

# What you can do to stop getting type 2 diabetes

## What is type 2 diabetes?

People with type 2 diabetes have too much sugar in their blood. This can cause serious health problems.

## Did you know?

Most people do not know that they have type 2 diabetes.



## Are you at risk of getting type 2 diabetes?

Tick any risk factors that you might have:

- I am overweight or carry weight around my middle
- I am Maori, Pacific Island, Asian, Middle Eastern, or African
- I have a family member with diabetes
- I do less than 30 minutes physical activity most days
- I eat fatty foods, sweets, takeaways or sugary drinks daily

How many risk factors do you have?

### High Risk

Two or more risk factors

You need to make changes to your food and exercise **now!**

### Moderate Risk

One risk factor

You may need to make changes to your food and exercise

### Low Risk

No risk factor

It is still important that you eat healthy food and exercise often

## What you can do to lower your risk of getting type 2 diabetes

### Step 1.

#### Eat healthy foods

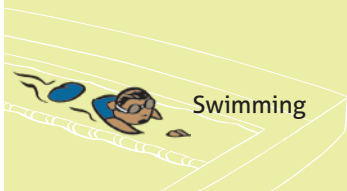


- Eat 3 meals a day, starting with breakfast.
- Make half your plate colourful vegetables.
- Drink water instead of fizzy and sugary drinks.
- Have fruit instead of cake, biscuits and packet snacks.
- Keep takeaways to once a week or less.
- Eat less by eating smaller serving sizes.

### Step 2.

#### Become more active more often

- Start by trying one or two things.
- You'll: • feel great
  - look great
  - have more energy
  - reduce your chance of heart disease and diabetes.
- Do it for 30 minutes or more, most days and sit less.



Swimming



Cycling



Brisk walking/  
jogging



Dancing



Playing  
a sport

### Step 3.

#### Aim for a healthy body weight



- Being overweight increases your risk of type 2 diabetes. Talk to your doctor or nurse about how best to lose weight.

**And most of all have fun!**