

# Health Bulletin



## New Diabetes Survey: People Making Changes For The Better

(NAPSA)—Type 2 diabetes is a progressive disease that affects more than 20 million Americans, approximately 7 percent of the population. Over the long term, type 2 diabetes causes life-threatening complications.

The good news is that there is something that people with type 2 diabetes can “do” to take control of the disease. Simple steps can be taken to keep it in check. You don’t have to find hours each day to work out in a gym to enjoy the huge benefits of exercise. Just 20 to 30 minutes of physical fitness a day is enough to start having a positive impact.

The real key to success is finding activities that you like to do, and that you’ll stick with. Take up ballroom dancing, learn to play golf or join a local walking club.

Diet is another important part of type 2 diabetes management. Add more whole grains, fruits and vegetables to your daily diet, and cut back on animal fats and sweets.

According to a recent survey of people with type 2 diabetes, virtually everyone with the disease says that they made healthy changes in their diet and exercise routines after being diagnosed. In fact, seven in 10 (70 percent) said that they made between three and seven changes in their everyday lives.

The survey also found that the top five changes people made upon diagnosis were that they:

- Paid more attention to the ingredients listed on food labels (76 percent)
- Started cooking healthier (67 percent)
- Reduced meal serving portions (56 percent)
- Started making smarter menu choices at restaurants (56 percent)
- Started walking (53 percent).

To help people with type 2 diabetes better control their disease, National Football League quarterback Donovan McNabb and his father Sam and mother Wilma recently partnered with Novartis Pharmaceuticals to help kick off **HowIDoDiabetes**, a campaign that encourages people to develop



**National Football League quarterback Donovan McNabb, together with his mother, father and brother Sean, is helping to kick off the HowIDoDiabetes campaign.**

their own, personalized game plans.

“We believe that it’s important for us to share the lessons we’ve learned, as more than half of American patients are not in control,” said Donovan McNabb. “My dad Sam was diagnosed with type 2 diabetes nine years ago. We’ve seen the impact that others can have on a person’s ability to manage their diabetes. And we’ve seen the benefits of creating a personalized management game plan that identifies practical and achievable choices a person with type 2 diabetes can make to help stay in control.”

“I found lots of diabetes information online and in books, but most of it was general in nature,” said Sam McNabb. “Donovan and my wife Wilma helped find things that work for me, like making walking a family pastime and tradition. The HowIDoDiabetes.com Web site is a great resource for people with type 2 diabetes because it will help engage and motivate patients to strive for better health.”

For ideas about what people with type 2 diabetes can “do” to help control their blood sugar, visit **HowIDoDiabetes.com** or call 1-877-352-2560. The Web site features videos about how others “do” diabetes, as well as information that people can use to create their own game plan. Those who enroll in the program will receive lifestyle tips and special offers.

Log on, learn and be inspired to “do” diabetes your way.