

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.



¹A 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>



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.

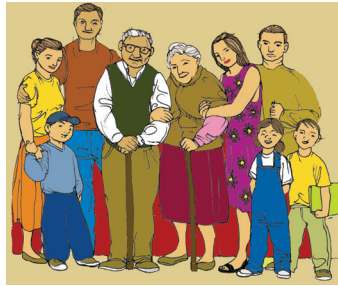
- **Controllable**

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

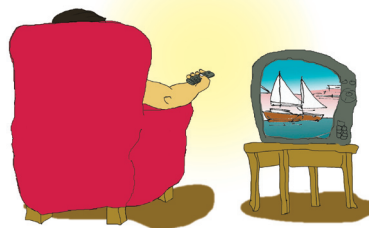
- **You have family members with diabetes**



- **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.

