



Prevent Diabetes

CHALLENGE

Adopt lifestyle habits to prevent or control diabetes

Requirements to complete this HEALTH CHALLENGE™

1. Read "Prevent Diabetes."
2. Make healthy lifestyle choices daily to develop habits to prevent diabetes.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Paul Donnelly turned 40 years old, he knew he was a little overweight and out of shape. He didn't think it was that big of a deal. So when his employer offered a free health screening, he figured it couldn't hurt.

But he wasn't prepared for the results. He was more than overweight. At 238 pounds, he was obese. His blood pressure was dangerously high. And the news that really struck a nerve? His blood sugar was high.

Paul had type 2 diabetes. It was so advanced that permanent nerve damage, vision loss, and insulin injections to control blood sugar levels were just around the corner.

He left the clinic with a prescription for seven medications, and resolved to change his ways.

Did you know about 84 million adults in the United States have pre (type 2) diabetes? Most don't know they have it. And 29 million are already living with type 2 diabetes.¹

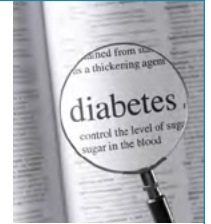
Left unchecked, type 2 diabetes can cause nerve damage, poor circulation, kidney failure, and vision loss. It can increase the risk for a heart attack or stroke. And it's the primary cause of all limb amputations. But it can, for the most part, be prevented.

Take the month-long health challenge and adopt healthy lifestyle habits to *Prevent Diabetes*.

How much do you know about type 2 diabetes? Take the quiz to find out.

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1. About 1 in 10 adults in the U.S. have pre (type 2) diabetes.
2. Type 2 diabetes is the leading cause of kidney failure.
3. Diabetes is the seventh leading cause of death in the United States.
4. Healthy lifestyle habits can help prevent or control type 2 diabetes.
5. The best way to find out if you're at risk for type 2 diabetes is an A1C blood test. This measures blood glucose levels over a three-month period.



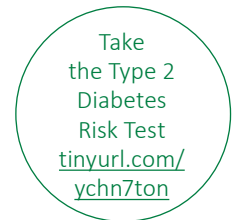
How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about how to prevent diabetes. About 1 in 3 adults in the U.S. have pre (type 2) diabetes, and most don't even know it.

Answers: 1. False. 2. True. 3. True. 4. True. 5. True.

Risk Factors for Type 2 Diabetes

Are you at risk for type 2 diabetes? If you are, the sooner you find out, the sooner you can take steps to prevent or reverse the disease. Risk factors for developing type 2 diabetes include:²

- ✓ Too much body fat
- ✓ Age 45 or older
- ✓ A family history of diabetes
- ✓ High blood pressure
- ✓ High triglyceride levels
- ✓ Low HDL (good) cholesterol levels
- ✓ Not physically active
- ✓ History of heart disease or stroke
- ✓ History of depression
- ✓ Diabetes during pregnancy
- ✓ History of polycystic ovary syndrome
- ✓ Race and ethnicity: African American, Hispanic/Latino, American Indian, Pacific Islander, Asian American



If you have any of these risk factors, talk to your doctor about getting tested for type 2 diabetes.

Prevent or Reverse Type 2 Diabetes

After Paul was diagnosed with type 2 diabetes, he made big changes in diet and exercise.

He cut back on sugary sweets and drinks. He ate more fruits, vegetables, whole grains, nuts, seeds, and legumes, in place of processed foods. And he traded his couch-potato membership for pilates, aerobics, bootcamp workouts, lifting weights, and circuit training.

He lost 87 pounds in the process. He gained lean muscle mass and lost body fat. And more importantly, he no longer needs to take medication for high blood pressure or type 2 diabetes.

Want to prevent, reverse, or control diabetes?

“Type 2 diabetes can be prevented, arrested, or even reversed with a plant-based diet,” says Dr. Michael Greger.³ It’s one of the most effective ways to keep blood glucose and insulin levels in check.³ But it’s not the only way. Healthy habits to prevent diabetes include:

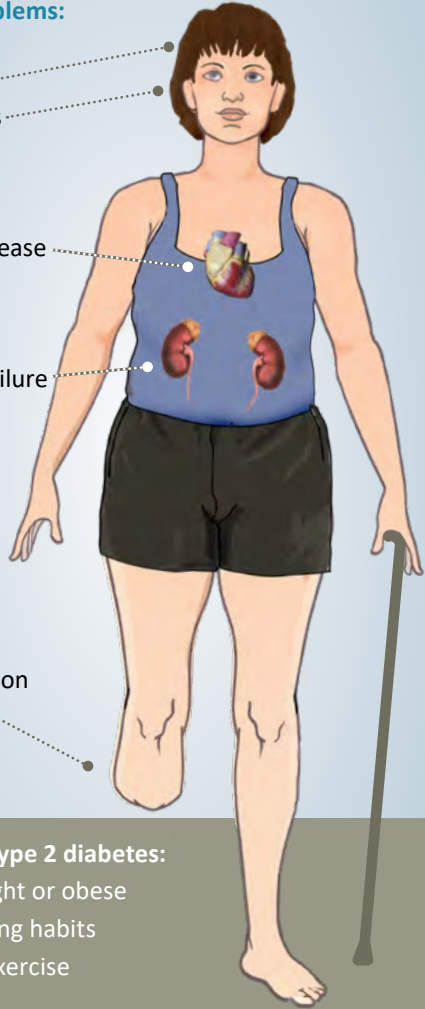
- ❑ **Lose weight or maintain a healthy weight.** About 70 percent of all adults in the U.S. are overweight or obese. Losing even 10 to 15 pounds can greatly cut your risk of diabetes.
- ❑ **Don’t smoke.** Research shows smokers have a 30 to 40 percent higher risk of diabetes than non-smokers.⁴

- ❑ **Be more active – 30 to 60 minutes each day.** Breaking it up into shorter 10 to 15 minute sessions will help.
- ❑ **Eat healthy fats.** Skip saturated fats and trans fats found in butter, sour cream, red meat, and processed foods. Instead, eat more healthy fats found in nuts, seeds, avocados, and olive oil.
- ❑ **Follow a plant-based diet.** Eat more fruits, vegetables, whole grains, legumes, nuts, and seeds. These foods are low in calories and high in nutrients, and help regulate blood glucose levels. Junk foods like sugary snacks, and white bread are high in calories and cause rapid changes in blood sugar levels.
- ❑ **Drink more water.** One large study found that drinking one or more sugary drinks (soda, juice, coffee with sweetener, etc.) per day increased the risk for type 2 diabetes by 83 percent.⁵
- ❑ **Get a blood test.** The best way to find out if you’re at risk for type 2 diabetes is an A1C blood test. This measures blood glucose levels over a three-month period. Ask your doctor about this test. Once you know where you’re at, you’ll have info to help you make any necessary changes to your diet and lifestyle to prevent type 2 diabetes.

What Is Type 2 Diabetes?

It’s a disease that causes high blood sugar levels and insulin resistance.

Diabetes causes other health problems:

- 
- Stroke
 - Blindness
 - Heart disease
 - Kidney failure
 - Amputation of limbs

Causes of type 2 diabetes:

- Overweight or obese
- Poor eating habits
- Lack of exercise
- Genetics
- Smoking

VIDEO: How Not to Die from Diabetes
<https://tinyurl.com/y9d2dtsp>

References

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2. National Institute of Diabetes and Digestive and Kidney Diseases. (2017). Risk factors for type 2 diabetes. From: <https://tinyurl.com/ycllh6r>
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4. Centers for Disease Control and Prevention. (2014). Smoking and diabetes: Surgeon General’s report on smoking and health. From: <https://tinyurl.com/ydbpyqm5>
5. Schulze, M.B., et al. (2004). Sugar-sweetened beverages, weight gain, and incidence of type 2 diabetes in young and middle-aged women. *Journal of the American Medical Association*, 292:927-34. From: <https://www.ncbi.nlm.nih.gov/pubmed/15328324>



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Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Each day, identify ways to practice healthy lifestyle habits to prevent diabetes.
3. Use the calendar to record your actions and choices to make healthy lifestyle choices and diabetes prevention a regular part of your life.
4. Review your progress at the end of each day, each week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH: _____							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
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_____ Number of days this month I practiced healthy lifestyle habits to prevent diabetes

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____