**Lifestyle Wellness Practices\* to help curb or manage diabetes**

**Note: \*There are risk factors not related to lifestyle choices such as: age, family history, genetics, race/ethnic, so it best to try and control what you can!**

**Live Long, Think Strong, Eat-Right**

**The Cause of Diabetes**

Diabetes is an illness related to elevated blood sugar levels. When you stop releasing and responding to normal amounts of insulin after eating foods with carbohydrates, sugar and fats, you have diabetes. Insulin, a hormone that’s broken down and transported to cells to be used as energy, is released by the pancreas to help with the storage of sugar and fats. But people with diabetes don’t respond to insulin properly, which causes high blood sugar levels and diabetes symptoms. There are three types of diabetes:

**Prediabetes**

Prediabetes is a “pre-diagnosis” of diabetes—you can think of it as a warning sign. It’s when your blood glucose level (blood sugar level) is higher than normal, but it’s not high enough to be considered diabetes. Prediabetes is an indication that you *could* develop type 2 diabetes if you don’t make some lifestyle changes.

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| **Risk Factors** | **Suggested Lifestyle Wellness Practices** |
| **Overweight** | Set Realistic Gradual Goal  Eat Nutrient dense foods |
| **Overloading on sugar, starches, & fats** | Read labels to avoid added sugars |
| **Low Activity Level** | Increase body movement at home, work  Walk |
| **High Stress** | Do activities that you enjoy  Play an instrument  Visit with friends  Read a book  Join a club |
| **Smoking** | Visit American heart Association for free help |
| **Lack of Proper Sleep** | Prepare for sleep one hour before  Journal  Draw  Read  All electronics disrupt sleep hormones |
| **High Blood Pressure and Cholesterol** | Modify both conditions by food choices to avoid and foods to add making for a healthier, functioning body and mind |

**Type 1 Diabetes: Also known a juvenile diabetes.** Type 1 diabetes is all about insulin—a lack of the hormone insulin. If you have type 1 diabetes, then your body doesn’t produce enough insulin to handle the glucose in your body. Glucose is a sugar that your body uses for instant energy, but in order for your body to use it properly, you have to have insulin. Family history: Since type 1 diabetes involves an inherited susceptibility to developing the disease, if a family member has (or had) type 1, you are at higher risk.

Risk Factors Suggested Lifestyle Wellness Practices

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| Not balancing the 3 main food nutrients  Fats, Proteins, and Carbohydrates | Plan meals with a doctor or registered dietitian. Visit: www.Choose MYPLATE.GOV  Sugar free gum, candy and desserts are allowable in moderation. |
| Early introduction of Cow’s milk | Breastfeeding is best and beneficial |
| Living in Northern climates | Encourage outdoor winter activities. Practice self-care |
| Certain viral infections may trigger Type 1 diabetes | Guard child from exposures to German measles, coxsackie and mumps.Enforce proper hand washing |
| Little Physical Activity | Encourage participating in sports, organized activities, biking, outdoor play, walking |
| Children often feel different from friends. Some tips to help them be comfortable with having diabetes. Work with a counselor | Encourage joining clubs, read related story books, talks with other parents, act out scenarios with toys and dolls, work with |

**Type 2 Diabetes:**

Type 2 diabetes is a dangerous disease that can lead to many other health conditions when it’s not managed properly, including kidney disease, blindness, leg and foot amputations, nerve damage, and even death. Type 2 diabetes is a completely preventable and reversible condition, and with diet and lifestyle changes, you can greatly reduce your chances of getting the disease or reverse the condition if you’ve already been diagnosed

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| **Risk Factors** | **Suggested Lifestyle Wellness Practices** |
| Eating too much | Drink water before meals  Eat slowly  Snack on Veggies  Reduce portions  Use spices, not salt  Drink 2%, not whole |
| Not exercising | Aerobic Fun: Walking, Biking, baseball, swimming  Strength Training: Lifting weights, dancing, climbing stairs, hiking  Improve Flexibility: Stretching, Yoga, Tai- Chi, resistance bands, Pilates |
| Stress | Mental calming techniques: Meditation, Journaling, deep breathing, massage, listen to music, counseling |

Sources:

www.endocrineweb.com

www.heart.org