



Are you at risk for **type 2** diabetes?

Type 2 diabetes is a condition where your body does not properly use glucose for energy.

With type 2 diabetes, your body either doesn't make enough insulin, or can't use the insulin properly. As a result, glucose builds up in the blood. If left untreated, it can lead to serious health problems such as glaucoma and nerve damage.



866.695.8622

Visit us online at:
[HealthAdvocate.com/members](https://www.healthadvocate.com/members)

HealthAdvocateSM

Understand Your Risk

The cause of type 2 diabetes is not completely understood, but there are certain factors that can put you at risk.

- Excess weight, including being overweight or obese
- Age 40 or older
- Family history of diabetes, specifically a parent, brother or sister
- Sedentary lifestyle
- Lack of exercise
- Unhealthy diet
- Smoking
- Previous or existing medical conditions, including gestational diabetes, high blood pressure, high cholesterol, polycystic ovarian syndrome or cardiovascular disease

Change your Lifestyle, Reduce Your Risk

While genetics plays a large role in your risk for type 2 diabetes, there are steps you can take to reduce your risk.



Lose Weight

- Being overweight or obese is the leading cause of diabetes.
- Aim to lose weight through healthy eating and exercise.
- Even losing a few pounds can significantly reduce your risk.

Stay Active

- Keep moving as much as you can!
- Reduce the time you spend sitting by getting up frequently to walk.

Exercise Regularly

- Regular exercise can help you lose weight and lower blood pressure, another key risk factor for diabetes.
- Strive for 150 minutes of exercise each week.
- Walking is a great way to get started with exercise.

Eat Healthy

- Follow a balanced meal plan.
- Eat consistent and moderate amounts of food a regular intervals.
- Aim to eat fruits, vegetables and high fiber foods.
- Limit foods with added sugar.

Quit Smoking

- People who quit smoking reduce their risk of diabetes by more than 50 percent!
- Establish a plan to quit.
- Set yourself up for success by making sure you have all of the tools you need to help you follow through on your quit plan such as a support person, nicotine replacement therapy, straws or other objects to break the hand-to-mouth behavior.

For more information, visit

American Diabetes Association

www.diabetes.org

HealthAdvocateSM