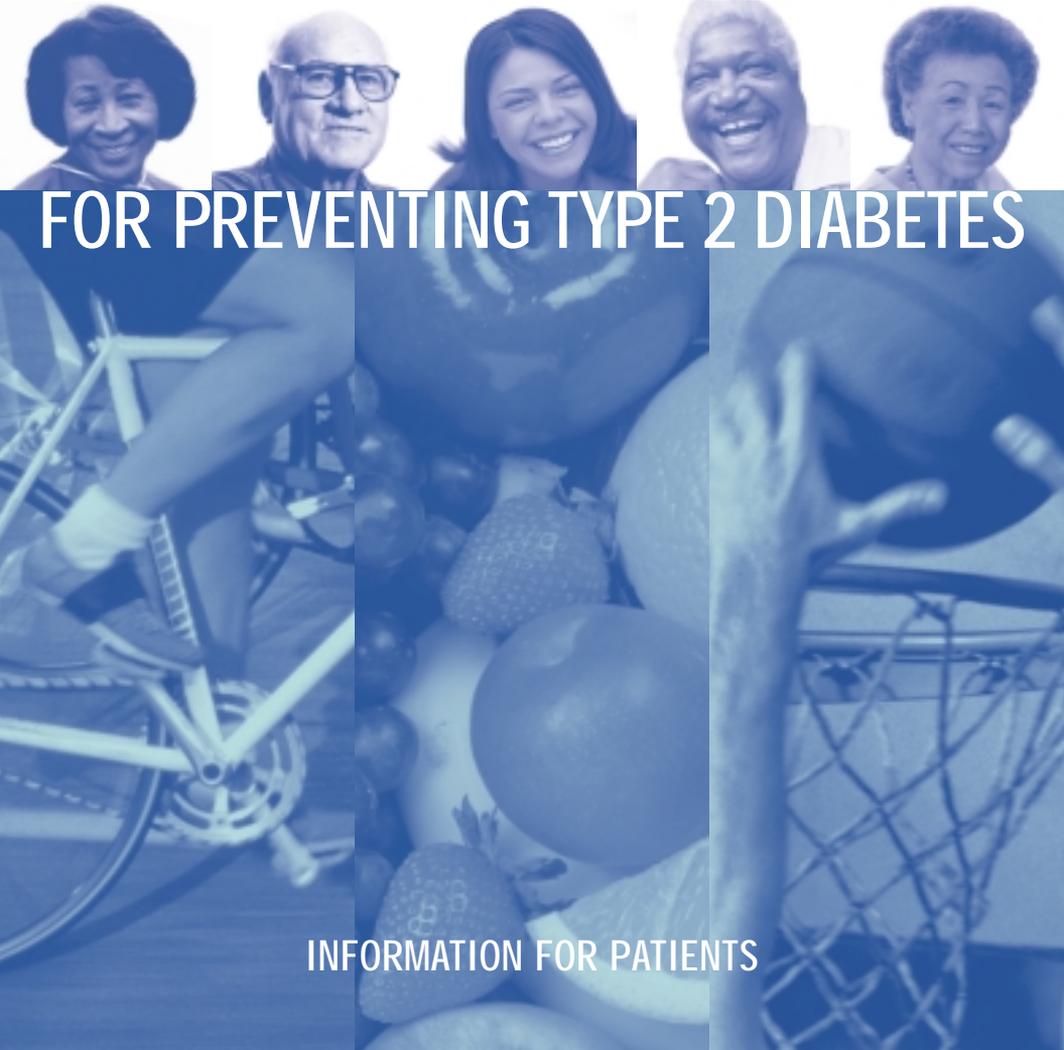




small steps  
**big rewards**

# YOUR GAME PLAN

FOR PREVENTING TYPE 2 DIABETES



INFORMATION FOR PATIENTS

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The Small Steps. Big Rewards. GAME PLAN is based on the lifestyle modification strategies used in the Diabetes Prevention Program (DPP), sponsored by the National Institutes of Health. All of the DPP resources are available on the Internet at [www.bsc.gwu.edu/dpp/manuals.htmlvdoc](http://www.bsc.gwu.edu/dpp/manuals.htmlvdoc). This booklet may be reproduced without permission, but should be acknowledged accordingly. The Walking section was adapted from a brochure produced by the Weight-Control Information Network, NIH Publication No. 01-4155.

# OVERVIEW



**Congratulations!** By reading this you are taking your first step toward preventing diabetes and living a longer, healthier life. Diabetes prevention means lowering your risk for heart disease, stroke, kidney disease, blindness, amputation, and other serious problems. That's a big reward for you and a big reward for your family and friends.

You may have a family member with diabetes. Maybe you have to drive him to his weekly kidney dialysis. Maybe you help her cut her toenails, because she can't see and it would be dangerous to damage her feet. But you are in a position to avoid these complications from diabetes. You can prevent diabetes and stay healthy.

**Diabetes prevention is possible, powerful, and proven.** Recent studies have proven that people at high risk for diabetes can prevent or delay the onset of the disease with 30 minutes of physical activity, 5 days a week, and losing 5 to 7 percent of their body weight. In other words, you don't have to knock yourself out to prevent diabetes. The key is: small steps that lead to big rewards.



*You don't have to knock yourself out to prevent diabetes. The key is: small steps that lead to big rewards.*



*Losing 5 to 7 percent of your weight is one big step to reduce your risk of diabetes.*

**One Small Step:** *Know your diabetes risk.* Work with your health care provider to find out if you are at risk for diabetes or if you have pre-diabetes. The section —“Who Is at Risk for Type 2 Diabetes and Pre-diabetes?”— also can help.

**Big Reward:** Knowing you don’t have diabetes, and that you can prevent or delay it if you are at risk, will give you peace of mind. Note below why you want to prevent diabetes...or who you want to do it for.

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**One Small Step:** *Commit to your GAME PLAN.* Set goals, and don’t forget to work with your health care provider, family, and friends. For example, losing 5 to 7 percent of your weight is one big step to reduce your risk of diabetes. That’s 10 to 15 pounds for a person who weighs 200 pounds. When you figure out how many pounds that is for you, you will see that you can meet your goal.

My 5% goal will be to lose \_\_\_\_\_ pounds

My 7% goal will be to lose \_\_\_\_\_ pounds

My 10% goal will be to lose \_\_\_\_\_ pounds

To figure out your weight loss goal, multiply your weight by the percent you want to lose. For example, if John weighs 240 pounds and wants to lose 7 percent of his weight, he would multiply .07 by 240.

$$\begin{array}{r} 240 \text{ (pounds)} \\ \times .07 \text{ (7 percent)} \\ \hline 16.8 \text{ pounds} \end{array}$$

John’s goal would be to lose about 17 pounds and bring his weight down to 223 pounds.

Try to weigh yourself every day and record your progress. Research shows that this is an effective way to help you reach your goals.

**Big Reward:** Setting goals will help you stick to your GAME PLAN and help you track your success!

**One Small Step:** *Track your GAME PLAN progress.* Use the Food and Activity Tracker to help you lose 5 to 7 percent of your weight. Just jotting down what you eat and drink each day is proven to be one of the most powerful ways to lose weight and keep it off.

Make sure you track the number of calories and fat grams you consume each day. Use the Fat and Calorie Counter included in this package. Also, be sure to record how many minutes of physical activity you perform each day. Check with your health care provider about what goals are best for you.

My goal is to consume \_\_\_\_\_ calories per day.

My goal is to consume \_\_\_\_\_ fat grams per day.

My goal is to get \_\_\_\_\_ minutes of physical activity per day.

Use the first page of the tracker to record the small steps you will take each week to meet your goals and follow your GAME PLAN.



*Try dancing, swimming, biking, walking, or any activity that keeps you moving for 30 minutes most days.*



**Big Reward:** Losing weight can help prevent diabetes, heart disease, certain cancers, and many other chronic diseases. You will also look better and feel better.

**One Small Step:** Start walking. Start off slowly and work up to 30 minutes of brisk walking a day. Or try dancing, swimming, biking, jogging, or any activity that helps get your heart rate up a bit. “Walking... A Step in the Right Direction,” on pages 10 to 13, can help you reach your goal. Record the ways that you will become more active:

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**Big Reward:** Even modest amounts of activity help cut the risk of obesity, high blood pressure, and diabetes. Taking walks or bike rides can also be great ways to spend time with friends or family. You are now on the road to a lifetime of good health!

Take a minute to think about why you want to start living healthier and how you plan to succeed... and now go out there and take your next small step! Add healthy changes every week and always try to get back on track, even if you fall off a few times. Use the resources in this booklet to help you stick to your goals and succeed.

And remember: preventing diabetes is *good for you* and *good for your family!*

# WHO IS AT RISK FOR TYPE 2 DIABETES AND PRE-DIABETES?



## What is diabetes?

About 17 million Americans have diabetes mellitus, a serious disease in which blood glucose (blood sugar) levels are above normal. The vast majority of people with diabetes have type 2 (formerly called adult onset), which usually occurs after age 45, but is occurring increasingly more often in individuals, including children and adolescents.

High blood glucose levels can lead to problems such as heart disease, stroke, vision loss, kidney disease, and nerve damage. About one-third of people with diabetes don't even know they have it. Many people don't find out they have diabetes until they are faced with problems such as blurry vision or heart trouble. That's why you need to know if you are at risk for diabetes.

## What is pre-diabetes?

Before people develop type 2 diabetes, they usually have “pre-diabetes”—a condition in which blood glucose levels are higher than normal, but not yet high enough for a diagnosis of diabetes. People with pre-diabetes are more likely to develop diabetes within 10 years and also are more likely to have a heart attack or stroke.

*17 million Americans have diabetes—one-third don't even know it.*

*At least 16 million Americans have pre-diabetes and are more likely to go on to develop diabetes within 10 years.*



*Find out if you are at risk for diabetes. Talk to your health care provider.*

It is important to find out early if you have type 2 diabetes or if you are at risk for developing it, because treatment can prevent the serious problems caused by high blood glucose. As people get older, their risk of developing diabetes increases. To find out about your risk, check each item that applies to you.

- 1. My weight puts me at high risk according to the At-Risk Weight Chart on page 7.
- 2. I have a parent, brother, or sister with diabetes.
- 3. My family background is African American, American Indian, Asian American, Hispanic/Latino, or Pacific Islander.
- 4. I have had gestational diabetes or I gave birth to at least one baby weighing 9 pounds or more.
- 5. My blood pressure is 140/90 or higher, or I have been told that I have high blood pressure.
- 6. My cholesterol (lipid) levels are not normal. My HDL cholesterol (“good” cholesterol) is less than 40 (for men) or less than 50 (for women), or my triglyceride level is 250 or higher.
- 7. I am fairly inactive. I exercise fewer than three times a week.

# AT-RISK WEIGHT CHARTS

Find your height in the correct chart. If your weight is equal to or greater than the weight listed, you are at increased risk for type 2 diabetes.

IF YOU ARE NOT ASIAN AMERICAN OR PACIFIC ISLANDER AT RISK BMI $\geq$ 25		IF YOU ARE ASIAN AMERICAN AT RISK BMI $\geq$ 23		IF YOU ARE PACIFIC ISLANDER AT RISK BMI $\geq$ 26	
HEIGHT	WEIGHT	HEIGHT	WEIGHT	HEIGHT	WEIGHT
4'10"	119	4'10"	110	4'10"	124
4'11"	124	4'11"	114	4'11"	128
5'0"	128	5'0"	118	5'0"	133
5'1"	132	5'1"	122	5'1"	137
5'2"	136	5'2"	126	5'2"	142
5'3"	141	5'3"	130	5'3"	146
5'4"	145	5'4"	134	5'4"	151
5'5"	150	5'5"	138	5'5"	156
5'6"	155	5'6"	142	5'6"	161
5'7"	159	5'7"	146	5'7"	166
5'8"	164	5'8"	151	5'8"	171
5'9"	169	5'9"	155	5'9"	176
5'10"	174	5'10"	160	5'10"	181
5'11"	179	5'11"	165	5'11"	186
6'0"	184	6'0"	169	6'0"	191
6'1"	189	6'1"	174	6'1"	197
6'2"	194	6'2"	179	6'2"	202
6'3"	200	6'3"	184	6'3"	208
6'4"	205	6'4"	189	6'4"	213

*It is important to find out early if you have diabetes or if you are at risk for developing it.*

### What is the next step?

Talk with your health care provider at your next visit:

- If you are age 45 or older and have an at-risk weight (according to the charts on page 7), testing for diabetes and pre-diabetes is recommended.
- If you are age 45 or older without any risk factors, ask about your risk for pre-diabetes or diabetes and if you should get tested.
- If you are an adult younger than 45 years of age, have an at-risk weight, and have checked any other items on page 6, ask about your risk for pre-diabetes or diabetes, and if you should get tested.

Type 2 diabetes is a serious disease, but it can be delayed or prevented. Take steps now to lower your risk of getting diabetes.





WALKING...A STEP IN  
THE RIGHT DIRECTION

# WALKING...A STEP IN THE RIGHT DIRECTION

## Why walk?

Walking is one of the easiest ways to be physically active. You can do it almost anywhere and at any time. Walking is also inexpensive. All you need is a pair of shoes with sturdy heel support. Walking will:

- Give you more energy
- Help you to relax
- Reduce stress
- Help you sleep better
- Tone your muscles
- Help control your appetite
- Increase the number of calories your body uses
- Help prevent diabetes

For all these reasons, people have started walking programs. If you would like to start your own program, read and follow the information here.

## Is it okay for me to walk?

Answer the following questions before you begin a walking program.

- Has your health care provider ever told you that you have heart trouble?
- When you are physically active, do you have pains in your chest or on your left side (neck, shoulder, or arm)?
- Do you feel extremely breathless after you have been physically active?
- Has your health care provider told you that you have high blood pressure?
- Has your health care provider told you that you have bone or joint problems, like arthritis, that could get worse if you are physically active?

- Are you over 50 years old and not used to a lot of physical activity?
- Do you have a health problem or physical reason not mentioned here that might keep you from starting a walking program?

If you answered yes to any of these questions, please check with your health care provider.

### How do I start a walking program?

Leave time in your busy schedule to follow a walking program that will work for you. Keep the following in mind:

- Choose a safe place to walk. Find a partner or group of people to walk with you. Your walking partner(s) should be able to walk with you on the same schedule and at the same speed.
- Wear shoes with thick flexible soles that will cushion your feet and absorb shock. Wear clothes that will keep you dry and comfortable.

- Think of your walk in three parts. Walk slowly for 5 minutes. Increase your speed for the next 5 minutes. Finally, to cool down, walk slowly again for 15 minutes.
- Try to walk at least five times per week. Add 2 to 3 minutes per week to the fast walk. If you walk less than three times per week, increase the fast walk more slowly.
- To avoid stiff or sore muscles or joints, start gradually. Over several weeks, begin walking faster, going further, and walking for longer periods of time.



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**Prevent type 2 Diabetes**

### How do I warm up?

Before you start to walk, do the stretches shown here. Remember not to bounce when you stretch. Perform slow movements and stretch only as far as you feel comfortable.

#### *Side Reaches*

Reach one arm over your head and to the side. Keep your hips steady and your shoulders straight to the side. Hold for 10 seconds and repeat on the other side.



#### *Knee Pull*

Lean your back against a wall. Keep your head, hips, and feet in a straight line. Pull one knee to your chest, hold for 10 seconds, then repeat with the other leg.



#### *Wall Push*



Lean your hands on wall with your feet about 3 to 4 feet away from the wall. Bend one knee and point it toward the wall. Keep your back leg straight with your foot flat and your toes pointed straight ahead. Hold for 10 seconds and repeat with the other leg.

#### *Leg Curl*

Pull your right foot to your buttocks with your right hand. Keep your knee pointing straight to the ground. Hold for 10 seconds and repeat with your left foot and hand.



### Take the first step.

Walking the right way is very important:

- Walk with your chin up and your shoulders held slightly back.
- Walk so that the heel of your foot touches the ground first. Roll your weight forward.

- Walk with your toes pointed forward.
- Swing your arms as you walk.

*Over several weeks, begin walking faster, going further, and walking for longer periods of time.*

## BUILD UP TO 30 MINUTES OF BRISK WALKING FIVE DAYS A WEEK

	WARM UP TIME	FAST WALK TIME	COOL DOWN TIME	TOTAL TIME
WEEK 1	walk slowly 5 min.	walk briskly 5 min.	walk slowly 5 min.	15 min.
WEEK 2	walk slowly 5 min.	walk briskly 8 min.	walk slowly 5 min.	18 min.
WEEK 3	walk slowly 5 min.	walk briskly 11 min.	walk slowly 5 min.	21 min.
WEEK 4	walk slowly 5 min.	walk briskly 14 min.	walk slowly 5 min.	24 min.
WEEK 5	walk slowly 5 min.	walk briskly 17 min.	walk slowly 5 min.	27 min.
WEEK 6	walk slowly 5 min.	walk briskly 20 min.	walk slowly 5 min.	30 min.
WEEK 7	walk slowly 5 min.	walk briskly 23 min.	walk slowly 5 min.	33 min.
WEEK 8	walk slowly 5 min.	walk briskly 26 min.	walk slowly 5 min.	36 min.
WEEK 9+	walk slowly 5 min.	walk briskly 30 min.	walk slowly 5 min.	40 min.

A photograph of a man and a woman in a kitchen, smiling as they prepare food together. The man is on the left, and the woman is on the right. They are both wearing blue-tinted clothing. The man is using a white spoon to scoop food from a bowl. The woman is holding a plate of food. There are several bowls and plates on the table in front of them. The background shows a window with blinds.

## FOOD AND ACTIVITY TRACKER COPIER-READY PAGES

Photocopy the following pages to create your own Food and Activity Tracker. You also may download additional copies at [www.ndep.nih.gov](http://www.ndep.nih.gov) (click on the *Small Steps* logo).

## MY DAILY AND WEEKLY GOALS

	FAT GRAMS	CALORIES	MINUTES OF ACTIVITY
DAILY			
WEEKLY			

## MY DAILY AND WEEKLY TOTALS

	FAT GRAMS	CALORIES	MINUTES OF ACTIVITY	WEIGHT
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
WEEKLY TOTALS				POUNDS LOST

---FOLD HERE---



# MY GAME PLAN

## FOOD AND ACTIVITY TRACKER

NAME \_\_\_\_\_

DATE \_\_\_\_\_

FROM \_\_\_\_\_

TO \_\_\_\_\_

MY GAME PLAN THIS WEEK...  
FOR CUTTING FAT GRAMS:

FOR CUTTING CALORIES:

FOR GETTING MORE  
PHYSICAL ACTIVITY:

SAMPLE ENTRY:

DAY Monday DATE February 3, 2003

### DAILY FOOD AND DRINK TRACKER

TIME	AMOUNT / NAME / DESCRIPTION	FAT GRAMS	CALORIES
8:00 AM	1/2 cup oatmeal	1	73
	1 cup 2% milk	5	121

TO MAKE MORE WEEKLY TRACKERS: Make one (1) copy of this page. Place it on top of seven (7) copies of the next page. Firm the pages and staple in the upper left-hand corner. Fold to fit in your pocket or purse.



## ADDITIONAL RESOURCES

### National Diabetes Education Program

1-800-438-5383 or [www.ndep.nih.gov](http://www.ndep.nih.gov) and click on the *Small Steps* logo

### American Association of Diabetes Educators

1-800-TEAM-UP4 or [www.aadenet.org](http://www.aadenet.org)

### American Diabetes Association

1-800-DIABETES or [www.diabetes.org](http://www.diabetes.org)

### American Dietetic Association

1-800-877-1600 or [www.eatright.org](http://www.eatright.org).

### Centers for Disease Control and Prevention

1-877-232-3422 or [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

### Healthier US Initiative

[www.healthierus.gov](http://www.healthierus.gov)

### National Institute of Diabetes and Digestive and Kidney Diseases

National Diabetes Information Clearinghouse

1-800-860-8747 or [www.niddk.nih.gov](http://www.niddk.nih.gov)

### Weight-Control Information Network

[www.niddk.nih.gov/health/nutrit/win.htm](http://www.niddk.nih.gov/health/nutrit/win.htm)

### National Heart, Lung, and Blood Institute

301-592-8573 or [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

For on-line fat and calorie counters,  
visit these web sites:

### National Heart, Lung, and Blood Institute

<http://hin.nhlbi.nih.gov/menuplanner/menu.cgi>

### United States Department of Agriculture

Nutrient Data Laboratory

[www.nal.usda.gov/fnic/cgi-bin/nut\\_search.pl](http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl)



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