



HEALTH AWARENESS

Tips To Prevent Type 2 Diabetes In High Risk Populations

(NAPSA)—A few small steps to move more and eat healthier can deliver big rewards—such as preventing or delaying type 2 diabetes.

About 40 percent of U.S. adults 40 to 74 have pre-diabetes; which raises the risk of type 2 diabetes, heart disease and stroke.

Studies show African Americans, Hispanic and Latino Americans, American Indians and Asian Americans and Pacific Islanders are disproportionately affected by type 2 diabetes. People over 60 are, too. In response, the National Diabetes Education Program (NDEP) launched the first national multicultural diabetes prevention campaign: Small Steps. Big Rewards. Prevent type 2 Diabetes. It offers free tip sheets and posters to help people make lifestyle changes:

- African Americans—The “More Than 50 Ways to Prevent Diabetes” tip sheet includes such humorous tips as “Less on your plate, Nate,” and “Dance it away, Faye” to encourage healthy eating and increased physical activity.

- Hispanic and Latinos—The “Prevengamos La Diabetes tipo 2. Paso a Paso” tip sheet encourages taking the stairs, walking the dog or mowing the lawn to prevent diabetes.

- American Indians and Alaska Natives—The “We Have the Power to Prevent Diabetes” tip sheet has advice from real people in those communities.

- Asian Americans and Pacific Islanders—The “Two Reasons I Find Time to Prevent Diabetes: My Future and Theirs” tip sheets are available in 15 Asian and Pacific Islander languages and encourage people to prevent diabetes so 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 says it’s not too late to prevent type 2 diabetes for people over age 60.

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

You’re at increased risk for pre-diabetes if you:

- are over 45 and overweight,
- are African American, Hispanic or Latino American, American Indian, Alaska Native, Asian American or Pacific Islander, or
- gave birth to at least one baby nine 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 high cholesterol and other fat (lipid) levels,
- exercise less than three times a week.

The National Diabetes Education Program has free information to help prevent or delay the disease. For booklets and tip sheets in English, Spanish and 15 Asian languages, call 1-800-438-5383 or visit www.ndep.nih.gov.