

What you can do to stop getting type 2 diabetes

What is type 2 diabetes?

People with type 2 diabetes have too much sugar in their blood. This can cause serious health problems.

Did you know?

Most people do not know that they have type 2 diabetes.



Are you at risk of getting type 2 diabetes?

Tick any risk factors that you might have:

- I am overweight or carry weight around my middle
- I am Maori, Pacific Island, Asian, Middle Eastern, or African
- I have a family member with diabetes
- I do less than 30 minutes physical activity most days
- I eat fatty foods, sweets, takeaways or sugary drinks daily

How many risk factors do you have?

High Risk

Two or more risk factors

You need to make changes to your food and exercise **now!**

Moderate Risk

One risk factor

You may need to make changes to your food and exercise

Low Risk

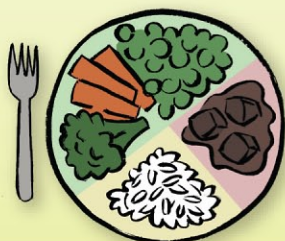
No risk factor

It is still important that you eat healthy food and exercise often

What you can do to lower your risk of getting type 2 diabetes

Step 1.

Eat healthy foods



- Eat 3 meals a day, starting with breakfast.
- Make half your plate colourful vegetables.
- Drink water instead of fizzy and sugary drinks.
- Have fruit instead of cake, biscuits and packet snacks.
- Keep takeaways to once a week or less.
- Eat less by eating smaller serving sizes.

Step 2.

Become more active more often



Swimming



Cycling



Brisk walking/
jogging



Dancing



Playing
a sport

- Start by trying one or two things.
- You'll: • feel great
 - look great
 - have more energy
 - reduce your chance of heart disease and diabetes.
- Do it for 30 minutes or more, most days and sit less.

Step 3.

Aim for a healthy body weight



- Being overweight increases your risk of type 2 diabetes. Talk to your doctor or nurse about how best to lose weight.

And most of all have fun!