

DIET AND EXERCISE DRAMATICALLY DELAY TYPE 2 DIABETES

Diabetes is fast becoming an epidemic. About 798,000 people will be diagnosed this year. It is estimated that by 2025, 30 million people will be diagnosed with diabetes.

As the population grows older, and more overweight more and more will be at greater risk for developing type 2 diabetes.

**Is it possible for you to develop diabetes?
Can you do anything to reduce your risk?**

YES !!!!!

Just a few lifestyle changes can make all the difference.

Obesity is rising rapidly in this country.

High blood pressure is another risk factor for developing type 2 diabetes.

Smoking, like diabetes, increases your risk for heart disease your blood pressure and heart.

You can do something about these factors:

- **Exercise:**
Simply walk for thirty minutes at least three times a week (fast pace walk that will increase your heart rate).
- **Improve your diet:**
Decrease fat and eat more fruit and vegetables.
- **Smoking**
Quit or reduce it

The choice is yours. A healthy lifestyle is in your control.



The Hartford Hospital Diabetes Awareness and Screening Program,
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