GrapeVine

PREVENTING TYPE 2 DIABETES



Diabetes happens when the body doesn't make enough insulin (a hormone that controls blood sugar) or cannot use it properly. As a result, sugar builds up in the bloodstream, leading to high blood sugar. If diabetes is not diagnosed or well managed, it can cause serious health problems, including heart disease, stroke, vision loss, kidney disease or failure, nerve damage, amputations, and even early death.

Some types of diabetes, like **type 1 diabetes** and **gestational diabetes** (which develops during pregnancy) cannot be prevented. However, **type 2 diabetes,** the most common type in the United States, can often be prevented!

More than 1 in 3 American adults have **prediabetes**, an early warning stage before type 2 diabetes, but most don't know they have it. Without action, this can develop into type 2 diabetes in as little as five years.

Risk Factors for Type 2 Diabetes

- **Uncontrollable**: age, family history of diabetes, personal history of gestational diabetes, race/ethnicity (Latinx, African American, Native American, Asian American), polycystic ovarian syndrome (PCOS)
- **Controllable**: lack of physical activity, overweight or obesity, poor heart health (such as high blood pressure or high triglycerides)

Take a 60-second type 2 diabetes risk test: ***cdc.gov/prediabetes/risktest***

Diabetes Symptoms: Increased hunger or thirst, blurry vision, frequent urination, sudden weight loss, slow-healing cuts or wounds, tiredness, tingling or numbness in hands or feet, dark patches of skin in neck, armpit, or groin. If you notice *any* of these symptoms, talk with your healthcare provider. They can screen for diabetes with a simple test, such as A1c.

Reduce your Risk

- **Get active.** Try for 150 minutes of moderate physical activity each week. That's about 30 minutes five days a week. Choose activities you enjoy that get your heart rate up.
- **Eat well.** Too much sugar won't directly give you diabetes, but it can lead to weight gain. Focus on eating 'complex carbs' from sources like whole grains, beans, and starchy vegetables. Limit 'simple carbs' from fruit juice, white bread, and processed food. Manage portion sizes.

Reduce your Risk (cont.)

- **Maintain a healthy weight.** Being overweight or obese is the strongest predictor of type 2 diabetes. Losing even a few pounds can make a huge difference in reducing your risk.
- **Get good sleep.** Aim for 7-9 hours of sleep each night. Set a regular bedtime and create a nighttime routine to help you wind down.
- **Manage stress.** Practice healthy coping strategies like deep breathing, exercise, or journaling to support your mental and physical health.

FOR MORE INFORMATION:

American Diabetes Association: diabetes.org

Diabetes Plate Method: diabetesfoodhub.org/blog/what-diabetes-plate

National Diabetes Prevention Program: cdc.gov/diabetes-prevention/

Wisconsin Chronic Disease Prevention Program: preventdiabeteswi.org

Wisconsin Women's Health Foundation
608-251-1675 | **wwhf.org**

You Have the Potential to Prevent Chronic Diseases – And GrapeVine Can Help!

GrapeVine supports Wisconsin residents by connecting them with trusted health information and resources to help prevent chronic disease and achieve their fullest potential, at any age. For more information visit: www.wwhf.org/grapevine-participant/

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