Did you know...

- 34.2 million people have diabetes in the United States.
- 1 in 11 Washington residents have diabetes.
- People who have diabetes are at a higher risk of serious health complications like blindness and heart disease.
- The risk of death increases 50% for adults with diabetes.

Risk Factors for Type 2 Diabetes:

- Prediabetes
- Over 45 years old
- Family history of diabetes
- History of gestational diabetes
- High blood pressure
- Physically inactive
- Overweight

Community Resources

- Visit your local health department.
- Take exercise or nutrition classes at your local community park or recreation center.
- Look for a diabetes prevention program near you or join community events, such as walking groups or online exercise groups.
- Shop at your farmers market for in-season fruits and vegetables.
- Talk with a dietitian or health educator referred by your medical provider. This could be covered by your insurance.
- Community health workers help improve the quality and cultural sensitivity of health and social services. Contact your insurance provider for more information.

Online Resources


Center for Disease Control and Prevention: cdc.gov

Look for Diabetes Prevention Programs or Diabetes Self-Management classes on Washington 211: wa211.org

Lifestyle changes can help you prevent or control type 2 diabetes.
Food is broken down in the body to glucose (also known as sugar - shown as red squares)

Glucose gives your body energy to go about your day, but glucose needs insulin to enter the cells to be used as energy.

In type 1 diabetes, the body cannot make insulin and use glucose for fuel on its own.

In type 2 diabetes, the body does not make enough insulin or cannot use it effectively.

Without the help of insulin, glucose will stay in the blood.

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Myths

“You will get type 2 diabetes if you are overweight or obese.” FALSE. Being overweight or obese is a risk factor, but other factors have a role. Many people with diabetes are at a normal weight.

“Eating sugar causes diabetes.” FALSE. Sugar itself does not result in diabetes, but eating a lot of empty calories from sugar can cause weight gain.

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Setting Goals for Health

It is easy to get overwhelmed by the number of health recommendations experts make. Start with small steps, one at a time, and focus on goals important to you.

For each goal, think about:

• What is it you want to change?

• Is this something you can see yourself being able to do in your daily life?

• Be specific. How are you going to accomplish this?

• How often will you do this?

An example of a smart goal could be:

For the next month (how long), I will walk for 10 minutes during my lunch break (realistic and specific) three times a week (how often).

Below are some tips for a healthy lifestyle. See if there is one you want to work on!

Healthy Eating

• Eat a variety of vegetables, fruits, and whole grains.

• Space your meals evenly through the day.

• Drink plenty of water — roughly 64 oz per day.

Active Living

• Start with activities you enjoy.

• If you haven’t been active, start with 5 to 10 minutes then slowly add more time.

• Be active throughout the day. Try taking the stairs or having a walking meeting.

Mental Health

• Talk to your family, friends, or doctor about how you’re feeling.

• Try breathing exercises to help you relax.