

WHAT TO DO AFTER A "PRE-DIABETIC" DIAGNOSIS

Getting the news that you are at risk for developing diabetes is scary—but it's not the end of the story. Type 2 Diabetes (formerly called non-insulin-dependent, or adult-onset) can be treated and its consequences avoided or delayed by changing these aspects of your lifestyle.

TYPE 2 DIABETES'S EFFECTS CAN BE TREATED, DELAYED, OR AVOIDED WITH A HEALTHY DIET, REGULAR PHYSICAL ACTIVITY, MAINTAINING A NORMAL BODY WEIGHT AND AVOIDING TOBACCO USE.

1



EAT HEALTHY

Eat a healthy diet, avoiding sugar and saturated fats.

HOW IT HELPS:

Hyperglycaemia can lead to serious damage to many of the body's systems, especially the nerves and blood vessels.

2



GET PHYSICAL

Do at least 30 minutes of regular, moderate-intensity activity on most days

HOW IT HELPS:

More activity is required for weight control, and regular physical activity can prevent onset.

3



FIND THE RIGHT FIT

Achieve and maintain a healthy body weight.

HOW IT HELPS:

Type 2 diabetes is largely the result of excess body weight and physical inactivity.

FOR MORE INFORMATION, VISIT OUR WEBSITE:

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