

Diabetes Prevention General Information and Resources

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Could you have diabetes? Take the [test](#).

Nearly 38.1 million Americans have diabetes, and another 98 million America adults are at risk for developing Type 2 diabetes, according to the Centers for Disease Control and Prevention (CDC). To find out more information on preventing diabetes, see the CDC website which gives risk factors, when you should be tested, a fact sheet and frequently asked questions (FAQ's): <https://www.cdc.gov/diabetes/basics/diabetes.html>.

Healthy lifestyle choices can help prevent type 2 diabetes, even if diabetes runs in a family, diet and exercise can help prevent the disease. If you already have been diagnosed with diabetes, the same healthy lifestyle choices can help prevent potentially serious complications from occurring. If you have pre-diabetes, lifestyle changes can slow or halt the progression from pre-diabetes to diabetes.

Excerpted from the Mayo Clinic website, and the following tips & additional information on preventing diabetes, can also be found on the site: <https://www.mayoclinic.org/diseases-conditions/diabetes/basics/definition/con-20033091>

- **Eat healthy foods.** Choose foods low in fat and calories. Focus on fruits, vegetables and whole grains. For every 1,000 calories you consume, try to have at least 14 grams of fiber, because fiber helps control blood sugar levels.
- **Get physical.** Aim for 30 minutes of moderate physical activity a day. Take a brisk daily walk. Ride a bike. Swim laps, or if you cannot fit in a longer workout, spread out 10-minute or longer sessions throughout the day.
- **Lose excess pounds.** If you're overweight, losing 5 to 10 percent of your body weight can reduce the risk of diabetes. To keep your weight in a healthy range, focus on permanent changes to your eating and exercise habits. Motivate yourself as the benefits of losing weight, such as having a healthier heart, having more energy and improved self-esteem are so important to your well-being.

The Connecticut Department of Public Health's, diabetes Information page, has general information for individuals with diabetes and the "Live Well" diabetes program" held at the Connecticut Area Agencies on Aging sites, and other miscellaneous information and programs for those living with diabetes or at risk:

<https://portal.ct.gov/DPH/AIDS-Chronic-Diseases/Chronic-Disease/DPCP-Overview>

DIABETES PREVENTION PROGRAMS:

The American Diabetes Association is leading the fight to stop diabetes and its deadly consequences and fighting for those affected by diabetes. For a Type 2 Diabetes Risk Test compiled by the American Diabetes Association, link to, <https://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>

TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCE DATABASE THAT PROVIDE DIABETES PREVENTION & WELLNESS SERVICES AT LOCAL CONNECTICUT AREA AGENCIES ON AGING, VARIOUS CONNECTICUT HOSPITALS, YMCA AND OTHER MISCELLANEOUS PROGRAMS:



Search by service name:

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SOURCES: Centers for Disease Control and Prevention (CDC); Mayo Clinic, American Diabetes Association, National Diabetes Education Program (NDEP); Connecticut Department of Public Health

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