

## Prevention is Key

**Have Aboriginal Peoples always been concerned about Type 2 diabetes?** Many years ago, diabetes was not a concern for Aboriginal People. In earlier times, Aboriginal people ate traditional foods and needed to be very active in order to survive.

**Is Type 2 diabetes when your body does not produce enough insulin or when your body does not use the insulin it produces?** Type 2 diabetes is when the body makes insulin but cannot use it properly. Type 1 diabetes is when the body makes little or no insulin.

**Are people who are active and have a healthy diet at a greater risk of developing Type 2 diabetes?** No, if you are physically active, you are less likely to develop Type 2 diabetes. Generally, the risk of developing Type 2 diabetes increases as you age, but if you are an Aboriginal person, you are at greater risk for developing Type 2 diabetes earlier in life.

**Can Type 2 diabetes be prevented?** You can decrease the chance of developing Type 2 diabetes by eating well, being active and taking good care of YOU!



## Active Living

**Does being active help you deal with life problems or stress?** Being active helps control blood sugar levels, deal with stress, feel more energetic, keep your weight down, lower your chances for heart disease and to tone or build up your muscles.

**Do you have to work out at the gym every day to be active?** No, you can get regular exercise by going for a walk each day, gardening, picking berries, snow shoeing, swimming or playing with your kids. It is important to stay active all year long.

**Should parents encourage their children to be active?** Parents should encourage their children to be active and show their support by being active themselves. Participate in activities your whole family enjoys.

**Is 10 minutes a day of physical activity enough?** Every minute counts! Try starting with 10 minutes at a time and work yourself up to 30 to 60 minutes of physical activity almost every day. It's never too late to get active. Even if you're disabled or injured, activity can help you be more healthy and to feel better.

## Healthy Eating

**Should healthy eating start at birth?** Yes! Healthy eating should start at birth. As a child grows he/she will be adapted to a healthy eating routine, which will allow them to grow healthy, strong and fit. In doing so this will ensure healthy eating habits for generations to come.

**Are fast foods, pop, chips and chocolate bars good for you?** Fast foods are not good for you, as they have a lot of hidden fat in them. Try eating healthy snacks like fruits and vegetables instead of chips and chocolate bars.

**Does eating high fat foods make it harder for your body to control blood sugar levels?** If you eat a lot of high-fat foods, you might gain too much weight. This makes it harder for your body to control blood sugar levels.

**Is drinking 6 to 8 glasses of water a day a healthy eating habit?** Drinking 6 to 8 glasses of water every day is a healthy eating habit. Drinking regular pop and too much juice between meals will make your blood sugars go up too high.

## Personal Responsibility

**Am I at risk of developing Type 2 diabetes if I am overweight?** You are likely to develop diabetes if you are overweight, if you have a parent, brother or sister with diabetes, are under stress, have had a baby 4kg (9lbs) at birth, have had diabetes during your pregnancy or if you are not active.

**Will I know if I have Type 2 diabetes?** If you have Type 2 diabetes you will be thirsty often, urinate frequently, lose weight without knowing why, not have much energy, blurred vision, get more infections than usual, have cuts and bruises that heal slowly and you will feel tingling or numbness in your hands or feet.

**Can I prevent Type 2 diabetes?** You can prevent Type 2 diabetes by maintaining a healthy weight, eating healthy and by being active. Ask your family and friends to support you.

**Can I control whether my children will develop Type 2 diabetes?** You are more likely to develop diabetes if a parent, brother or sister have Type 2 diabetes, but if you are physically active and eat healthy you are less likely to develop Type 2 diabetes.

## **National Aboriginal Diabetes Association**

B1-90 Garry Street  
Winnipeg, Manitoba, Canada  
R3C 4J4

Phone: (204) 927-1220  
Fax: (204) 927-1222  
Email: [diabetes@nada.ca](mailto:diabetes@nada.ca)

Website: [www.nada.ca](http://www.nada.ca)