

What is Type 2 Diabetes and How Can You Prevent it?

Type 2 diabetes happens when the body doesn't use insulin well, causing high blood sugar. It's often related to lifestyle and can lead to heart, kidney, and nerve problems.

How to lower your risk:

- Lose 5–10% of your body weight if you're overweight.
- Eat a balanced diet with whole foods and fewer processed sugars.
- Be active (at least 30 minutes most days).
- Avoid smoking.
- Limit alcohol.

If you're at high risk, your healthcare provider may recommend medications to help prevent the onset of diabetes.

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<https://medlineplus.gov/howtopreventdiabetes.html>

