

## Type 2 Diabetes

Type 2 diabetes is a disease in which the body does not properly use insulin. Insulin is a hormone that is needed to convert sugar, starches, and other food into energy needed for daily life.

### Risk Factors

- Age
- Weight gain
- Inactive lifestyle
- High blood pressure (at or above 140/90)
- Family history of diabetes
- Having diabetes when pregnant or delivering a baby that is over 9 lbs.

### Diabetes is more common in:

- African Americans
- Hispanics/Latinos
- American Indians
- Asian Americans

Testing is recommended for everyone starting at age 45. Talk to your health care provider about getting tested.

### Signs and Symptoms of Diabetes

- Frequent thirst and urination
- Weight loss when you are not trying to
- Cuts/ bruises that are slow to heal
- Blurred vision
- Tingling in hands or feet
- Frequent infection

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### Reduce Your Risk of Diabetes

- Walk or jog (10 minute walks 3 times a day are fine)
- Sweep, vacuum, and do other housework
- Take the stairs
- Dance
- Rake, hoe, weed, and other garden activities
- Eat a healthy diet that includes more vegetables, fruits, fat-free and low-fat dairy in place of high-fat dessert food.
- Enjoy high fiber foods such as whole grain breads and cereal, brown rice, cooked dry beans in salads or soups
- Maintain a healthy weight

### For more ideas on how you can eat better, ask your health care provider or dietitian, or contact:

- American Dietetic Association consumer hotline at 1-800-877-1600 or [www.eatright.org](http://www.eatright.org)
- American Diabetes Association at 1-800-DIABETES or [www.diabetes.org](http://www.diabetes.org)
- National Diabetes Education Program at 1-888-693-6337 or <http://ndep.nih.gov>

The source for the information above is the Department of Health Services, Division of Public Health, P-43018 (07/00), State of Wisconsin.