



# Healthy tips to help prevent diabetes

More than 1 in 3 Americans have prediabetes – and 90% of them don't even know it.<sup>1</sup> The good news is that most cases of type 2 diabetes are preventable – healthy lifestyle changes can help you avoid, control, or even reverse the disease.<sup>2</sup>

## Keep your weight in check

Excess weight is the primary cause of type 2 diabetes. If you're overweight, losing just 7 to 10% of your current weight can cut your risk in half.<sup>2</sup> Maintaining a healthy weight can help prevent other health problems, too – including heart disease and certain types of cancer.

## Be carb-smart

Limit sugar and refined carbohydrates like white bread, pasta, and rice. Focus on high-fiber, whole-grain complex carbohydrates – they're digested more slowly, which helps keep your blood sugar steady.

## Stay active to stay healthy

Inactivity promotes type 2 diabetes, so regular exercise is essential. You don't have to spend hours sweating in the gym to get the benefits – just walking briskly for a half hour every day can reduce your risk by up to 30%.<sup>2</sup>

## WANT MORE WAYS TO PREVENT OR MANAGE DIABETES?

Visit [kp.org/diabetes](http://kp.org/diabetes) and follow us @kpthrive.



<sup>1</sup>Centers for Disease Control and Prevention

<sup>2</sup>Harvard T.H. Chan School of Public Health

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## 3 ways to protect against type 2 diabetes

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