Can you catch diabetes?  
NO, but it could catch you!

Is diabetes somewhere in your family?  

It doesn’t have to be in YOUR future!

- Did you know that Type 2 diabetes can be prevented?
  We now know that over half of all cases of Type 2 diabetes can be prevented - studies have proven it!

- Did you know that children are developing Type 2 diabetes (adult onset) in numbers never seen before? Increasing activity and healthy eating can reverse this trend.

- Did you know that young and older persons alike can successfully prevent Type 2 diabetes? Age is no barrier!

ME? Develop diabetes?  
I don’t think so!!

If you can answer “that’s me” to any of the following, then you are at risk.

- I have a family member who has Type 2 diabetes... a parent, a sister or a brother.
- I am overweight; with extra weight around my waist.
- I am not very active.
- I am of First Nations, African, Asian, Hispanic or South Asian descent.
- I gave birth to a large baby (greater than nine pounds) or had gestational diabetes.
- I am 40 years or older.
- I have been told I have Prediabetes or “a little bit” of sugar in my blood.
- I have high blood pressure and/or high blood fats.

Read on for tips that will help you...

Developed by:

Partnerships, Quality, and Innovation (since 1991)
It is never too early (or too late) to make a few healthy changes. Acting now can make a difference! Here’s what it takes...

**EAT GREAT!**  

• Don’t forget breakfast. Eating three meals every day helps control your appetite and will make you more likely to be successful with weight loss.

• Limit high fat foods and “hidden” fats and avoid adding fats to your food. Choose skim or 1% milk. Limit sauces and gravies and avoid fried foods.

• Make sure your plate is colorful- be sure to choose dark green and orange veggies and fruit each day. Choose a variety of foods. Canada’s Food Guide is a great place to start. Watch those portions!

• Eat foods high in fibre. Choose whole grains, fruits, and vegetables more often.

• Look for classes offered at your grocery store or health centres - tours, cooking classes, etc.

**GET MOVING!**  

• Any activity counts. Try taking the stairs!

• Start slowly. Minutes add up. Start with 10 minutes at a time. Build up to 150 minutes per week (30 minutes on each of five days).

• Add resistance exercises (activities that use muscles to move a weight) such as resistance bands, light dumbbells, or hand weights (even soup cans).

• Replace a coffee break with a walk break.

• Connect with your local recreation centre. Join or form a walking group, and find out about walking trails.

• Turn off the TV, make it fun and bring a friend with you.

**START LOSING!**  

• Eating well and being active are a good start. This will help you lose those extra pounds.

• A small weight loss can make a big difference. As little as 10 pounds could do it for you and help prevent diabetes.

• A dietitian can help you make a plan.

• Find a “buddy” for added support.

Remember, living longer as well as a healthier you is within reach!

**For more information:**

- [www.phac.gc.ca](http://www.phac.gc.ca)  
  Tips to Get Active  
  (Public Health Agency of Canada)

- [www.csep.ca](http://www.csep.ca)  
  Canadian Physical Activity Guidelines  
  (Canadian Society for Exercise Physiology)

- [www.diabetes.ca](http://www.diabetes.ca)  
  (Canadian Diabetes Association)

- [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)  
  Canada’s Food Guide  
  (Health Canada)

- [www.trails.gov.ns.ca](http://www.trails.gov.ns.ca)  
  (Trails Nova Scotia)

- [www.eatracker.ca](http://www.eatracker.ca)  
  (Dietitians Canada eatracker)

- [www.dietitians.ca](http://www.dietitians.ca)  
  (Dietitians of Canada)

- [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)