



How to avoid diabetes with diet and exercise

We all live with risks to our health, and we do what we can to lower them. For instance, we buckle our seat belts when we get in a car. We take our medicines as prescribed. And we get the vaccines that we need.

But there is another serious health risk that we need to take steps to prevent and that many of us overlook: type 2 diabetes.

Type 2 diabetes has the potential to hurt our bodies from head to toe. If not well controlled, type 2 diabetes can cause heart disease, stroke, eye and foot problems, and more.

Those who are overweight or obese, over 45 years old, are physically inactive or have a family history of diabetes are more at risk for developing the condition.

Fortunately, there are ways to prevent or delay this most common form of diabetes. Research shows that healthy eating and good exercise habits can significantly lower our risk of developing the disease.

Here are three things to try:

- 1. Shed a few pounds if you're overweight.** Losing just 5% to 7% of your starting weight can make a difference. For example, if you weigh 200 pounds, set a goal of losing 10 to 14 pounds.
- 2. Get moving.** Aim for at least 30 minutes of physical activity five days a week. If you've been inactive, check with your health care provider about what activities are best for you. Start slowly and build up to your goal.
- 3. Eat healthy foods.** Fill half your plate with vegetables and fruits and just a quarter of it with a low-fat protein and the other quarter with whole grains.

Choose low-fat foods that don't have a lot of sugar, salt or calories. Drink water instead of sweet beverages. Keep your tastebuds happy: Use spices and herbs rather than salty, fatty and sugary condiments to flavor your food.

If you are at risk of developing type 2 diabetes, you can take control, starting today. Talk with your primary care provider about more ways to prevent this disease.

Here are links to resources we've selected to help promote diabetes prevention.

We've chosen articles from the American Diabetes Association on [lifestyle change programs](#), [understanding A1C tests](#), [prediabetes](#), and [fitness routines](#), along with information about the [Diabetes Plate Method](#).

Plus we've picked healthy recipes for [Kale Apple Slaw](#), [Southwest-Style Turkey Meatloaf](#), [Green Salad with Orange, Avocado, and Onion](#), [Slow-Cooker Ratatouille with White Beans](#), and [Avocado Toast with Turkey Bacon and Tomato](#).

Consider sharing these links with your employees as part of your health promotion activities this month.

More diabetes prevention resources

This month's suggested health promotional campaign in our 2022 Wellness CARE Communication Guide is designed to inform members of how diabetes can be delayed or avoided with modest weight loss through diet and exercise.

[Click here](#) to view and download the "Turn the corner on diabetes" poster to print and display in your workplace, [click here](#) to download a campaign flyer on diabetes screening and prevention, or [click here](#) for a campaign postcard to print and mail to your members' homes.

Want related information to print and hand out to members or attach to an email? [Click here](#) for a flyer on care recommendations for prediabetes, [click here](#) for information on understanding metabolic syndrome, or [click here](#) for an online diabetes risk test.



COPD awareness resources

This month's suggested health promotional campaign in our 2022 Ongoing Condition CARE Communication Guide is designed raise awareness of chronic obstructive pulmonary disease (COPD) and the harmful long-term effects of smoking on the lungs.

[Click here](#) to view and download the "Don't wait until it is too late" poster to print and display in your workplace, [click here](#) to download a campaign flyer on the signs and symptoms of COPD, or [click here](#) for information about pulmonary function tests.

Want related information to print and hand out to members or attach to an email? [Click here](#) for a flyer on avoiding respiratory infections, [click here](#) for the benefits of exercise on COPD, [click here](#) for tips on better sleep with COPD, or [click here](#) for information about pulmonary rehab programs, or [click here](#) for tips on flying with oxygen.



Help engage members with ongoing conditions

Members eligible to participate in UMR's Ongoing Condition CARE program can complete a health condition survey to begin the enrollment process.

We've provided a link to the survey below, along with language inviting members to sign up. Consider copying and pasting this message into an email to your employees to boost engagement in the program:

Looking for help to better manage your health? UMR offers expert resources and personal support to help people with certain ongoing health conditions. You may be eligible to meet with a UMR CARE nurse if you have one or more of these conditions.

[Click here](#) to answer a few questions about yourself and help us determine if this program is right for you.