

Monthly Wellness SpotLight by PSA

IN GOOD HEALTH

CAN TYPE 2 DIABETES BE PREVENTED?

Absolutely, YES, it can. Making lifestyle changes is never too soon or too late.

What happens before Type 2 Diabetes?

Most people have pre-diabetes before developing type 2 diabetes. Pre-diabetes is your body warning you that it is time to make changes! The problem is, many do not heed this warning and continue their unhealthy habits. With pre-diabetes, your blood sugar begins to increase, slightly at first, maybe a few points a year. This likely correlates with those extra pounds you are also adding each year.

Pre-diabetes is really common. According to the CDC, more than 88 million U.S. adults have it, though more than 84% of them don't know they do. The good news is that pre-diabetes can be reversed!

Ready to see where you stand? Take the CDC's one-minute pre-diabetes risk test. If your score shows you are at a high risk, schedule an appointment with your primary care doctor for a routine physical examination and ask them to check your blood sugar or A1C. Both are simple blood tests that may save your life.

How Can I Lower My Chances of Type 2 Diabetes?

There's a lot you can do to reduce your risk of developing type 2 diabetes. Below are the best ways to do so:

- **Lose weight!** All those extra pounds matter, especially around your waist. By losing 5-7 percent of your body weight, you may be able to prevent or delay diabetes.
- **Get Moving!** Most of us know we should move more. Our goal should be to get at least 30 minutes of physical activity 5 days a week. If you have not been active, talk with your primary care doctor about which activities are best. Start slowly to build up to your goal. Walking is an excellent way. Strive for more steps each day. Exercise guidelines from the American Heart Association recommend 10,000 steps or more a day, the equivalent of about five miles of walking. Few of us do. Multiple studies of American adults have shown that a majority take fewer than 5,000 steps per day.
- **Eat Healthy Foods...Most of the Time.** Strive to eat more fruits and vegetables than meat. Eat smaller portions to reduce the number of calories you eat each day. Choose foods with less fat is another way to reduce calories. Sweetened beverages are hidden calories. Switch to water. Keep a log of what you eat. Logging meals has been shown to assist you in eating better.

During your routine physical examination, ask your primary care physician about what other changes you can make to prevent or delay type 2 diabetes. Understanding your risk, making a plan, and sticking to it will help you to reduce your risk for type 2 diabetes. Your health plan has many resources that can help from losing weight, to increasing exercise, to eating healthier. Log on to your account and check out what they have to offer.