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HELP PREVENT DIABETES

Did you know that more than 9 million Canadians are living with some form of diabetes?

It's a scary thought. But Type 2 diabetes, which is the condition that the majority are afflicted with, is preventable in many cases.

Small changes to your diet and lifestyle can greatly reduce your chance of being diagnosed with this chronic condition.



When people think of diabetes they often think of needles and blood testing. In general, diabetes results from the body's inability to produce or use insulin, which is needed to use sugar as an energy source. Further health risks can result from diabetes such as kidney and heart disease.

There are two types of diabetes.

Type 1

Type 1 occurs when the pancreas is unable to

produce insulin. This condition is normally found in children and makes up only 10% of diabetic cases in Canada.

Type 2

The rest have Type 2 diabetes, which means that the body doesn't produce enough insulin or does not use it effectively. It usually develops in adulthood and unlike Type 1, a person can take steps to reduce their likelihood of developing Type 2 diabetes.

Who is at risk?

People aged 40 or older should be tested every three years for Type 2 diabetes.

If you are overweight, have high blood pressure, high cholesterol or are a member of a high-risk group (those of Aboriginal, Hispanic, Asian, South Asian or African descent) you are considered at risk.

But don't panic! Just because you are at risk doesn't mean you will develop diabetes. Risk just means you may want to consider adopting healthier habits.

Even if you aren't considered at risk for developing diabetes, improving your health is never a bad idea.

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some form of diabetes!

REDUCE YOUR RISK FOR DIABETES

How to Reduce Your Risk

1. Maintain a healthy weight
 - Include a good balance of activity and healthy diet.
 - Talk to your doctor about what a healthy weight is for you.
2. Eat a healthy, balanced diet
 - Eat a diet with lots of variety.
 - Eat 5 to 10 fruits and vegetables a day.
 - Eat more fibre.
 - Eat less fat and salt.
 - Limit the amount of alcohol you drink.
 - Select appropriate portion sizes.
3. Ensure regular physical activity
 - Be active at least 30 minutes every day.
 - Include activities that build endurance, strength and flexibility.
 - Find activities that you enjoy and that include your family.
4. Don't smoke
 - If you smoke, it's never too late to quit.
 - Avoid second-hand smoke.
5. Keep your health in check
 - Get enough sleep and rest.
 - Be active - physical activity is a great way to reduce stress.
 - Manage high blood pressure, cholesterol and glucose.



FOR MORE INFORMATION

Source: Government of Canada



Visit the Wellness
page at
www.ufcw175.com
for more healthy living
information.

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