

## Diabetes, Your Heart & Your Health

### The Facts

The statistics on cardiometabolic health in America are staggering:

- Two out of three Americans are overweight or obese.
- One in three American adults has high blood pressure.
- Nearly one in four American adults has high cholesterol.
- Nearly one in four Americans has some level of high blood glucose.
- More than one in six Americans has pre-diabetes.
- Nearly 1 million Americans die from type 2 diabetes, heart disease, and stroke each year.

A person's overall risk of developing type 2 diabetes and heart disease is affected by a number of modifiable risk factors, including:

- Overweight/obesity
- High LDL ("bad") cholesterol
- High triglycerides
- Low HDL ("good") cholesterol
- High blood pressure
- Smoking
- Physical inactivity
- High blood glucose

People can take small steps that can reduce their risk for diabetes and heart disease significantly. Here are some tips:

### **Healthy Eating**

- Choose at least 3-5 servings of vegetables a day and 2-4 servings of fruit. Try picking from the rainbow of colors available to maximize variety.
- Choose whole grain foods over processed grain products. Try brown rice with your stir fry or whole wheat pasta with your favorite spaghetti sauce.
- Try to include fish in your meals 2-3 times a week.
- Choose liquid oils for cooking instead of solid fats that can be high in saturated *and* trans fats.
- Choose non-fat dairy such as skim milk, non-fat yogurt, and non-fat cheese.
- Choose water and calorie free "diet" drinks instead of regular soda, fruit punch, sweet tea, and other sugar-sweetened drinks.

- Substitute lower-fat ingredients in your favorite recipes. Try extra-lean ground beef or turkey instead of ground beef. Use low-fat mayonnaise and salad dressings instead of regular types.

## Tips for Eating Out

- Order the smallest portion size when you're eating out.
- Split entrees and desserts with family and friends, or take some home for later.
- Choose grilled rather than fried foods.
- Request salad dressing and sauces on the side and then use as little as possible.
- Consider having a side salad and a piece of fruit instead of the fries for a lower-calorie, lower-fat meal.

## Being active throughout the day

Being active helps burn calories. Just a little extra effort can make a difference.

- Walk instead of drive whenever possible
- Take the stairs instead of the elevator
- Work in the garden, rake leaves, or wash the car
- Play with the kids
- Carry things upstairs in two trips instead of one
- Park at the far end of the shopping center lot and walk to the store

## Don't Smoke

**No ifs, ands, or butts – just quit.** If you smoke, quit. There are many tools available to help you kick the habit, such as smoking cessation programs, medications available through your doctor, and do-it-yourself willpower. Find a program that appeals to you and stick to it.

## See Your Doctor

**Make a date (and keep it).** Make a note around the same time each year, perhaps on your birthday, to schedule a checkup with your doctor. Ask your doctor for advice on reaching or maintaining a healthy weight and how often you need the following tests:

<u>Test</u>	<u>How Often</u>
Blood pressure:	Starting at age 20, at each regular healthcare visit or at least every two years
Body Mass Index (BMI):	Starting at age 20, at each regular healthcare visit
Blood cholesterol:	Starting at age 20, at least every five years
Blood glucose (sugar):	Starting at age 45, every three years

**Be an informed loser.** Ask your doctor for help losing weight. Excess weight raises your risk for type 2 diabetes, heart disease and stroke. Remember: if you burn more calories than you consume, even a little, you will lose weight. If you can burn even just 100 calories more than you consume each day, in a year you will have lost 10 pounds.

**Burn it off.** So what does it take to burn 100 extra calories every day? Turns out, not that much. Even if you make no other changes to your diet or exercise habits, you can lose 10 pounds in a year. Research shows that losing even 10 pounds can make a big difference in your health, and can help you prevent diabetes and heart disease. So, what's stopping you?

Add just one of these 100-calorie burners to your day, every day, and see the difference this time next year:

**Burn 100 calories by:**

- Playing catch for 30 minutes
- Washing dishes for 28 minutes
- Vacuuming for 25 minutes
- Wash the car for 20 minutes
- Shoot hoops for 20 minutes
- Walking the dog for 20 minutes
- Playing hopscotch for 17 minutes
- Raking leaves for 15 minutes
- Brisk walking for 15 minutes
- Jumping rope for 8 minutes

Call or click to learn more about your risk and how you can incorporate these 100 calorie burners into your day, every day. Take charge of your health! It's not too hard, and you CAN do it.