

Neighborhood Extra: August 9, 2008  
Adult- Move More  
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### **Awareness + Action = Prevent Type 2 Diabetes**

A surprising statistical number: one in three of us are at risk for diabetes. In the United States, 23.5 million people aged 20 years and older have diabetes. Many people are not aware that they may have pre-diabetes, which means blood sugar levels are higher than normal, but not high enough to be called diabetes. If you take action now, people with pre-diabetes may be able to delay or prevent type 2 diabetes. A Diabetes Prevention Program (DPP) study showed regular physical activity and weight loss can make a difference.

Getting physical activity is not only something that is good for everybody and helps in our efforts to have a healthy lifestyle; it is so easy to begin. Walking is the easiest, most affordable means of physical activity and can be accomplished by almost anyone. The goal for adults should be 30-60 minutes of activity four to five days a week. The good news is that you can spread out the activity throughout the day, even 10 minutes at a time shows benefits. If it's been a while since you've had some exercise, you'll want to start out slowly and with short distances, and if you've had health problems you may want to check with your doctor first.

This is a great time to get into the habit of getting more physical activity. The days are longer and it's the perfect time to start a routine. Some of the benefits of regular exercise are strengthening your cardiovascular and respiratory systems, helping to prevent and manage diabetes, lowering blood pressure, keeping your bones and muscles strong, assisting in easing depression and managing pain and stress, and even helping to manage weight.

If you have questions on nutrition or physical activity, call the Lincoln-Lancaster County Health Department, 441-3889.