



PREVENT DIABETES

Diabetes is a condition that occurs when the body can't use glucose (a type of sugar) normally. Glucose is the main source of energy for the body's cells.



1 in 10 Texans has diabetes, (DSHS, 2013)

► CHALLENGES, (DSHS, 2012)

- 7th leading cause of death
- 20% of South Texans have diabetes
- 73% of South Texans are at risk

► COMPLICATIONS

- heart disease
- blindness
- kidney failure
- leg and foot amputations

► SOLUTIONS

- learn about diabetes
- seek prenatal care
- control your weight
- eat healthy





PREVENT DIABETES: EXERCISE & EAT HEALTHY

58% with pre-diabetes avoided progressing into diabetes by:

- Walk **30**min **5X** week
- Lose **7%** of body weight

QUICK TIPS FOR HEALTHY EATING:

- 1** Enjoy your food, *eat less*
- 2** $\frac{1}{2}$ *plate* = nonstarchy vegetables
- 3** Snack on *fresh fruit* (1.5–2 cups/dy)
- 4** *Eat less* processed and red meats
- 5** Make $\frac{1}{2}$ your grains *whole grains*
- 6** Cook with *healthy fats*
- 7** Cook at home more, *eat out less*
- 8** Choose foods with *low sodium*
- 9** Pick *fresh* foods
- 10** Drink *water* instead of sodas