



of the U.S. population has diabetes. That means 38.4 million Americans have this disease.

## Diabetes Awareness and Prevention

### Why prevent or properly manage diabetes?

Because there is no cure for diabetes, the focus is on prevention. If you have risk factors or have prediabetes, ways to prevent or delay type 2 diabetes include:

- **Get physically active.** Just 30 minutes of aerobic exercise, 5 times a week, reduces your risk of diabetes. If you haven't been active, start with 5-10 minutes a day and work your way up to 30 minutes gradually.
- **Lose 5-7% of body weight.**
- **If you smoke or use tobacco—quit.**
- **Eat healthy.** You are more likely to adopt healthy eating habits if you start with small changes.

High blood glucose (blood sugar) may not sound like a big deal but diabetes is a serious disease with serious health complications including:

- Heart disease
- Blindness
- Kidney failure
- Lower-extremity issues

**You can search this health topic and more by visiting [carefirst.com/wellbeing](https://carefirst.com/wellbeing).**

Sources: <http://www.diabetes.org/diabetes-basics>; <https://www.heart.org/en/health-topics/diabetes>; [https://www.cdc.gov/diabetes/php/data-research/?CDC\\_AAref\\_Val](https://www.cdc.gov/diabetes/php/data-research/?CDC_AAref_Val)

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