

For Neighborhood Extra: **October 11, 2008**  
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### **Take Charge of Your Numbers and Your Health**

The ActionNow! Community Diabetes Prevention & Control Coalition encourages adults and children to know your numbers to avoid diabetes. As discussed in previous articles, three simple steps toward preventing type 2 diabetes begin with **Eating Healthy, Moving More, and Knowing Your Numbers.**

One way to know if you are at risk for developing type 2 diabetes is to know your blood glucose (sugar), blood pressure, cholesterol and body weight numbers. Knowing these numbers is an important first step in decreasing your risk of developing type 2 diabetes.

If you have not seen your healthcare provider in awhile, schedule an appointment to get a baseline of these important numbers. If any or all of them are not within the normal range, ask your provider to discuss with you how you can best go about getting them into a normal healthy range.

Small dietary changes and regular physical activity can go a long way in improving your health and reducing your risk of developing type 2 diabetes. This winning combination not only substantially reduces your risk of developing diabetes, but also of stroke, heart disease, colon cancer, and high blood pressure to name a few, by helping to bring your numbers into a healthy range.

Visit the websites listed below for information about blood glucose, blood pressure, cholesterol and body weight, and simple steps that you can take to get your numbers within a healthy range.

Take charge today! Get to know your important personal numbers and get on the fast track of good health and vitality. Take action now!

[www.123actionnow.org](http://www.123actionnow.org)  
[.nhlbi.nih.gov](http://.nhlbi.nih.gov)  
[.ndep.nih.gov/diabetes](http://.ndep.nih.gov/diabetes)  
[.diabetes.org](http://.diabetes.org)  
[.cdc.gov](http://.cdc.gov)

**Contact us at 441-8045**  
[://www.diabetes.org](http://www.diabetes.org)