

# Operation

# Diabetes

Diabetes is a serious disease. It affects almost every part of the body.

## WAYS TO MANAGE YOUR HEALTH:

### LOWER YOUR BLOOD PRESSURE



High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.



### GET A 1C TESTED

(measures blood glucose or sugar)



### STOP SMOKING

### GET A FUNNY BONE-LAUGH!

Diabetes doubles the risk of depression.



### EAT HEALTHY FOOD

Eat a variety of foods that are low in fat, cholesterol and salt.



### LOWER YOUR CHOLESTEROL

Bad cholesterol, or LDL, can build up and clog your blood vessels. It can cause a heart attack or a stroke.

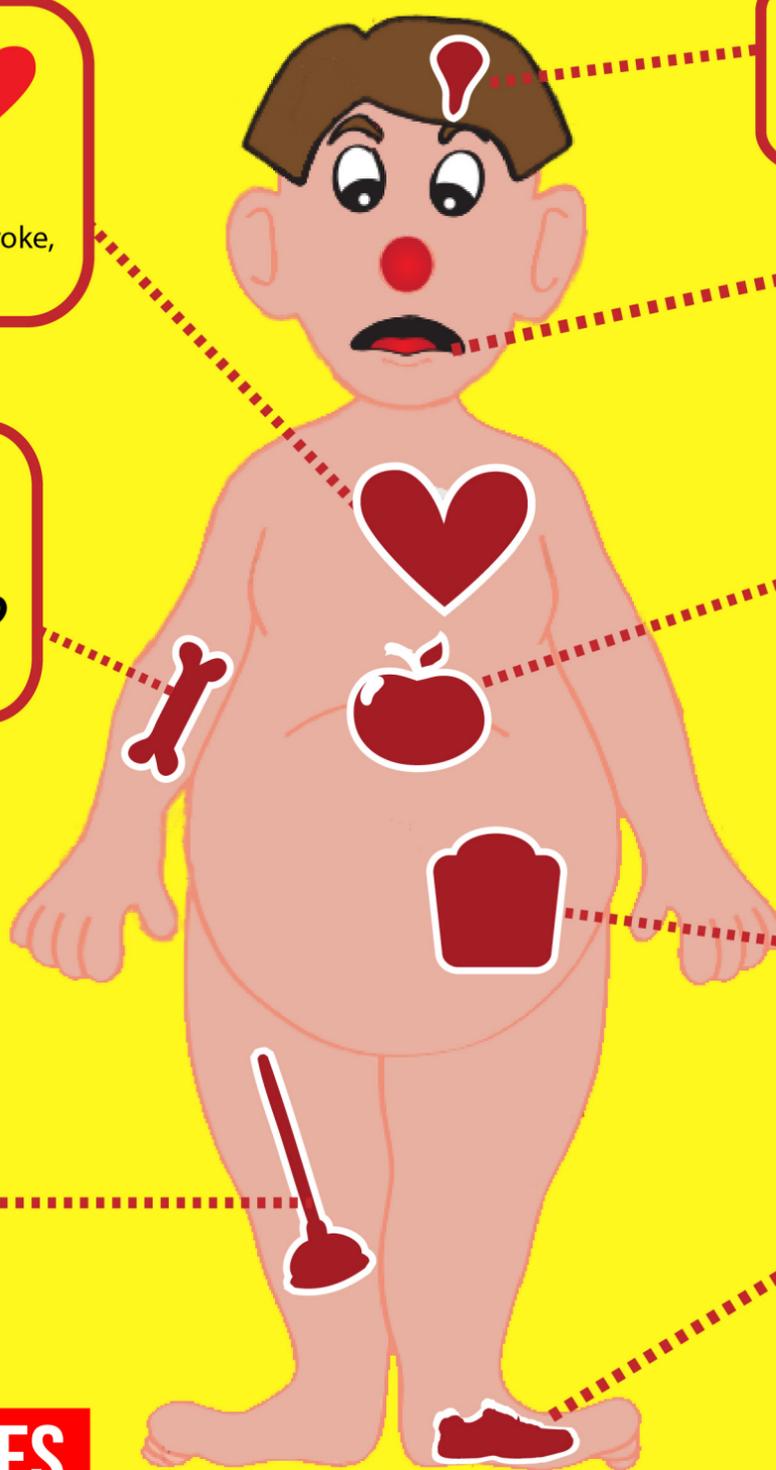


### MAINTAIN A HEALTHY WEIGHT



### BE ACTIVE EVERY DAY

Walk, cycle, garden, dance, yoga, etc.



## TYPE 2 DIABETES

1 out of 3 American Adults Have Prediabetes



Over 2.1 Million

Adult Virginians Have Diabetes

## WHO SHOULD BE TESTED?

People over 45 who are:



Overweight



Family History



Had diabetes during pregnancy



Are African-American, Hispanic/Latino or American Indian



Are physically inactive



Source: Center for Disease Control and Prevention, CDC

VDH

VDHLiveWell.com/diabetes