

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 health care 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 health care 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.

Source: Adapted from "Take These Small Steps Now To Prevent Diabetes," National Diabetes Education Program, 2007.



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