthy weight by being more active and eating healthy.

3. **Be more physically active.**

Choose activities you enjoy. Take a walk, swim, bike ride, dance, or play a sport with your children.

4. **Eat healthy.**

Make healthy food choices and eat smaller servings. Cut down on fatty and fried foods. Choose more vegetables and fruit, dry beans, and whole grains.

5. **Record your progress.**

Write down the different things you eat and drink and the number of minutes you are active each day. Keeping a diary is one of the best ways to lose weight and keep it off.

6. **Keep at it.**

Make one new change each week. If you get off track, start again, and keep going.