

Reduce Risk for Type 2 Diabetes

You can help prevent or delay type 2 diabetes by making some lifestyle changes.

Drop Some Weight

Lose just 5-7% of your weight if you are overweight. That's just 10-14 pounds for a 200-pound person.

Eat Healthier & Reduce Calories

Include more vegetables, fruits, whole grains, nuts, seeds, and lean proteins. Avoid or limit saturated fats and added sugars.



Increase Physical Activity

Aim for 150 minutes of exercise per week, or more. Include different kinds of exercises and avoid sitting for long periods.

National Diabetes Prevention Program

This is a proven lifestyle change program. To find a class near you or online program, visit [cdc.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention).



Type 2 diabetes usually develops after age 45, but is increasing in children, teens, and young adults.