...because diabetes is a pandemic

Today, more than 463 million people have diabetes. By 2030, that could rise to 578 million. Four out of five people with diabetes live in low- and middle-income countries.

The symptoms of type 2 diabetes are so slow to appear they can go unnoticed. In fact, half the people with type 2 diabetes do not even know they have it. And that can be dangerous. Undiagnosed or uncontrolled diabetes can lead to long-term complications such as blindness, heart disease and kidney failure.

But the news is not all bad. In many cases, type 2 diabetes can be delayed and even prevented altogether.

MAKE A POSITIVE LIFESTYLE CHANGE AND REDUCE YOUR RISK OF DEVELOPING TYPE 2 DIABETES

Count your steps for change

- **7,192** average steps men take a day
- **5,210** average steps women take a day
- **2,000–3,000** steps per day for sedentary people

1,300 steps walk burns 65 calories

Choose your steps for change

- **Stand up at work**
- **Drink**
- **Climb**
- **Cycle**
- **Get active at home**
- **Clean**
- **Kick**

A one-km walk burns 65 calories
Your risk of developing diabetes depends on factors such as where you live, your lifestyle and your ethnic background.

- Type 1 diabetes can develop at any age, but usually begins in people under 20.
- Type 2 diabetes is most prevalent in people over 40 who do not take regular exercise.

**TYPE 2 DIABETES IS MORE LIKELY TO DEVELOP IF …**

- Someone in your family has it.
- You are over 40.
- You have an unhealthy lifestyle.
- You are of Native American, African American, Hispanic or Asian descent.

Assess your risk online at www.idf.org/type-2-diabetes-risk-assessment/

---

**step 2**

**EAT HEALTHY**

Recommendations:
- Eat plenty of fruit and vegetables
- Cut down on fried meals and fast food
- Eat less sugar and salt
- Reduce portion size of rice, potatoes, cassava, etc.
- If you are trying to lose weight, a loss of ½-1 kg a week is considered safe and healthy

**BASE YOUR HEALTHY MEALS ON LOW-FAT OPTIONS FROM:**

- Meat and fish
- Whole grains
- Fruit and vegetables
- Milk and dairy

---

**step 3**

**TAKE REGULAR EXERCISE**

Regular exercise helps to keep your blood sugar levels stable, reduces your risk of developing chronic diseases, and improves your feeling of well-being. And it does not need to be hard. Just **10,000 STEPS** a day add up to the amount of exercise recommended by many health authorities to reduce health risks. Here are three tips to get you started:

- **START SLOW** You can enjoy the benefits of exercise without having aches and pains the next day.
- **HAVE FUN** Do something you enjoy. Even simple activities such as walking or dancing can help lower blood pressure, cholesterol and the risk of heart disease.
- **KEEP GOING** Experts recommend at least 30 minutes of exercise every day for adults.
- **GET SOCIAL** You can count your steps, monitor your calories, and share your walks and results with family and friends.