

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

**Lifestyle changes
can help you prevent or
control type 2 diabetes.**

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

Washington State Diabetes Connection:
diabetes.doh.wa.gov

Center for Disease Control and Prevention:
cdc.gov

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



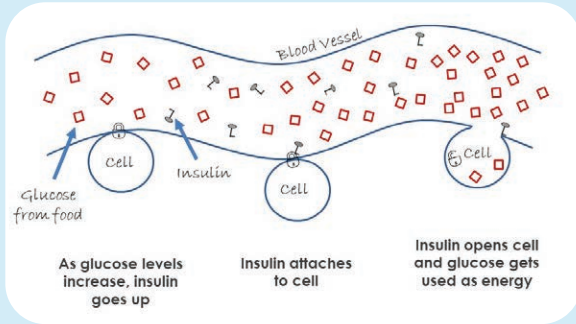
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What is DIABETES?



What is 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.

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.

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.

Mental Health

- Talk to your family, friends, or doctor about how you're feeling.
- Try breathing exercises to help you relax.

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.