

Prevention of Type 2 Diabetes



What is Type 2 Diabetes?

Type 2 diabetes is a chronic disease, characterized by high levels of glucose in the blood. Carbohydrates in food are broken down into glucose in the body and distributed to body cells via the blood stream. Insulin is a hormone secreted by the pancreas to regulate blood glucose levels. Type 2 diabetes occurs when the body becomes resistant to insulin or doesn't make enough insulin. Type 2 diabetes is diagnosed through measurement of blood glucose levels during medical examination.

What are the risk factors for Type 2 Diabetes?

Both genetics and lifestyle behaviors are strongly associated with the risk of the disease.

What are the health impacts of Type 2 Diabetes?

As the disease progresses, diabetes may present symptoms and complications.

Examples of Non-modifiable Risk Factors	Examples of Modifiable Risk Factors	Examples of Symptoms & Complications
<ul style="list-style-type: none">GeneticsAgeingHistory of gestational diabetesCertain ethnicities, e.g. African-Caribbean or South Asian	<ul style="list-style-type: none">Lack of physical activityUnhealthy dietary habitsBeing overweightHigh blood pressureSmoking	<ul style="list-style-type: none">Frequent urinationBlurred visionLethargyTingling and numbness in hands and feetPoor wound healingHeart disease

The 4 Key Lifestyle Measures to Prevent Or Delay The Onset Of Type 2 Diabetes



Be Physically Active

Regular exercise or physical activity improves insulin sensitivity and helps regulate glucose levels in the blood. It is recommended to do **at least 150 minutes a week of moderate-intensity aerobic physical activity, or at least 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity**. You can also increase your daily physical activity by making it a regular habit in your life, like using the stairs instead of lifts or escalators. For more information and examples of different intensity levels of physical activities, visit: https://www.change4health.gov.hk/en/physical_activity/guidelines/adults/index.html



Eat A Healthy Balanced Diet

A balanced diet includes the five basic food groups (i.e. grains; fruit; vegetables, meat along with fish, eggs and legumes; milk and milk products) and limits the intake of added sugar, salt, saturated fats and alcohol. **A daily intake of at least 2 servings of fruit and 3 servings of vegetables** is recommended for the prevention of type 2 diabetes and many chronic diseases. Each serving is about 80 grams, leading to a minimum of 400 grams of fruits and vegetables every day. For more information and tips to practice '2 plus 3', visit: <https://www.chp.gov.hk/en/static/100011.html>



Achieve And Maintain A Healthy Body Weight

Achieving and maintaining a healthy body weight by regular physical activity and a healthy eating helps prevent the development of type 2 diabetes. **A Body Mass Index (BMI) between 18.5 and 22.9 indicates that you are within the healthy weight range**. For more information and find out your BMI, visit: https://www.chp.gov.hk/en/resources/e_health_topics/pdfwav_11012.html



Stop Smoking

Smoking increases the risk of diabetes. **Smokers should quit smoking as soon as possible and non-smokers should never start smoking**. For more information and support in quitting smoking, visit: <https://www.taco.gov.hk/t/english/quitting/quitting.html>

Sources of information: World Health Organisation, Department of Health (Hong Kong)