



## ➤ Diabetes & oral health

November

### Take action during American Diabetes Month

Do you know someone with diabetes? In the U.S., nearly 30 million children and adults have it. Another 86 million have prediabetes, which means their blood sugar is higher than normal. They are at risk for developing type 2 diabetes, heart disease and stroke.

The good news is that you – and your whole family – can do things to lower your risk for type 2 diabetes. Even better, these healthy habits will give you more energy and make you feel better. November is American Diabetes Month and a great time to try some of these tips.

- Stay at a healthy weight. This will also help prevent heart disease, high blood pressure, high cholesterol and high blood sugar.
- Eat healthy. It's one of the most important things you can do to lower your risk.
- Get moving! Any physical activity you enjoy counts as exercise, so find an excuse to move your body.

Resource: American Diabetes Association

### Help your kids prevent type 2 diabetes

Who can give your kids the best shot at staying healthy, even as adults? You!

Today, there are more overweight or obese children than ever before in the U.S. That means once they're adults, our kids are more likely to develop health problems such as high blood pressure, heart disease and type 2 diabetes. But you can stop the trend.

Teaching kids healthy eating habits can influence the chemistry of their bodies so they are less likely to become overweight adults, says Harvard Medical School physician Dr. Anthony Komaroff. Here is his advice for starting healthy eating patterns early:

- Daily servings of grains, vegetables, fruits, lean meats, low-fat milk and reduced-fat cheese

- 1,500 to 2,000 calories per day for most children ages 5 – 10
- The same heart-healthy diet as recommended for adults by the age of 5
- Little to no soft drinks and other sugar-sweetened drinks, which are major contributors to weight gain in children

### Walk off your diabetes risk

Here's an easy way to lower your risk of developing diabetes: Just walk! A study that tracked the steps of more than 1,800 people for a week found that people who walked the most were 29 percent less likely to get diabetes, compared with those who walked the least.

The most active people in the study took 7,800 steps per day. That's about four miles, which may seem like a lot. But spread it out over the course of a day, and you'll be surprised at how easy it is! A pedometer can help you keep track.

Here are some of the best ways to lower your risk of diabetes:

- Take 10,000 steps a day (about five miles).
- Find a healthy way to shed pounds if you're overweight, a major risk factor for diabetes.
- You don't have to work too hard. Even light activity can lower your risk.

Source: Diabetes Care

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