



Protect yourself from type 2 diabetes

More than 1 in 3 Americans have prediabetes – and 90% of them don't even know it.¹ The good news is that most cases of type 2 diabetes are preventable – healthy lifestyle changes can help you avoid, control, or even reverse the disease.²

Keep your weight in check

Excess weight is the primary cause of type 2 diabetes. If you're overweight, losing just 7% to 10% of your current weight can cut your risk in half.² Maintaining a healthy weight can help prevent other health problems, too – including heart disease and certain types of cancer.

Be carb-smart

Limit sugar and refined carbohydrates like white bread, pasta, and rice. Focus on high-fiber, whole-grain complex carbohydrates – they're digested more slowly, which helps keep your blood sugar steady.

Stay active to stay healthy

Inactivity promotes type 2 diabetes, so regular exercise is essential. You don't have to spend hours sweating in the gym to get the benefits – just walking briskly for a half-hour every day can reduce your risk by up to 30%.²

Visit kp.org/diabetes.

¹"Prediabetes: Your Chance to Prevent Type 2 Diabetes," Centers for Disease Control, [cdc.gov/diabetes/basics/prediabetes.html](https://www.cdc.gov/diabetes/basics/prediabetes.html), accessed December 10, 2019.

²"Simple Steps to Preventing Diabetes," Harvard T.H. Chan School of Public Health, [hsph.harvard.edu/nutritionsource/disease-prevention/diabetes-prevention/preventing-diabetes-full-story/](https://www.hsph.harvard.edu/nutritionsource/disease-prevention/diabetes-prevention/preventing-diabetes-full-story/), accessed December 10, 2019.

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