

The Power of Prevention

Take Control Prevent Type 2 Diabetes

What is Prediabetes?

Blood sugar levels are higher than normal but not high enough to be diagnosed with type 2 diabetes



Can progress to type 2 diabetes if not addressed

Healthy lifestyle choices can lower risk of prediabetes & may prevent type 2 diabetes



What is Type 2 Diabetes?

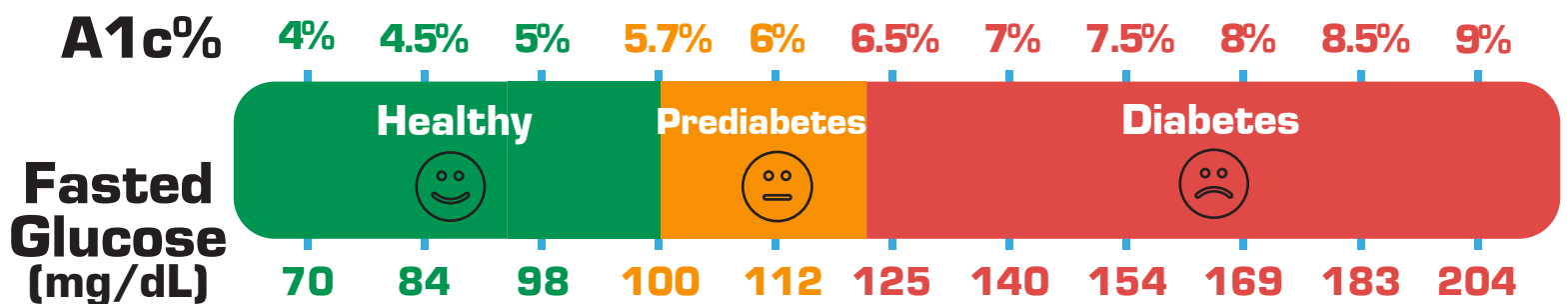
Food can't be used for fuel and sugar builds up in the blood



If untreated can cause serious problems with the heart, brain, eyes and more

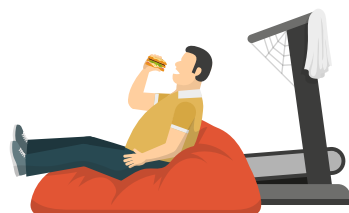


What is my blood sugar?



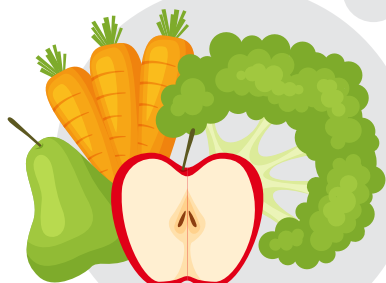
Risk Factors

- Being overweight
- Family history of diabetes
- High blood pressure
- High lipids (blood fat)
- Blood vessel disease
- History of gestational diabetes
- Polycystic ovarian syndrome (PCOS)
- Being 45 years old or older
- Less than 30 minutes of physical activity daily
- African American, Hispanic, Native American, Asian American, or Pacific Islander

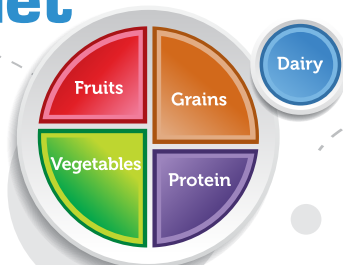


Ways you can prevent Type 2 Diabetes

Improve your diet



Fill half your plate with fruits and vegetables



Practice portion control and follow serving suggestions



Limit salt, fat, and sugar intake



Swap water for sugary drinks

Increase physical activity



Aim for 30 minutes of physical activity most days per week



Activities like walking, seated fitness or yoga



The National Diabetes Prevention Program (DPP) is a program proven to cut the risk of developing type 2 diabetes in half in those with prediabetes. For group support to make and sustain changes that prevent diabetes, find your local DPP provider by using the link below:



Kentucky Diabetes Resource Directory
<https://prd.chfs.ky.gov/KyDiabetesResources>

Kentucky Diabetes Prevention and Control Program
Kentucky Department for Public Health
Chronic Disease Prevention and Control Branch
502-564-7996

