

# Reduce your risk of diabetes

Taking smart steps every day for good health and well-being



How does diabetes happen? Our bodies turn a lot of the food we eat into sugar, called glucose, which gives us energy. To use glucose as energy, our bodies need insulin, a hormone that helps glucose get into our cells.<sup>1</sup> When your body does not make or use insulin well, you can develop diabetes.

## Prediabetes is an early warning from your body

Prediabetes is when your blood glucose (blood sugar) is higher than normal, but not high enough to be diabetes. Affecting one in three adults in the United States, prediabetes can lead to type 2 diabetes.<sup>1</sup> More than eight out of 10 people with prediabetes do not know they have it or that they are at risk for developing type 2 diabetes.<sup>2</sup>

**What you can do:** Make sure to see your doctor for regular checkups and screening tests. Finding out if you have prediabetes gives you the opportunity to make changes and take steps to delay or prevent it from progressing to type 2 diabetes.

## The difference between type 1 and type 2 diabetes

Type 1 diabetes occurs when the body does not make insulin. It most often begins in children and young adults.<sup>2</sup>

Type 2 diabetes is the most common. In adults, type 2 diabetes accounts for 90% to 95% of all diagnosed cases.<sup>2</sup> It happens when the body does not make or use insulin well and levels of sugar in the blood are too high. It is often diagnosed in middle-aged and older adults.<sup>1</sup>

**What you can do:** Talk to your doctor about your risk of developing type 2 diabetes and the steps you can take to prevent it. Staying healthy and active, and eating a well-balanced diet can make a big difference. Your doctor may also prescribe medicines to help.

**Taking healthy actions may delay or prevent type 2 diabetes.<sup>3,4</sup> Turn over this page for ideas on simple steps you can take every day.**

## You are more likely to get type 2 diabetes if you: <sup>2</sup>

- Are overweight.
- Are 60 or older.
- Have a family history of diabetes.
- Have had diabetes during pregnancy.
- Are African American, Alaska Native, American Indian, Asian American, Hispanic or Pacific Islander American.

**Remember, type 2 diabetes can be prevented or controlled. For a little extra peace of mind, talk to your doctor at your next visit about your risk factors for developing diabetes.**



## 7 steps to prevent or delay type 2 diabetes

### Keeping your health in mind every day makes good sense: <sup>3,4</sup>

1. Be active every day for at least 30 minutes.
2. Eat plenty of fruits and vegetables.
3. Keep sugar intake low.
4. Manage stress in healthy ways (and ask for support, if you need it).
5. Get enough sleep every night (less than six or more than nine hours makes your risk higher).
6. Quit smoking to lower your risk for type 2 diabetes.
7. Monitor blood glucose (sugar).

Without weight loss and moderate physical activity, 15% to 30% of people with prediabetes will develop type 2 diabetes within five years. Research shows that lifestyle changes can cut the risk of type 2 diabetes in half.<sup>5</sup> Taking care of your health is key to living your best life. We are here to help.

### If you are at risk, reach out

Talk to your doctor about getting to, or staying at, a healthy weight and any changes you may want to make to your lifestyle. If you do not have a doctor, visit [www.anthem.com/ca](http://www.anthem.com/ca). To learn about our Diabetes Prevention Program, call us at **1-833-607-6514**.

- 1 National Institute on Aging: Diabetes in Older People (May 2019): [nia.nih.gov/health/diabetes-older-people](http://nia.nih.gov/health/diabetes-older-people).
- 2 Centers for Disease Control and Prevention website: National Diabetes Prevention Program (April 2019): [cdc.gov/diabetes/prevention/about-prediabetes.html](http://cdc.gov/diabetes/prevention/about-prediabetes.html).
- 3 Centers for Disease Control and Prevention website: National Diabetes Prevention Program (June 2019): [cdc.gov/diabetes/managing/index.html](http://cdc.gov/diabetes/managing/index.html).
- 4 Centers for Disease Control and Prevention website: Sleep and Chronic Disease (August 2018): [cdc.gov/sleep/about\\_sleep/chronic\\_disease.html](http://cdc.gov/sleep/about_sleep/chronic_disease.html).
- 5 Centers for Disease Control and Prevention: National DPP Infographic (November 2019): [cdc.gov/diabetes/prevention/pdf/NDPP\\_Infographic.pdf](http://cdc.gov/diabetes/prevention/pdf/NDPP_Infographic.pdf).

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