

# You can delay or prevent diabetes

Do you have family history of diabetes? Have you been diagnosed as having pre-diabetes (sometimes called “borderline” diabetes)?  
**Start now to avoid or delay developing diabetes!**

**MICHIGAN STATE UNIVERSITY** | Extension

*In conjunction with*



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## PREVENT DIABETES BY SETTING BEHAVIOR GOALS

Studies prove that the most successful people at preventing diabetes were those that focused on

**eating less fat & calories,  
increasing physical activity, setting goals,  
& making personal environmental changes.**

They decreased weight by 5-7% and lowered their risk of developing diabetes by 58%!\*  
Sometimes we are so busy looking at the BIG picture (such as losing weight) that we forget to focus on the small behaviors that may help us get to our goal.

Examples of behaviors that may lead to losing weight include: eating smaller portions, increasing physical activity, eating more fruits & vegetables, eating less fats and calories.

We can break these down even further, as well.

A goal of decreased portion sizes may look like this week-by-week:

- Week 1: Measure out one serving of cereal each morning
- Week 2: Continue measuring cereal and limit sweets to one serving a day
- Week 3: Continue above and drink a maximum of one sugar-free soda each day.
- Week 4: Continue the above and write down all food eaten each day.

**Getting support from family or friends may help.**

**Or think about taking our Diabetes Prevention Program series (see reverse side).**

## Are you at risk for developing Type 2 diabetes?

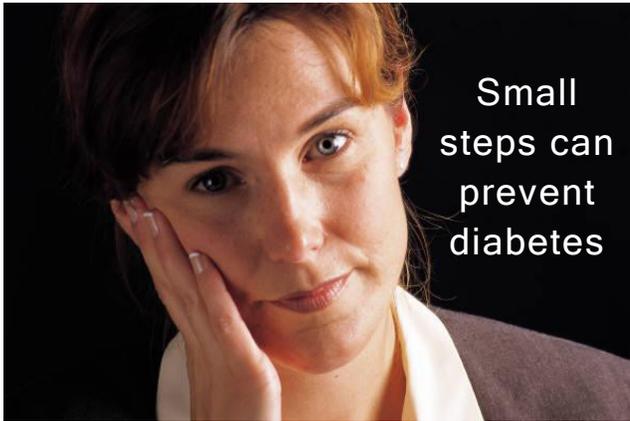
*Take the risk quiz...*

- Are you 45 years of age or older?
- Are you overweight?
- Do you get too little physical activity?
- Do you have high blood pressure or a history of cardiovascular disease?
- Do you have high cholesterol?
- Do you have a parent, brother, or sister with diabetes?
- Are you a woman with a history of gestational diabetes or did you give birth to a baby who weighed 9 pounds or more?
- Are you Native American, Latino, African-American, Asian American, or Pacific Islander?
- Are you a woman with polycystic ovarian syndrome?

*If you checked more than one...*

**ACT NOW!**

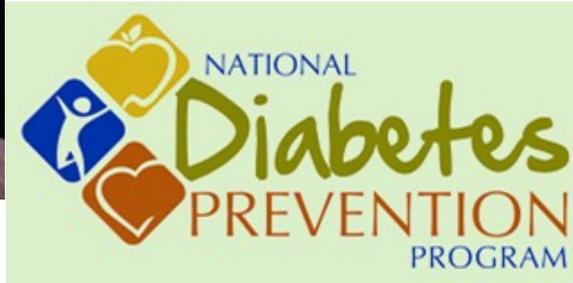
\* (for more details about the DPP study visit <http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram>)



Small steps can prevent diabetes

12/12 LmP/ rev: 10/2013

Becoming more active and losing a moderate amount of weight can help you change your future.



The National Diabetes Prevention Lifestyle Change Program can help you take steps to prevent diabetes.

In a series of 16 weekly classes (each one hour long) you'll learn how to...

- √ Move those muscles
- √ Take charge of what's around you
- √ Eat out successfully
- √ Manage stress
- √ Be a fat detective
- √ Tip the calorie balance
- √ Stay motivated
- √ Take back negative thoughts

AND... more

Following that, 8 monthly one-hour sessions will reinforce what we've learned.

\$50 fee covers all handouts and materials.

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This program is for those who have been told by a health care professional that they are pre-diabetic or "borderline" diabetic.

For those diagnosed with diabetes please inquire about our *Dining with Diabetes* or *Living Well with Chronic Conditions* programs.

This series isn't meant to take the place of diabetes self-management education for those with diabetes.

**The class series is designed for people who are ready and willing to make a significant commitment to their health.**

The series will take place on **Monday evenings, 5-6 p.m., beginning on January 6, 2014 at Aspirus Grand View Hospital. Pre-registration is necessary and limited to 15 participants.**

For more information please contact Lucia Patritto, Extension Educator, at MSU Extension, Gogebic County: (906) 663-4045 or toll-free at 1-888-MSUE-4-MI (Gogebic)