



# HEALTH AWARENESS

## It's Not Too Late To Prevent type 2 Diabetes

(NAPSA)—At any age there's a lot you can do to prevent or delay diabetes and yet many adults ages 60 and older, who are at high risk of developing type 2 diabetes, may not believe they still have the power to reduce their risk.

Yet a major research study on diabetes prevention found that adults over 60 were more successful at preventing or delaying the onset of type 2 diabetes than were all other age groups.

According to The National Diabetes Education Program (NDEP), almost 40 percent of adults ages 40 to 74—or 41 million people—have pre-diabetes, a condition where a person's blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. Pre-diabetes raises a person's risk for developing type 2 diabetes, heart disease and stroke. The risk of getting diabetes increases as you get older—almost one in five people over age 60 have diabetes.

The good news is that the Diabetes Prevention Program study showed that type 2 diabetes can be delayed or even prevented by losing a small amount of weight by following a low-fat, low-calorie meal plan and exercising for 30 minutes a day, five days a week.

The study showed that lifestyle changes are more effective than the use of a diabetes medication for people aged 60 and older, with a 71 percent reduction in the development of diabetes.

Losing five to seven percent of your current body weight, if you are overweight, through healthy eating and exercising regularly, can help prevent or delay type 2 diabetes.



**Finding fun ways to increase your physical activity can help you reduce your risk of type 2 diabetes.**

For a 200-pound person, this equals 10 to 15 pounds. Starting a healthier lifestyle—and encouraging your friends and family to do the same—can help make a significant difference.

NDEP offers free booklets and tip sheets designed to help at-risk older adults stop diabetes in its tracks.

For example, you could walk around the neighborhood instead of watching television. Buy healthy snacks instead of keeping cookies and chips in the cupboard for grandkids. Visit the park on a nice day or have a dance party in your living room. These are small steps, but the rewards are big.

For more tips on how you can prevent type 2 diabetes, visit [www.ndep.nih.gov](http://www.ndep.nih.gov) or call 1-800-438-5383 and ask for the "It's Not Too Late to Prevent Diabetes" tip sheet. It's not too late to prevent diabetes, especially if you take your first step today.