





**At risk of developing diabetes? Leeds is here to support you to:**

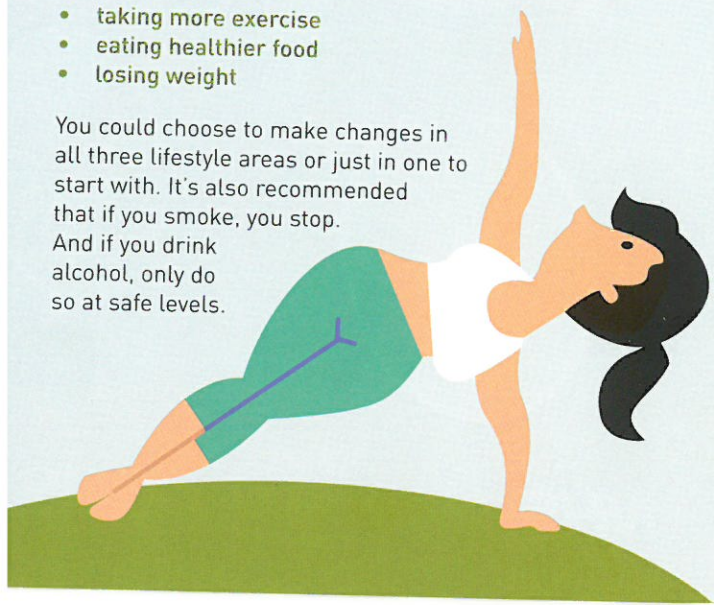
-  **Be aware...** know how to reduce your risk of diabetes
-  **Be active...** achieve a good level of physical activity
-  **Be healthy...** what you eat and what you weigh makes a difference
-  **Be in control...** make choices and take action to reduce your risk of developing diabetes

**Be aware...**

If you've been told you have an increased risk of developing Type 2 diabetes, there are a lot of simple things you can do to reduce your risk and there is a lot of support to help you. Making even small changes to your daily life can produce big benefits, not only will you lessen the chance of developing diabetes but you will also lower the risk of heart disease, stroke and cancer. Making healthy changes can also help you feel fitter and happier. The important thing is that you choose some simple changes that are right for you. There are three main lifestyle areas you can adjust that will make a real difference:

- taking more exercise
- eating healthier food
- losing weight

You could choose to make changes in all three lifestyle areas or just in one to start with. It's also recommended that if you smoke, you stop. And if you drink alcohol, only do so at safe levels.



**Be active...**

**Exercise**

Adults should take at least 30 minutes of moderate exercise, such as brisk walking, five times a week to help prevent diabetes and become healthier.



**Tips to exercising more:**

- include walking in your daily life (leave the car behind on short journeys)
- try a new activity like gardening or an exercise class such as yoga
- enjoy activities with friends and family – a walk in the park perhaps
- jobs around the house like vacuuming and DIY can be good exercise and just going up and down the stairs gives you a bit of a work out!
- if your daily routine means sitting a lot, get up and walk about regularly

**Be healthy...**

**Eating healthy food**



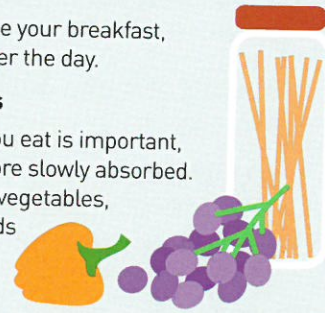
Food choices make a big difference to our health but don't have to mean denying yourself the foods you love. Follow these tips, and you can still enjoy a variety of foods while staying healthy.

**Eat regular meals**

Avoid skipping meals and space your breakfast, lunch and evening meal out over the day.

**Include some carbohydrates**

The amount of carbohydrate you eat is important, try to include those that are more slowly absorbed. Good choices include fruit and vegetables, pulses, wholegrain starchy foods and some dairy foods.



**Cut down on fat**

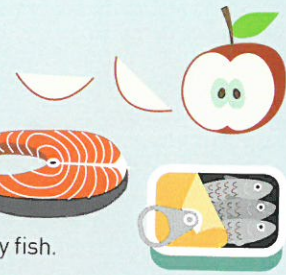
Eat less fat, especially saturated fat. Unsaturated fats from sources like olive oil, sunflower oil, rapeseed oil, nuts and avocados are better for your heart.



Reduce your intake of cheese, butter and other spread. Grill, steam or bake food instead of frying.



**Try to eat at least five portions of fruit and vegetables a day**



**Eat more fish**

Fish is a good source of protein, aim to eat at least two portions of fish a week, including at least one portion of oily fish.



**Cut back on sugar**

There are some easy ways to cut back on your sugar intake, avoid sugar in your tea or coffee or use sweeteners instead



**Aim to eat less salt a day**

Even if you don't add salt to your food, you may still be eating too much and try flavouring your food with herbs and spices instead.



**Be aware of portion sizes**

It's not just what's on your plate, but how much. Try using smaller plates and for main meals, dish out your vegetable first and let this fill up your plate.

**Reduce your weight**

You need to lose weight if your Body Mass Index (BMI) is over 25. If you are of South Asian or Chinese heritage you need to lose weight if your BMI is over 23. For more information on BMI and a simple calculator visit

[www.diabetes.org.uk](http://www.diabetes.org.uk)



**Tips to losing weight**

- eat smaller portions
- eat a healthier diet: less fat, more fibre, lots of fresh food
- become more physically active
- losing 5 – 10% of your weight in one year is a realistic target

**Be in control... Have a plan... and stick to it!**

People who have a plan are more likely to be successful. Set yourself an achievable goal with realistic actions as part of that goal. Here's an example plan opposite that you can adapt to suit your lifestyle.

**Example action plan**

**My goal is: I am going to lose half a stone in the next six months, starting 1 January.**

Action I will take	How will I do it?	When will I do it?	Tick when achieved
I'm going to eat five portions of fruit and vegetables every day.	Buy more fresh fruit and vegetables. Use recipes that include more vegetables. Have fruit at the end of evening meal instead of a pudding.	In weekly shopping trip. Every day. Every week day.	
I'll eat less fat, especially saturated fat.	I'll use less oil in cooking and switch to using an unsaturated oil. I'll have a piece of fruit rather than a biscuit as a snack between meals.	Every day. At my afternoon snack at 3pm.	
I'll go for a brisk walk at least five times a week.	I'll walk instead of taking the car, and do this at least three times a week. If I don't walk to the shop three times then I will go for extra walks instead. I will go for two 30 minute walks.	Every time I need something from the local shop. Every Wednesday and Sunday.	



My goal is:	How will I do it?	When will I do it?	Tick when achieved



### Tips to help you stick to your plan

- Make sure your goal and actions are achievable. Start with a small goal, you can always build things up as you gain confidence about what you can do
- Write down your action plan and look at it regularly
- Talk to other family members and friends about your plan and get their support
- Have a back-up plan if things don't work out. For example, if it's raining when you were planning to go for a walk, just get some exercise in the house like vacuuming or some floor exercises
- If you feel you haven't stuck to your plan don't worry, you haven't failed. Go back to your plan and decide whether you need to make any changes to it. Learn from your experiences and make a new plan and start again!
- Support someone else who wants to make healthy changes, it will help you as well
- Remember you are in control, these are your goals and actions!

### Stop smoking

It's hard to stop smoking without support.  
 Tel: 0800 169 4219  
 Text: SMOKEFREE to 60066  
 Email: [stopsmokingleeds@nhs.net](mailto:stopsmokingleeds@nhs.net)



### Reduce alcohol intake

Everyone who drinks alcohol should only do so at safe limits, that's 3-4 units a day for men and 2-3 for women. It's better to have at least some alcohol-free days. To find out about the units different drinks contain, visit [www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx](http://www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx)  
 Don't forget that alcohol is also high in calories, so cutting down can help you to control your weight.



### Support and signposting

If you have a long-term health condition you may need to take your doctor's advice before setting your goals.

### Health Trainers & Healthy Lifestyle Services

If you need support from a health trainer to plan your changes see below for details:

**Healthy Lifestyle Service,** call them on 0113 8434537 or email [hls@nhs.net](mailto:hls@nhs.net)

**Health Trainers,** call them on 0113 2725170 for details of clinics in your area

**Leeds Lets Change,** visit their website: [www.leedsletschange.co.uk](http://www.leedsletschange.co.uk)

For details of how to sign up for free gym, swimming and health walks in your area see:

Leeds Let's Get Active: [www.leedsletsgetactive.co.uk](http://www.leedsletsgetactive.co.uk)

NHS Choices: [www.nhs.uk](http://www.nhs.uk)

Diabetes UK: [www.diabetes.org.uk](http://www.diabetes.org.uk)

# Healthy tips to help you prevent diabetes

