

## Diabetes Prevention Facts & Stats



70% of type 2 diabetes cases can be prevented by adopting a healthy diet regular physical activity<sup>1</sup>



30 minutes of moderate exercise (such as brisk walking or swimming) per day can reduce your risk of diabetes by 40%<sup>1</sup>



### Main principles of a healthy diet for diabetes prevention<sup>2</sup>

- Have 3 regular meals per day which include a starchy carbohydrate food such as bread / pasta / rice / potatoes (preferably wholegrain versions)
- Limit intake of sugary foods such as sweets / chocolate / puddings / biscuits / fizzy drinks, limit fresh juice to 1 small glass or 150ml per day
- Include plenty of pulses, fruit and vegetables (aim for at least 5 portions per day)
- Limit food high in saturated fat such as mayonnaise, chips, crisps, pastries, butter, cakes, biscuits, takeaways, full fat dairy foods (choose low fat versions instead)
- Choose foods high in unsaturated fat instead eg. olive / rapeseed oil, oily fish, nuts and seeds
- Choose lean meats rather than fatty or processed meats, and grill / bake / poach / steam food instead of frying or roasting
- Choose healthy snacks such as: fruit, unsalted nuts or diet yoghurt
- Limit alcohol and salt intake
- Keep portion sizes sensible e.g. a fist size of a carbohydrate food, a palm size of meat, fish or poultry, two handfuls of vegetables or salad, a cupped-handful of fruit, the size of the top of your thumb for oil or fat spread

### Benefits of frequent and regular physical exercise<sup>3</sup>

- Boosts the immune system
- Reduces the risk of major chronic diseases (including heart disease, stroke, cancer, diabetes) by up to 50%
- Reduces the risk of early death by up to 30%
- Improves mental health
- Boosts self esteem/confidence
- Enhances sleep quality and energy levels
- Reduces stress and depression
- Protects against dementia and Alzheimer's disease



### Risks Associated with Type 2 Diabetes

- Diabetes doubles the risk of heart disease<sup>4</sup>
- Diabetes doubles the risk of having a stroke<sup>5</sup>
- Diabetic retinopathy is the leading cause of blindness in working-age adults in the UK<sup>6</sup>
- In the UK roughly 1280 people lose their sight per year due to diabetes (ie. roughly 25 people per week)<sup>7</sup>
- In the UK 135 people a week lose a toe, foot or lower limb due to diabetes<sup>8</sup>
- Diabetes is the fifth most common cause of death in the world<sup>9</sup>
- Almost 1 in 3 of those with Type 2 diabetes eventually will suffer from kidney failure<sup>10</sup>
- People with Type 2 diabetes are at a 50 – 150% increased risk of dementia<sup>11</sup>



### References

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- 11 Strachan, M.W.J. et al (2011) Cognitive function, dementia and Type 2 diabetes mellitus in the elderly. *Nature Reviews Endocrinology* 7:108–114

