

THREE STEPS FOR CHANGE

...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

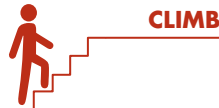


Choose your steps for change

HAVE A
GLASS OF
WATER



TAKE
THE
STAIRS



WALK OR
PEDAL



STAND UP
AT WORK



GET ACTIVE
AT HOME



GO OUTSIDE
AND PLAY



step 1

CHECK YOUR RISK

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 OF NATIVE AMERICAN, AFRICAN AMERICAN, HISPANIC OR ASIAN DESCENT.



... YOU ARE OVER 40.



... YOU HAVE AN UNHEALTHY LIFESTYLE.

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.