

# Lower your risk for **type 2 diabetes**

**Prediabetes is one of the biggest risks for diabetes. This is when your blood sugar (or glucose) is higher than normal but not high enough to be diagnosed as diabetes.**

**Learn about healthy steps you can take to lower your risk of prediabetes and diabetes:**



**Eat regular meals and snacks.** People often skip meals to try to lose weight, but eating regular meals and snacks gives your body the energy it needs.

- **Tip:** If you need help getting healthy foods, talk with your health care team and see the next page.



**Get active whenever you can!** Try for at least 30 minutes a day, 5 days a week. Choose moderate physical activities like brisk walking, biking, basketball, or dancing.

- **Tip:** You don't have to get 30 minutes at once; you can break it up throughout the day.



**Quit tobacco and/or nicotine, if you use them.** They increase your blood pressure and put you at risk for diabetes, stroke, and some cancers.

**For help quitting, call 1-800-QUIT-NOW, visit [mass.gov/Quitting](https://mass.gov/Quitting), or text Start to 300500.**



**Get your blood pressure and cholesterol checked regularly.**

Talk with your health care team about your blood pressure and cholesterol goals.



**Keep medical appointments.** Talk to your health care team about appointment times that work for your schedule, and ask about resources like transportation support and/or reminders.



**Take your medications as prescribed.** Ask your pharmacist about a refill schedule so you never run out of your medications. You can also ask about help paying for your medications.

**Ready to make a plan to lower your risk for diabetes? See the next page. ➡**

There are some risks for diabetes that you can't control.  
Learn more at [\*\*mass.gov/PreventDiabetes\*\*](https://mass.gov/PreventDiabetes).



Massachusetts Department  
of Public Health

## Today's visit:

Date: \_\_\_\_\_



### Community Health Worker/Health Care Professional

Name: \_\_\_\_\_ Phone and/or Email: \_\_\_\_\_

**Their next steps to support me: *This could include referrals and connections to resources and community organizations that can support your goals.***

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### You can also find Resources on [HelpSteps.com](https://www.mass211.org/helpsteps) or Call 211

HELPSteps is Mass211's website. You can search for local resources that can help you find things like food or food pantries, housing, childcare, transportation, and support for mental and emotional health. It's free, multilingual, and ADA compliant.

## My next appointment:

Health center name: \_\_\_\_\_

Appointment date: \_\_\_\_\_

My provider: \_\_\_\_\_



**My steps to lower my diabetes risk: What are realistic steps you can take right now?**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_