Reducing the Burden of Type 2 Diabetes

Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of Type 2 Diabetes. Diabetes cannot be prevented in all cases but may be prevented or delayed through a healthy lifestyle.

Achieve and maintain healthy body weight

Eating a healthy diet

Be active: 30 minutes of exercise most days

Avoid tobacco use

An important factor is to learn to reduce stress.

Unnecessary worry can lead to earlier development of diabetes as well as several other diseases like heart disease.