

## NOVEMBER - STOP DIABETES! November is American Diabetes Month.

**What is diabetes?** Diabetes is a disease where your body does not respond properly to insulin, a hormone that allows the body's cells to use glucose (sugar) for energy.

**Did you know?** Type 2 Diabetes used to be known as "adult-onset diabetes" because it was almost always seen in adults. However, with an increase in child obesity and lack of physical activity, this disease is now being seen in children. If current trends continue, 1 in 3 Americans will develop diabetes.

**Who is at risk?** Risk factors for type 2 diabetes include:

- Being overweight or obese
- Physical inactivity
- Having a family member with diabetes
- Having diabetes during pregnancy (gestational diabetes)



**NOVEMBER HEALTH ACTIVITY: Aim for 50 points to help stop diabetes. Use a calendar or print our log sheet to keep track.**

- 1. Know your diabetes risk (10 points possible)** <http://www.diabetes.org/risk-test.jsp>
  - Take the online diabetes risk assessment and give yourself 10 points to start off.
  - Weigh yourself regularly so that you know whether your weight is putting you at risk.
- 2. Be physically active (30 points possible - 1 point/day)**

Both aerobic activities, like brisk walking, and strength exercises help to prevent and control diabetes. Give yourself 1 point for each day you do either:

  - 30 minutes of moderate intensity physical activity or
  - resistance exercises to work your major muscle groups.
- 3. Make healthy eating choices to control your weight (30 points possible - 1point/day)**

Each day, make at least one healthy food choice to help you maintain a healthy body weight. Give yourself 1 point for each day that you do one of the following:

  - read food labels for calories
  - write down what you eat
  - make a lower calorie food choice by reducing fat or sugar
  - limit the portion size of the food you eat

A recent study showed that a *healthy lifestyle* including modest *weight loss* (5-10%) and regular *exercise* (30 minutes daily) stopped diabetes in people with pre-diabetes *better than medication*.



**For more information, visit the American Diabetes Association [www.diabetes.org](http://www.diabetes.org) or *Get a Life!* at [www.kidsgetalife.org](http://www.kidsgetalife.org).**

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