

Type 2 diabetes prevention

3 lifestyle changes to make now

Did you know that roughly 98 million American adults have prediabetes — and eight in 10 don't even know they have it?



Preventable chronic health issues, like Type 2 diabetes, not only impact your physical well-being but influence your overall longevity, too. By making simple changes now, you can significantly reduce the risk of developing Type 2 diabetes and enhance your quality of life for years to come.

35+

The United States Preventive Services Task Force (USPSTF) [recommends screening for prediabetes and Type 2 diabetes](#) in adults ages 35 - 70.

Consider building the following lifestyle changes into your self-care routine, to help you stay healthy and strong:

1. Practice prevention.

Scheduling your [annual preventive exam](#) is key to good health and longevity. Your yearly well-being exam provides a chance for you and your primary care physician (PCP) to establish benchmarks for your health. These appointments also give you a valuable opportunity to speak with your PCP about the risks of developing Type 2 diabetes. Use your time together to also ask any questions you may have about adjusting your diet, creating or modifying an exercise plan and other changes you can make to support your long-term health.

Maintaining regular check-ins with your doctor are essential for helping you stay ahead of potential issues, like Type 2 diabetes, before they become dangerous.





Help with diabetes prevention and management

Through your State of Iowa benefits, you have access to two different diabetes-focused programs from Livongo®:

If you're at risk ...

The Diabetes Prevention Program (DPP) helps people improve habits to lower their risk of developing Type 2 diabetes.

If you have diabetes ...

The Diabetes Management Program (DMP) simplifies diabetes management with unlimited testing strips, a cellular-connected blood glucose meter, expert coaching, support and evidence-based health challenges designed to motivate people and improve their health.

Discover how Livongo can help you.

2. Learn to recognize the symptoms and risks.

According to the [Centers for Disease Control \(CDC\)](#), there are several symptoms that may indicate you should speak with your doctor about being tested for diabetes.

Speak with your doctor if you experience:

- Frequent urination, particularly at night
- Extreme thirst
- Unintended weight loss
- Hunger
- Blurry vision
- Numb or tingling hands or feet
- Extreme exhaustion
- Very dry skin
- Sores that heal slowly
- More infections than usual

Also you may be at greater risk, if you experience the following factors:

- Are overweight
- Are age 45 or older
- Have non-alcoholic fatty liver disease (NAFLD)
- Have had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed over 9 pounds
- Are African American, Hispanic or Latino, American Indian, Alaska Native, Pacific Islander or Asian American
- Have a parent or sibling with Type 2 diabetes
- Are physically active less than 3 times a week

Want to know if you may be at risk? Take the quiz.

3. Make small changes now for big benefits later.

Simple lifestyle changes can lead to lasting results. For example, eating nutritious foods, maintaining a healthy weight and staying active can all greatly reduce your chances of developing Type 2 diabetes. Quitting smoking, limiting alcohol, monitoring your high blood pressure and scheduling your preventive exams further reduces your risk.

Taking proactive steps to prevent Type 2 diabetes is central to maintaining your physical health and overall well-being. And, by incorporating the easy lifestyle changes outlined here, you'll significantly reduce the risk of developing a host of other chronic conditions as well — giving you a healthier quality of life for years to come.

Ready to revamp your routine and take charge of your health?

Visit the [Iowa Department of Administrative Services \(DAS\) Health and Well-Being website](#) to learn more about the tools and resources available through your benefits.

