



# Is there any way to prevent diabetes?

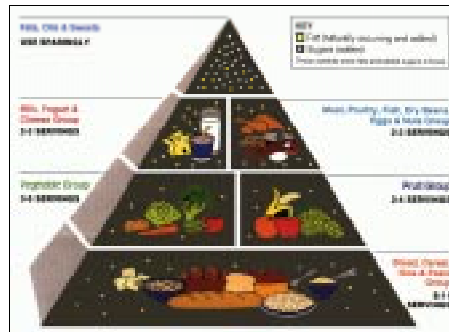
There are many factors that affect whether or not you develop diabetes. You have no power to change some factors, like age, family history, and race. However, lifestyle, how you eat and exercise, are factors you can control. These factors do have a big impact on your weight, blood pressure, cholesterol, triglycerides, and blood glucose levels.

By making healthy lifestyle changes, you can decrease your risk of developing diabetes. Unfortunately, even though you do make healthy lifestyle changes, it does not guarantee that you will never develop diabetes. However, how you eat and exercise are areas of your life that you can control. Don't wait until it is too late. Begin now to develop healthy lifestyle habits.

**Getting Started** Making lifestyle changes can be overwhelming if you try to do it all at once. The best tip for success is to make gradual changes over time. Begin by choosing one or two small goals to focus on. Give yourself a couple of weeks or a month to make it a habit. When you feel comfortable with those habits, then move on to another goal while maintaining your newly developed habits.

## Healthy Eating

**Eat to follow the Food Guide Pyramid.** Grab 6-11 servings of low-fat, whole-grain bread, cereal, rice and pasta products. Pick at least 3-5 servings of vegetables and 2-4 servings of fruit a day.



Choose 2-3 servings each of low-fat dairy products and lean meat. Use oils, fats, and sweets in small amounts.

**Cut the fat.** To lower the fat in your diet, begin by choosing low-fat or fat-free margarine, mayonnaise, sour cream, salad dressing, and cream cheese. If this does not appeal to you, just use less of a full fat choice. Next, choose lower-fat dairy products. Then, use lean cuts of meat. Drain hamburger. Be careful how you cook meat. A lot of fat can be added to meat if it is cooked or fried in oil or other fats. Low fat cooking methods include

baking, broiling, grilling, and frying with non-stick cooking spray.

**Watch portion sizes.** Many of us simply eat too much. Here are some tips:

\*Follow the suggested amounts and serving sizes of the Food Guide Pyramid

\*Pass up second helpings.

\*Only eat until you do not feel hungry, not until you are too full.

\*Take less food. You know about how much you usually eat. Just make or dish up less food.

**Exercise.** When you exercise, you not only

are more sensitive to insulin during the exercise, but it also helps you to lose or maintain weight. It is recommended that you get at least 20 minutes of continuous physical activity on 3-4 days a week. If this is not possible, try breaking it up into 5 or 10 minute segments. Any increase in activity will help. The key is to be more active in your everyday life.



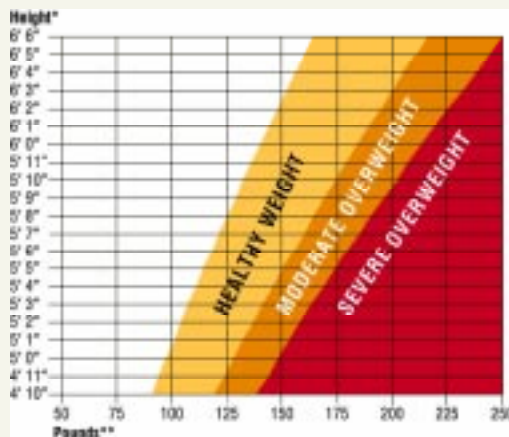
# Scoring the Risk Test

Score test by adding up the points for each question.

1. **Age:** 0-45 0 points; 46-64 2 points; 65 & over 3 points

2. **Weight for Height:**

Healthy 0 points; Moderate Overweight 2 points; Severe Overweight 3 points



3. **Parents:** None 0 points; One 1 point; Both 2 points

4. **Sibling:** No 0 points; Yes 2 points

5. **Blood Pressure, Cholesterol, Triglycerides:** No 0 points; Yes 2 points

6. **Gestational Diabetes:** No 0 points; Yes 2 points

7. **Blood Glucose:** No 0 points; Yes 2 points

8. **Race:** Caucasian 0 points; African American 2 points;

Hispanic American 2 points; Pacific Islander 2 points;

Asian American 2 points; Native American 3 points

9. **Exercise:** No 0 points; Yes 2 points

**Totals**

0-3	Low Risk
4-9	Moderate Risk
10 & over	High Risk

**This is to determine your risk of developing diabetes. The only way to know if you have diabetes for sure is to be tested by a doctor.**

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