

## Steps Prevent Type 2 Diabetes

Type 2 Diabetes is a serious disease that affects close to 1.7 million Texans. While it is serious, it can be prevented. If you are overweight, start by making small changes to your eating habits by adding more whole grains, fruits, vegetables, lean protein sources and 1 % or fat-free dairy products. Eat healthier by choosing low-fat and low-cholesterol foods. Keep portion sizes small for meals and snacks and exercise.

### Who Gets Diabetes?

- Although 9.7 percent of Texans have diabetes, as many as one quarter have it and do not know that they have it.
- Type 1 diabetes occurs at about the same rate in men and women, but it is more common in Caucasians than in other ethnic groups. Type 1 Diabetes is more common in children and young adults.
- Type 2 diabetes is more common in older people, those who are overweight and those who are African Americans, Hispanic and American Indians.

### What Causes Diabetes?

The exact causes of Type 1 and Type 2 diabetes are still not known. For both types, genetic factors make it possible for diabetes to develop. With Type 1 diabetes, environmental triggers are unknown. Type 2 the exact cause is also unknown, but excess body weight helps trigger the disease. Most people who get Type 2 diabetes are overweight.

### How to Prevent Diabetes?

1. **Maintain a healthy weight.** Calculate your Body Mass Index (BMI) to see you are at a healthy weight. If you are overweight, start making small changes to your eating habits.
2. **Start exercising more.** Even if taking a short walk is all you can do for now. If you are not sure where to start, talk to your doctor. Even a small amount of weight loss 10 to 15 pounds has been proven to delay or even prevent the onset of Type 2 diabetes.
3. **Get moving.** Two and a half hours a week of moderate intensity aerobic physical activity such as fast dancing, race walking, biking faster than 10 miles per hour, jogging, swimming fast or heavy gardening.  
A combination of moderate and vigorous-intensity aerobic physical activity and muscle-strengthening activities on 3 days. Include all the major muscle groups, such as legs, hips, back, chest, stomach, shoulders and arms. Exercises for each muscle group should be repeated 8 to 10 times per session.
4. **Eat healthy.** Eat lots of whole grains such as whole wheat or rye bread, whole grain cereal or brown rice. Choose foods that are low in fat and cholesterol. If you eat 2,000 calories per day, you should eat no more that 56 grams of fat each day.
5. **Limit alcohol.** If you drink, limit it to no more than one or two drinks a day. That is one 12-ounce beer, 1 5 ounce glass of wine, or one 1/5 ounce shot of hard liquor a day.

Parker County Extension Office will begin a Do Well Be Well with Diabetes series beginning October 3, 2017 through November 14, 2017. The classes will be at the County Extension Office from 6:00 p.m. to 8:00 p.m. The cost is \$10.00 for the whole series. For questions or to register call 817-598-6168.