



Take steps to prevent and manage diabetes

Diabetes can affect anyone – at any age. Risk factors include carrying extra weight, a family history of diabetes, and a history of gestational diabetes.¹ If you think you may be at risk, small lifestyle changes can make a big difference.



Preventing diabetes

Nearly 1 in 3 American adults have prediabetes – but 81% don't know it.² If they don't take action, prediabetes can progress to Type 2 diabetes, which is harder to manage.³ The good news? Prediabetes can often be reversed with healthy eating and physical activity habits.



Lifestyle changes that work

Improved diet, regular activity, and modest weight loss can reduce your risk of developing Type 2 diabetes by up to 58% – or 71% if you're over 60.⁴ If you have diabetes, these same steps may also help you manage your condition.



Daily tips for a healthier you

- Maintain a healthy weight
- Aim for at least 150 minutes of exercise each week
- Eat a balanced diet and cut back on sugar
- Choose water over sugary drinks
- Quit smoking
- Get regular checkups

Even small steps can lead to lasting improvements in your health. Know your risk and ask your doctor about getting screened. kp.org/diabetes

1. "Diabetes Risk Factors," Centers for Disease Control and Prevention, May 15, 2024. 2. "Do I Have Prediabetes? Campaign," Centers for Disease Control and Prevention, May 15, 2024. 3. "The Surprising Truth About Prediabetes," Centers for Disease Control and Prevention, May 15, 2024. 4. "Diabetes Prevention Program," National Institute of Diabetes and Digestive and Kidney Diseases, accessed April 28, 2025.

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