What you can do to stop getting type 2 diabetes

What is type 2 diabetes?
People with type 2 diabetes have too much sugar in their blood. This can cause serious health problems.

Did you know?
Most people do not know that they have type 2 diabetes.

Are you at risk of getting type 2 diabetes?
Tick any risk factors that you might have:
- I am overweight or carry weight around my middle
- I am Maori, Pacific Island, Asian, Middle Eastern, or African
- I have a family member with diabetes
- I do less than 30 minutes physical activity most days
- I eat fatty foods, sweets, takeaways or sugary drinks daily

How many risk factors do you have?

<table>
<thead>
<tr>
<th>High Risk</th>
<th>You need to make changes to your food and exercise now!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate Risk</td>
<td>You may need to make changes to your food and exercise</td>
</tr>
<tr>
<td>Low Risk</td>
<td>It is still important that you eat healthy food and exercise often</td>
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</tbody>
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What you can do to lower your risk of getting type 2 diabetes

Step 1.
Eat healthy foods
- Eat 3 meals a day, starting with breakfast.
- Make half your plate colourful vegetables.
- Drink water instead of fizzy and sugary drinks.
- Have fruit instead of cake, biscuits and packet snacks.
- Keep takeaways to once a week or less.
- Eat less by eating smaller serving sizes.

Step 2.
Become more active more often
- Start by trying one or two things.
- You’ll: • feel great
  • look great
  • have more energy
  • reduce your chance of heart disease and diabetes.
- Do it for 30 minutes or more, most days and sit less.

Step 3.
Aim for a healthy body weight
- Being overweight increases your risk of type 2 diabetes. Talk to your doctor or nurse about how best to lose weight.

And most of all have fun!