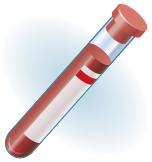
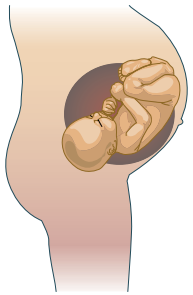
# Are you at risk for Type 2 Diabetes?





Anyone can get diabetes. You are more likely to get type 2 diabetes if you:

- Are overweight – and you carry most of your weight around the waist
- Are over 40 years old
- Are not physically active
- Have high blood cholesterol
- Have high blood pressure
- Have a parent, brother or sister with diabetes
- Had diabetes while pregnant (known as gestational diabetes)
- Had a baby weighing over 4 kilograms (9 pounds) at birth

## How do I know if I am at risk?

Your health care provider can weigh you and measure your height to let you know if you are at high risk.

If you have pre-diabetes you are also at a higher risk for getting diabetes. Pre-diabetes is when your blood glucose levels are higher than normal, but not high enough to be called diabetes.

You usually cannot feel if you have pre-diabetes, the only way to know is to go to the health center for regular checkups.

Diabetes does not go away once you have it. There are many things that you can do to prevent diabetes and stay healthy. You can eat well, be more active, and maintain a healthy weight.

Aboriginal Diabetes Initiative

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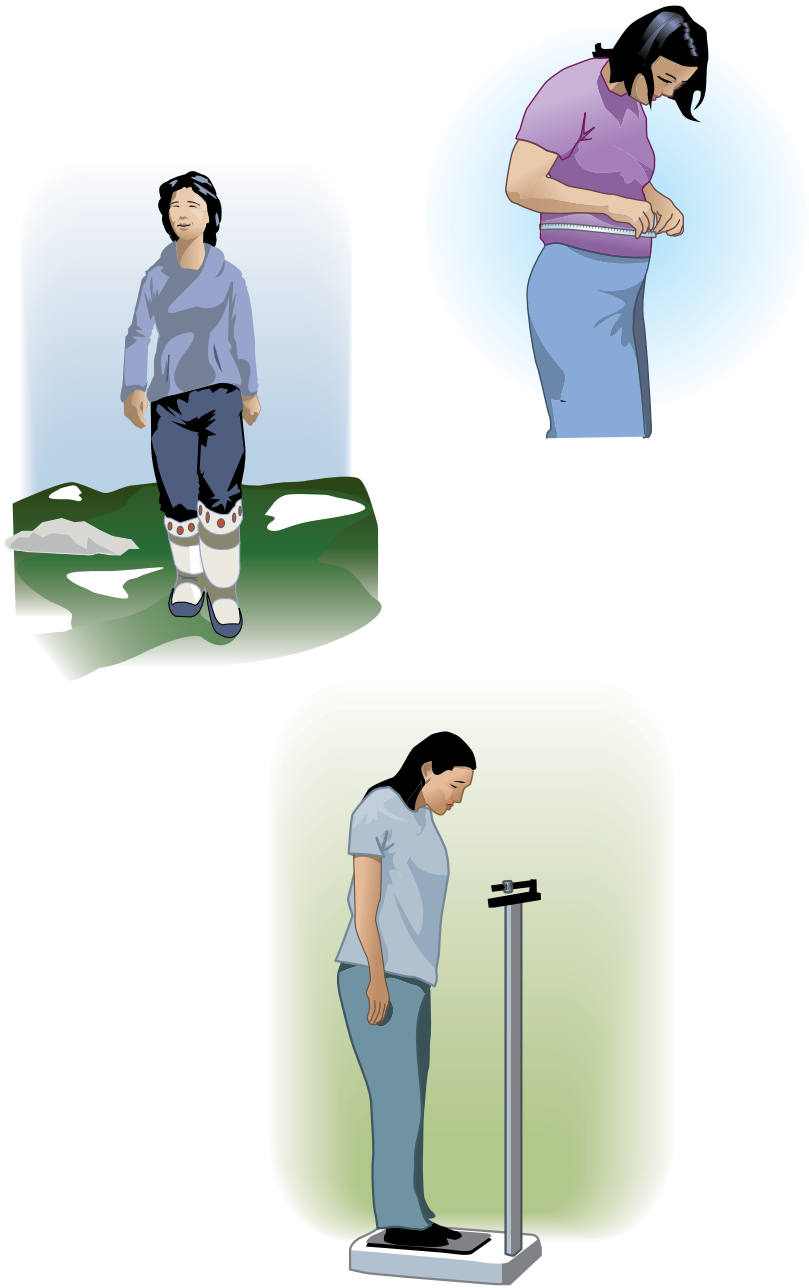
Munarhiliqiyikkut Inuuhiriknirmullu
Department of Health and Social Services
Ministère de la Santé et des Services sociaux

# What can I do if I'm at higher risk for getting Diabetes?



Type 2 diabetes can be delayed or prevented if you change the way you eat and become more active. The support of family and friends can help you to make lasting changes.

Physical Activity: Being active is one of the best things you can do to prevent diabetes. Try to take part in activities that you enjoy each day. This can include things like walking, dancing, and traditional games. See the Nunavut Physical Activity Guide to find ways to lower your chance of getting Diabetes.

Healthy Foods: Eating well is also very important. Eat healthy foods, but remember that too much of any food can lead to weight gain. It is important to control how much food you eat. See the Nunavut Food Guide show you ways to lower your chances of getting Diabetes.

If you would like more information on preventing diabetes, talk to your health care professional.

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