National Diabetes Month 2014: Preventing Type 2 Diabetes and Lowering the Risk for Heart Disease

Use these tips to help you promote National Diabetes Month to your local newspapers, radio stations and television stations. For more information, visit YourDiabetesInfo.org/DiabetesMonth2014.

Prediabetes, Type 2 and Heart Disease

• Prediabetes is a condition in which individuals have high blood sugar but not high enough to be classified as diabetes.
• People with prediabetes have an increased risk of developing type 2 diabetes and heart disease.

Risk Factors for Type 2 Diabetes

• One important risk factor for diabetes is family history.
• Most people with type 2 diabetes have a family member with the disease.
• If you have a mother, father, brother or sister with type 2 diabetes, you are at risk for type 2 diabetes.
• If you have a family history of diabetes – or other risk factors that increase your chances of getting type 2 diabetes such as being overweight or obese, physically inactive, over the age of 45, or if you got diabetes during pregnancy.

There are things you can do to help prevent or delay the onset of the disease

• Choose foods such as fruits and vegetables, fish, chicken and turkey without the skin, dry beans and peas, whole grains, and low-fat or skim milk and cheese. Drink water instead of juices or sodas.
• When eating a meal, fill half of your plate with fruits and vegetables, one quarter with a lean protein, such as beans, or chicken or turkey without the skin, and one quarter with a whole grain, such as brown rice or whole wheat pasta.
• Set a goal to be active at least 30 minutes, 5 days per week. You can start slow by taking 10 minute walks, 3 times a day. Ask family members to be active with you.
• Every day write down what you eat and drink and the number of minutes you are active.
• Review it every day. This will help you reach your goals.
• Talk to your doctor about your family health history. Diabetes is a serious disease and it is important to know your risk for type 2 diabetes.

Note to partners: Here are just a few examples of some NDEP resources that you can highlight with the media to raise awareness about the risks associated with diabetes and heart disease for patients that are working to prevent type 2 diabetes.

Choose More than 50 Ways to Prevent Type 2 Diabetes: This tip sheet helps African Americans at risk for type 2 diabetes find ways to move more, make healthy food choices, and track their progress with making lifestyle changes to lower their risk.

Small Steps. Big Rewards. Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients: This three-booklet package helps people assess their risk for developing diabetes and implement a program to prevent or delay the onset of the disease and it includes an activity tracker and a fat and calorie counter.

Did You Have Gestational Diabetes When You Were Pregnant? What You Need to Know. Women with a history of gestational diabetes have a greater chance of getting diabetes later in life. Their offspring have a greater chance of becoming obese and getting type 2 diabetes. This tip sheet encourages women who had gestational diabetes to get tested for diabetes after pregnancy and take actions to help the whole family stay healthy.