

# THE CURE TO DIABETES STARTS WITH AWARENESS

## KNOW THE TERMS

**PREDIABETES** means a person has elevated blood glucose levels that are not high enough for a diabetes diagnosis but can still carry risks of developing diabetes

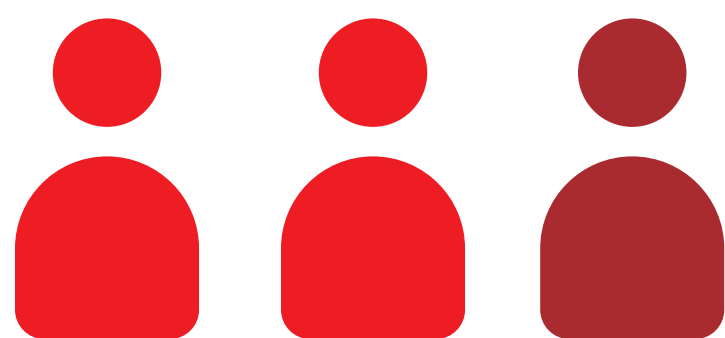
**TYPE 2 DIABETES** means the body cannot use or make insulin well.

## GET THE FACTS



...have been diagnosed with **TYPE 2 DIABETES**

More than **1 in 3 Americans** have **PREDIABETES**



**BUT 9 out of 10 of them DO NOT** know they have it



African American and Latino populations are **2X more likely** to be diagnosed with Diabetes



Medical expenses for people with **DIABETES** are **2.3X GREATER** than those without

## REDUCE YOUR RISK OF TYPE 2 DIABETES

**1** Meals with fish, lean meats and skinless poultry for meals can contribute to weightloss and decrease the risk for Type 2 Diabetes.



**2** Incorporate more fruits and vegetables and whole grains into every meal.



**3** Choose to drink water over sugary drinks to contribute to weightloss and decrease your risk of diabetes.



**4** Get active and include 30 minutes of active exercise for most days of the week.



**5** Don't skip meals. Keep your energy levels constant throughout the day with balanced snacks and meals.



## THE YMCA IS HERE TO HELP

As a member of the YMCA, you get 3 free appointments with a Y FIT expert who can address health and fitness concerns and help you develop a plan to help you achieve your goals. Schedule your appointments today and ask about how you can reduce your risk for diabetes.