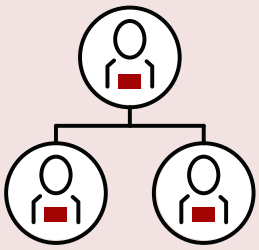
# PREVENTING TYPE 2 DIABETES

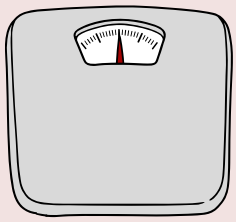
Type 2 diabetes develops when your blood sugar levels become too high.

## *COMMON RISK FACTORS FOR TYPE 2 DIABETES*



FAMILY HISTORY OF DIABETES

BEING OVER AGE 45



BEING OVERWEIGHT

HIGH BLOOD PRESSURE

**Diabetes can lead to serious health problems, including heart disease, kidney failure, blindness, and amputation.**

## *HEALTHY HABITS CAN HELP LOWER YOUR RISK OF TYPE 2 DIABETES*

**LOSE WEIGHT WITH A NUTRITION PLAN**

**QUIT SMOKING**

**EXERCISE 150 MINUTES A WEEK**

New York City District Council of Carpenters
**BENEFIT FUNDS**

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**Talk to your doctor about diabetes, testing, and what next steps are best for you.**