

# More Than 50 Ways to Reduce the Risk of Developing Diabetes

## *Move Move Each Day*

### **Dance it away, Faye.**

1. Show your kids the dances you used to do when you were their age.
2. Turn up the music and jam while doing household chores.
3. Work out with a video that shows you how to get active.

Talk with your health care provider before starting any physical activity program.

### ***Make It Your Goal***

Try to do at least 30 minutes of moderate-intensity physical activity on most, or better yet, all days of the week. You may need to be physically active for more than 30 minutes a day to help you lose and keep off extra weight.



### ***What is Moderate-Intensity Activity?***

**Here are some examples:**

- Walking briskly (3 miles per hour or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles)
- Ballroom dancing
- General gardening

### **Let's go, Flo.**

4. Deliver a message in person to a coworker instead of sending an email.
5. Take the stairs to your office. Or take the stairs as far as you can, and then take the elevator the rest of the way.
6. Catch up with friends during a walk instead of by phone.
7. March in place while you watch TV.
8. Choose a place to walk that is safe, such as your local mall.
9. Get off of the bus one stop early and walk the rest of the way home or to work if it is safe.

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.



## Beat Your Physical Activity Roadblocks!

IF YOU...	THEN TRY...
<b>Do not have child care</b>	Sharing physical activities such as walking, biking, or playing tag with your child each day
<b>Do not have time or are too busy to be physically active</b>	Do 10 minutes of moderate intensity physical activity 3 times a day, or put more energy than normal into activities like housework, yard work, and playing with the kids
<b>Do not like or do not want to exercise</b>	Do something you enjoy, like dancing to the radio or planning active outings with a friend, family member, or group
<b>Do not feel safe being physically active in your neighborhood</b>	Forming a group of people to walk, jog, or bike together, working out with videos in your home, or walking in a shopping mall

You can help lower your risk for many health problems by losing weight. Losing 5% to 10% of your body weight can help improve your health. For example, if you weigh 200 pounds, losing 10 to 20 pounds may help lower your blood pressure, cholesterol, and sugar levels. Slow and steady weight loss of 1 to 2 pounds per week is the safest way to lose weight.

### Health Risks of Being Overweight

Being overweight can be dangerous to your health. If you are overweight or obese, you are more likely to develop: *type 2 diabetes, high blood pressure, heart disease, or certain forms of cancer.*



### Reduce Portion Sizes

#### Put less on Your Plate, Nate.

10. Drink a large glass of water 10 minutes before your meal so you feel less hungry.
11. Keep meat, chicken, turkey, and fish portions to about 3 ounces.
12. Share one dessert.

#### Eat a small meal, Lucille.

13. Use teaspoons, salad forks, or child-size forks, spoons, and knives to help you take smaller bites and eat less.
14. Make less food look like more by serving your meal on a salad or breakfast plate.
15. Eat slowly. It takes 20 minutes for your stomach to send a signal to your brain that you are full.
16. Listen to music while you eat instead of watching TV. People tend to eat more while watching TV.

diabetes

## Make Healthy Food Choices

### Snack on a veggie, Reggie.

17. Buy a mix of vegetables when you go food shopping.
18. Choose veggie toppings like spinach, broccoli, and peppers for your pizza.
19. Try eating foods from other countries. Many of these dishes have more vegetables, whole grains, and beans.
20. Buy frozen and low-salt (sodium) canned vegetables. They may cost less and keep longer than fresh ones.
21. Serve your favorite vegetable and a salad with low-fat macaroni and cheese.

### Cook with care, Claire.

22. Stir fry, broil, or bake with nonstick spray or low-salt broth. Cook with less oil and butter.
23. Try not to snack while cooking or cleaning the kitchen.
24. Cook with smaller amounts of cured meats (smoked turkey and turkey bacon). They are high in salt.



### What If I Think I Look Fine?

Even if you are overweight according to charts and measures, you may like your body as is and may not want to lose weight. But the health benefits of getting fit and eating well are clear. Once you decide to lose weight, your loved ones may want to join you on your journey to better health.



### Cook in style, Kyle.

25. Cook with a mix of spices instead of salt.
26. Try different recipes for baking or broiling meat, chicken, and fish.
27. Choose foods with little or no added sugar to reduce calories.
28. Choose brown rice instead of white rice.

### Eat healthy on the go, Jo.

29. Have a big vegetable salad with low-calorie salad dressing when eating out. Share your main dish with a friend or have the other half wrapped to go.
30. Make healthy choices at fast food restaurants. Try grilled chicken (with skin removed) instead of a cheeseburger.
31. Skip the fries and chips and choose a salad.
32. Order a fruit salad instead of ice cream or cake.

# Make Healthy Food Choices

## Rethink your drink, Linc.

33. Find a water bottle you really like (from a church or club event, favorite sports team, etc) and drink water from it every day.
34. Peel and eat an orange instead of drinking orange juice.
35. If you drink whole milk, try changing to 2% milk. It has less fat than whole milk. Once you get used to 2% milk, try 1% or fat-free (skim) milk. This will help you reduce the amount of fat and calories you take in each day.
36. Drink water instead of juice and regular soda.

## Eat smart, Bart.

37. Make at least half of your grains whole grains, such as whole grain breads and cereals, brown rice, and quinoa.
38. Use whole grain bread for toast and sandwiches.
39. Keep a healthy snack with you, such as fresh fruit, a handful of nuts, and whole grain crackers.
40. Slow down at snack time. Eating a bag of low-fat popcorn takes longer than eating a candy bar.
41. Share a bowl of fruit with family and friends.
42. Eat a healthy snack or meal before shopping for food. Do not shop on an empty stomach.
43. Shop at your local farmers market for fresh, local food.



## Keep track, Jack.

44. Make a list of food you need to buy before you go to the store.
45. Keep a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.

## Read the label, Mabel.

46. Compare food labels on packages.
47. Choose foods lower in saturated fats, trans fats, cholesterol, calories, salt, and added sugars.



## Nurture Your Mind, Body, and Soul

### You Can Exhale, Gail.

48. Take time to change the way you eat and get active. Try one new food or activity a week.
49. Find ways to relax. Try deep breathing, taking a walk, or listening to your favorite music.
50. Pamper yourself. Read a book, take a long bath, or meditate.
51. Think before you eat. Try not to eat when you are bored, upset, or unhappy.

## Be Creative

Honor your health as your most precious gift. There are many more ways to prevent or delay type 2 diabetes by making healthy food choices and moving more. Discover your own and share them with your family, friends, and neighbors.

### Make up your own, Tyrone or Simone.

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### Things to Remember:

- Talk to your doctor about your risk for getting type 2 diabetes and what you can do to lower your chances.
- Take steps to prevent diabetes by making healthy food choices, staying at a healthy weight, and moving more every day.
- Find ways to stay calm during your day. Being active and reading a good book can help you lower stress.
- Keep track of the many ways you are moving more and eating healthy by writing them down.

Adapted from the  
**National Diabetes Education Program.**  
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to Prevent Type 2 Diabetes.*  
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