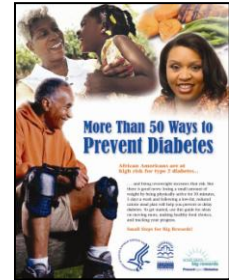


African Americans: Lose Weight, Lower Risk for Type 2 Diabetes

by the [National Diabetes Education Program](#)

If you have a family history of type 2 diabetes, you are at an increased risk for the disease. If you are overweight, you have an even greater risk for type 2 diabetes. Diabetes affects the lives of nearly 4 million African Americans and their families, but there's hope. Studies show that losing a small amount of weight by being physically active for 30 minutes, five days a week and making healthy food choices can help you reduce the risk of type 2 diabetes by more than half. Take your first step today. Talk to your doctor about your family history of type 2 diabetes and other diabetes risk factors. **Follow these tips from the National Diabetes Education Program's (NDEP) *More Than 50 Ways to Prevent Diabetes* tip sheet to lose weight and lower your risk for type 2 diabetes:**



- **You can do it, Hewitt.** Set a weight loss goal you can reach before starting a weight loss plan. If you are at risk for type 2 diabetes, aim to lose 5 to 7 percent of your current weight – that's 10 to 14 pounds if you weigh 200 pounds. Keep track of your daily food intake and physical activity in a log book and review it every day to see how you are doing. Ask family and friends for support.
- **Have a small meal, Lucille.** Teaspoons, salad forks, or child-size utensils may help you take smaller bites and eat less. Eat less high-fat and high-calorie foods less often. Make a small amount of food look like more by serving your meal on a salad or breakfast plate. Keep meat, poultry, and fish portions to about 3 ounces, which is about the size of a deck of cards.
- **Eat right, Mike.** Make healthy food choices every day. Keep healthy snacks such as a cup of fat-free yogurt, celery sticks, or baby carrots at home and pack them when you're on the go. To get more fiber, add fruits and vegetables to the foods that you love. Add strawberries, blueberries, or bananas to whole grain cereal. Top pizza with pineapples, bell peppers, or mushrooms instead of high-fat meats such as sausage or pepperoni. Choose water to drink.
- **Move more each day, Faye.** Try doing activities you enjoy such as playing with your children, tossing a softball, walking the dog, or turning up the music and jamming while doing household chores.
- **Take action, Jackson.** Overcome your physical activity roadblocks. If you do not want to be physically active by yourself, form a group of people to walk, jog, or bike together. If you prefer to stay indoors, work out to fitness videos or DVDs in your home or walk around a shopping mall.

To order your free copy of the *More Than 50 Ways to Prevent Diabetes* tip sheet, contact the National Diabetes Education Program at www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

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