SUTTER HEALTH TIP

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Sutter Health

Are You At Risk for Diabetes?

Several factors increase your risk of developing type 2 diabetes, including:

- Being overweight
- Being physically active less than three times a week
- Having a close relative with type 2 diabetes
- Being age 45 or older
- Being African American, Hispanic/Latino American or American Indian
- For women, having ever developed diabetes during pregnancy or given birth to a baby weighing more than 9 pounds

Some of these things can't be changed, but don't let that discourage you. By focusing on the positive steps you can take, it's often possible to prevent or delay diabetes.

Take Your Diet to the Mediterranean

You may have heard of the Mediterranean diet. It's rich in veggies, fruits, legumes, nuts, seeds and olive oil. One study followed the health of more than 25,000 women for two decades. **Women who ate this kind of diet had a 30% lower risk of developing type 2 diabetes**. They also showed fewer signs of inflammation, obesity and insulin resistance (a condition that can lead to high blood sugar), and had lower levels of low-density lipoprotein (LDL), or "bad," cholesterol.

Sources include the American Diabetes Association and the Centers for Disease Control and Prevention.