

Take Small Steps Now to Prevent type 2 Diabetes

Taking a few small steps today to move more and eat healthier can deliver big rewards – like preventing type 2 diabetes.

About 40 percent of U.S. adults ages 40 to 74 – or 41 million people – currently have pre-diabetes – a condition that raises a person's risk of developing type 2 diabetes, heart disease, and stroke. Most people don't know that their age and ethnicity can put them at high risk for diabetes.

Studies show that African Americans, Hispanic and Latino Americans, American Indians, and Asian Americans and Pacific Islanders are disproportionately affected by type 2 diabetes. People over age 60 are also at high risk. The National Diabetes Education Program (NDEP) responded to the diabetes epidemic by launching the first national multicultural diabetes prevention campaign: ***Small Steps. Big Rewards. Prevent type 2 Diabetes.*** The campaign includes FREE tip sheets and posters that empower people at high risk for diabetes to make modest lifestyle changes to lose a small amount of weight. Call 1-800-438-5383 or visit the NDEP website at <http://www.ndep.nih.gov> for free copies of the materials described below:

- African Americans – The *More Than 50 Ways to Prevent Diabetes* tip sheet and poster include humorous motivational tips like, “Less on your plate, Nate”, “Eat a small meal, Lucille” and “Snack on a veggie, Reggie.”
- Hispanic and Latinos -- The *Prevenamos la diabetes tipo 2. Paso a Paso* tip sheet and poster encourage Spanish-speaking Americans to incorporate tips like taking the stairs, walking the dog, or mowing the lawn to prevent diabetes...step by step.
- American Indians and Alaska Natives—The *We Have the Power to Prevent Diabetes* tip sheet and poster empower American Indians and Alaska Natives to prevent diabetes with motivational tips and advice from real people in their community.
- Asian Americans and Pacific Islanders -- The *Two Reasons to Prevent Diabetes: My Future and Theirs* tip sheets and posters are available in 15 Asian and Pacific Islander languages. They encourage people to prevent diabetes so that they can spend more time with loved ones.
- Older Adults – The *It's Not Too Late to Prevent Diabetes. Take Your First Step Today.* tip sheet and poster offer tips for preventing type 2 diabetes for people over age 60.

The Diabetes Prevention Program, a landmark study sponsored by the National Institutes of Health, showed that people with pre-diabetes lowered their risk of developing type 2 diabetes by more than half by losing 5 to 7 percent of their body weight (that's about 10 to 15 pounds for a 200-pound person!) by getting 30 minutes of physical activity five days a week and eating healthier.

You are at increased risk for pre-diabetes if you:

- are over 45 and overweight,
- are African American, Hispanic and Latino American, American Indian, Alaska Native, Asian American and Pacific Islander, or
- gave birth to at least one baby 9 pounds or more or had gestational diabetes while pregnant.
- have been told that you have high blood pressure or your blood pressure is 140/90 or higher.
- have been told that your cholesterol (lipid) levels are high.
- exercise less than three times a week.

If you have pre-diabetes or are at risk for developing type 2 diabetes, the National Diabetes Education Program has free information to help you prevent diabetes, including the *Small Steps. Big Rewards.* GAME PLAN booklets and tip sheets in English, Spanish and 8 Asian languages. Call 1-800-438-5383 or visit the NDEP website at <http://www.ndep.nih.gov> for your free copies.