

What can you do to stop getting type 2 diabetes?


What is pre-diabetes?

- Pre-diabetes is confirmed by a laboratory blood test.
- Blood glucose levels are higher than normal but not as high as seen in type 2 diabetes.
- Pre-diabetes causes a higher risk of developing, heart disease, strokes and type 2 diabetes.
- Many people with pre-diabetes can avoid developing type 2 diabetes by changing their lifestyle.

What can you change to reduce your risk?



Your weight.



The amount of physical activity in your life.



What you eat.

What is type 2 diabetes?

- Type 2 diabetes is when sugar levels in blood are too high.
- This is confirmed by a laboratory blood test.
- Untreated or poorly managed type 2 diabetes can cause serious health problems.
- Some people have type 2 diabetes but don't know that they have it.
- When type 2 diabetes is well-managed people can live healthy and active lives.

What can you do to lower your risk of getting type 2 diabetes?



Aim for a healthy body weight.

- Losing **5 -10% of your weight** will lower your risk of developing diabetes.

Your target: kg

- Eating **smaller, healthier meals** and being **active more often** will help.
- Talk to a doctor, nurse or dietitian about **how to lose weight safely**.



Be more active, more often.

- **Sit less**
- Choose an **activity** that you enjoy.
- Be active for **30 minutes** or more, most days of the week.
- Ask your Doctor or nurse about a **Green Prescription** or or phone 0800 ACTIVE (0800 228 483)

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PRESCRIPTION



Eat healthy food.

- **Drink water** instead of sugary drinks.
- Start the day with a **healthy breakfast**.
- Fill half your plate with **colourful vegetables**.
- Make takeaways a **once a week or less** treat.
- Choose **lower fat options** for foods eaten most days (e.g. milk, cheese, meat).
- Swap cake, biscuits or packet snacks with **fruit**.