## Choose a healthy lifestyle

- Get at least 30 minutes of moderately intense physical activity, like a brisk walk, most days of the week.
- Eat a variety of fruits and vegetables every day and limit foods high in fat and sugar, including drinks.[1]
- If you drink alcohol, have no more than one drink a day if you are a woman or two drinks a day if you are a man.
- Avoid smoking cigarettes or cigars and chewing tobacco.

*[1]A healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, cholesterol, salt and added sugars.*

For more information about diabetes and healthy lifestyles, visit or call:

www.cdc.gov/diabetes
1-800-CDC-INFO
(1-800-232-4636)

www.diabetes.org
1-800-DIABETES
(1-800-342-2383)

www.smallstep.gov

Special thanks to the National Council of La Raza's Institute for Hispanic Health.

To record your family history and create a family tree, visit:

http://familyhistory.hhs.gov

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

CDC
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# Does Diabetes Run in Your Family?

# Take Steps Toward Better Health!

## Diabetes is

- **Common, especially among Hispanics or Latinos**

  Diabetes occurs when the level of sugar in your blood remains too high.

- **Serious**

  Diabetes is linked to heart disease, kidney problems, stroke, blindness, lower leg amputations, and other health problems.

- **Controllable**

  If you have diabetes, ask your doctor about:

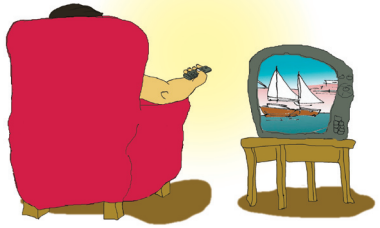
  - eating healthier and becoming more active,
  - controlling the level of sugar and fat in your blood,
  - controlling your blood pressure, and
  - getting regular exams of your eyes, feet, kidneys, and hemoglobin A1C.

## You're more likely to get diabetes if

- **You have family members with diabetes**

- **You have poor eating habits**

- **You are obese or inactive**



## What you can do

- **Know your family history**

  Find out if you have relatives with diabetes and at what age they found out about their disease.

- **Talk with your doctor**

  - Tell your doctor about your family history of diabetes.
  - Ask your doctor about your other risk factors for diabetes.
  - Ask your doctor about possible ways to reduce your risk of diabetes.