

Prevent Diabetes

Diabetes is the seventh-leading cause of death, and the leading cause of kidney failure, in the United States. Type 2 diabetes makes up nearly 95 percent of diabetes cases. Fortunately, Type 2 diabetes is preventable.

If you're concerned about your risk of developing Type 2 diabetes, talk to your doctor. You can also adopt the following lifestyle changes to help keep this chronic condition at bay:

- **Lose weight and keep it off.** You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.
- **Move more.** Aim to get at least 30 minutes of physical activity five days a week. If you haven't been active, talk with your doctor to find out what a safe exercise plan is for you.
- **Eat healthy.** A healthy diet is key to keeping chronic conditions like diabetes at bay. Try things like eating smaller portions, staying away from fatty foods and choosing low-calorie beverages to reduce the amount of calories you eat each day and help you lose weight.
- **Get screened.** Go to your doctor for routine diabetes screenings. These screenings will let you know how at-risk you are and will help you determine how to further prevent diabetes.

