



November is National Diabetes Month Take Five Small Steps to Prevent Diabetes

More than 41 million Americans are well on their way to developing diabetes—and most don't even know it. They have a condition called pre-diabetes, which means their blood glucose levels are higher than normal, but not yet diabetic. The good news is there is now scientific proof that they can prevent or delay the disease and its devastating complications.

The key to diabetes prevention is taking small steps toward living a healthier life, according to the U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP), jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.

In recognition of National Diabetes Month, NDEP is delivering the message that diabetes prevention is **proven, possible** and **powerful**.

The Diabetes Prevention Program (DPP), a landmark study sponsored by the National Institutes of Health, found that people at increased risk for diabetes can prevent or delay the onset of the disease **by losing 5 to 7 percent of their body weight** through increased physical activity and a low fat, low calorie eating plan.

If you are over 45 and overweight, you are at increased risk for pre-diabetes. Here are five small steps you can take today to live a healthier life and prevent or delay diabetes:

- 1. Find out if you are at risk:** The first step is to find out if you are at risk for diabetes or if you have pre-diabetes. Talk to your health care provider at your next visit.
- 2. Set realistic goals:** You don't have to knock yourself out to prevent or delay diabetes. Start by making small changes. For example, try to get 15 minutes of physical activity a day this week. Each week add five minutes until you build up to the recommended 30 minutes a day, five days a week.
- 3. Make better food choices:** Try to eat more fruits and vegetables, beans, and grains. Reduce the amount of fat in your diet. Choose grilled or baked foods instead of fried.
- 4. Record your progress:** Write down everything you eat and drink. Keeping a food diary is one of the most effective ways to lose weight and keep it off. Review this diary with your health care provider.
- 5. Keep at it:** Making even modest lifestyle changes can be tough in the beginning. Try adding one new healthy change a week. Always get back on track, even if you fall off a few times. The key is just to keep at it. If you have pre-diabetes, the NDEP has information to help you.

To get a free copy of "*Small Steps. Big Rewards. Your GAME PLAN for Preventing type 2 Diabetes,*" call 1-800-438-5383 or visit the NDEP website at <http://www.ndep.nih.gov>