

Participant Guide

More About T2

You've been working hard to prevent or delay type 2 diabetes by losing weight and being active.

Facts about type 2 diabetes:

- ▶ Most people with type 2 diabetes check their own blood sugar daily or weekly. And they track the results.
- ▶ Many people with type 2 diabetes take medicine to control their blood sugar.
- ▶ People with type 2 diabetes get many lab tests.

Basics of Type 2 Diabetes

In people with type 2 diabetes, the body doesn't make or use insulin well. So sugar builds up in their blood instead of going into their cells. That means the cells don't get enough energy. Over time, high blood sugar can cause many health problems.

Type 2 diabetes can harm your:

- ▶ Heart and blood vessels, which can lead to heart attacks and strokes
- ▶ Nerves
- ▶ Kidneys, which can lead to kidney failure
- ▶ Eyes, which can lead to blindness
- ▶ Feet, which can lead to amputation
- ▶ Gums
- ▶ Skin

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

- ▶ Are too heavy (overweight or obese)
- ▶ Spend a lot of time sitting or lying down
- ▶ Have a parent or sibling with type 2 diabetes
- ▶ Are African American, Hispanic, Native American, or Asian American
- ▶ Are 45 or older. This may be because people tend to be less active and gain weight as they age. But type 2 diabetes is also on the rise among young people.
- ▶ Had diabetes while you were pregnant (gestational diabetes)

Mike and Henry's Story

Mike is at risk for type 2 diabetes. He's trying to prevent or delay it by living a healthy lifestyle.

Mike's dad, Henry, has type 2 diabetes. His goal is to keep his blood sugar in a healthy range. Mike and Henry have very similar eating and fitness goals. They are both trying to reach and stay at a healthy weight.

And they both track their eating and activity. Unlike Mike, though, Henry checks his own blood sugar each day. And he tracks the results. Henry also takes pills to control his blood sugar.

Mike and Henry both keep an eye on their health. But Henry visits his healthcare provider more often. He also has more lab tests. In addition to getting his blood sugar checked, he needs to get his blood pressure, cholesterol, kidneys, eyes, and feet checked on a regular basis.

Mike has lost weight. And his latest blood sugar numbers are normal. His provider says he's on track to prevent or delay type 2 diabetes.

Henry's latest blood sugar numbers are normal too. His provider says he's doing a good job keeping his blood sugar in a healthy range.

Life With Type 2 Diabetes

How would your life change if you had type 2 diabetes?

What will you do to prevent it?

How to Cope With Challenges

Challenges	Ways to Cope	Other Ways to Cope
<p>I don't know my way around, so I don't know where to walk.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Use walking as a chance to get to know the area. <input type="checkbox"/> Buy a map and explore. <input type="checkbox"/> Ask local people where to walk. <input type="checkbox"/> Find maps and route ideas on your computer. <input type="checkbox"/> Get a mapping app for your smart phone. <input type="checkbox"/> Walk inside a local mall. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>I can't use my fitness center or home equipment.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Find out if there's a local fitness center that you can use. <input type="checkbox"/> Stay at a hotel that has a fitness center or pool. <input type="checkbox"/> Pack a resistance band. <input type="checkbox"/> Rent a bike. <input type="checkbox"/> Be active in ways that don't need fitness equipment (walk, march in place, dance, do wall push-ups, climb stairs, or use a fitness app). 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p>I don't have my workout buddy.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Ask someone else to be active with you. <input type="checkbox"/> Be active by yourself. <input type="checkbox"/> Join an online fitness group. <input type="checkbox"/> Contact your workout buddy for support. 	<ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

