We have the power to prevent diabetes

We're American Indians and Alaska Natives, and we have the power to prevent type 2 diabetes. Science has proven that we can prevent diabetes if we lose as little as 10 pounds by walking 30 minutes 5 days a week and making healthy food choices.

"I know everyone can do it once they make up their mind. A lot of people out there know it runs in their family and they think 'Okay, I'm going to get it.' No, it's not so. You can prevent it. If I can do it, you can do it."

GLENDA THOMAS FIFER
GILA RIVER INDIAN COMMUNITY AND DIABETES PREVENTION PROGRAM PARTICIPANT

Here are 7 powerful steps you can take to get started today:

1. **MOVE MORE.** Get up, get out, and get moving. Try walking, dancing, bike riding, swimming, or playing ball with your friends or family. It doesn't matter what you do as long as you enjoy it. Try different things so you don't get bored.

"I found ways to work activity into my day. I walk for 10 minutes every morning. At night, my wife and I walk with our daughter."

TOM JOHN
SENECA

2. **EAT HEALTHY.** Focus on eating less and making healthy food choices. Try to eat more fruits and vegetables (5 to 9 servings a day), dried beans, and whole grains. Cut down on fatty and fried foods. You still can eat the foods you enjoy, just eat less.

"I used to always go back for second helpings. Now, I leave the leftovers for another day. I think it's working."

JOSEPHINE MALEMUTE, RN
ATHABASCAN

3 **TAKE OFF SOME WEIGHT.** Once you start eating less and moving more, you will lose weight. By losing even 10 pounds, you can cut your chances of getting diabetes.

"Since losing a few pounds, I feel better and have more energy to do the things I enjoy."

LORELI DECORA
WINNEBAGO TRIBE OF NEBRASKA

4 **SET GOALS YOU CAN MEET.** Start by making small changes. Try being active for 15 minutes a day this week. Then each week add 5 minutes until you build up to 30 minutes 5 days a week. Try to cut 100 calories out of your diet each day (that's one can of pop!). Slowly reduce your calories over time. Talk to your health care team about your goals.

"When I first started walking, I could only go for about 10 minutes. Now I feel stronger and am able to walk 45 minutes every day."

JONATHAN FEATHER
EASTERN BAND OF CHEROKEE INDIANS

5 **RECORD YOUR PROGRESS.** Write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to lose weight and keep it off.

"Keeping track of my activity allows me to see how I'm doing. By walking for 10 minutes at least 3 times a day, I'm able to get my 30 minutes in."

LORRAINE VALDEZ, RN
ISLETA/LAGUNA PUEBLOS

6 **GET HELP.** You don't have to prevent diabetes alone. Ask your family and friends to help you out. Involve them in your activities. You can help each other move more, eat less, and live a healthier life. There are groups in your area that can help as well.

"I try to be more active throughout the day. At work, we take the stairs instead of the elevator."

KELLY MOORE, MD
CREEK NATION OF OKLAHOMA

7 **KEEP AT IT.** Making even small changes is hard in the beginning. Try adding one new change a week. If you get off track, start again and keep at it.

"When I don't think I have time to exercise, I just remember how important it is to be around for my family."

RALPH FORQUERA
JUANEÑO BAND OF CALIFORNIA INDIANS

"We have the power to help our people and the generations to come. We have the Power to Prevent Diabetes."

YVETTE ROUBIDEAUX, MD
ROSEBUD SIOUX

Take your first step today. Talk to your health care provider about your risk for type 2 diabetes and the small steps you can take to prevent it. For more information, call **1-800-438-5383** and ask for your free GAME PLAN for preventing type 2 diabetes.

small steps big rewards
Prevent type 2 Diabetes

www.ndep.nih.gov

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