



## Controlling Risk Factors For Diabetes

Diabetes is most often seen in those who are 45 years or older, overweight, have a family history of diabetes, and have high blood pressure and cholesterol. It is most commonly found in African American, Latino, and Native American, Asian-American, or Pacific Islander populations.

Risk factors such as age, genetics, and ethnicity cannot be controlled; however, many lifestyle related risk factors can and should be controlled. **To help control your risk for diabetes:**

### Increase your physical activity

- Try going on a walk every night after dinner with your family
- Get up every two hours from your desk and walk a lap around your building
- Choose to take the stairs instead of the elevator
- Aim for at least 30 minutes of physical activity a day, most days of the week

### Eat a healthy diet

- Plan out your meals
- Shop smart – make a shopping list to match your meal plan
- Avoid buying foods with added sugar
- Don't skip breakfast
- Keep healthy snacks like fresh carrots, nuts, or grapes readily available
- Fill half your plate with vegetables

### Reach and maintain a healthy weight

- If you are at a healthy weight – Stay there!
- If you have a BMI of 25 or over, consult your doctor and dietitian about a weight loss plan to decrease your risk of diabetes
- Set realistic goals for weight loss
- Keep a record of what you eat and drink and your physical activity to help stay on target

Having a support system, like a walking buddy or friend who also wants to improve their health, can be fun and help you to reach your goal!

