



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, 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/, accessed December 10, 2019.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101