



## New Year, Healthier You

### **New year, healthier you! Don't let type 2 diabetes become a part of your future.**

Have you thought about your resolutions for the new year? This year, put healthy living at the top of your list. You don't have to make drastic changes. You can incorporate healthy habits into your daily routine to improve your health and reduce your chances for developing type 2 diabetes. Wondering where to begin? Here's what you can do.

#### **First, learn your risk for type 2 diabetes.**

Could you have prediabetes? If so, you'd be part of more than 1 in 3 adults who has this serious health condition where blood sugar levels are higher than normal, but not yet high enough for a type 2 diabetes diagnosis. Prediabetes increases your risk of developing type 2 diabetes, as well as other serious health problems. The good news is that you can frequently reverse prediabetes with healthy lifestyle changes.

The first step to a healthier you is to know whether you're at risk. Take a one-minute risk test at [cdc.gov/diabetes/risk\\_test](https://www.cdc.gov/diabetes/risk_test) to find out your risk. Your doctor can also run a blood test to see if you have prediabetes.

#### **Then take action.**

If you find out that you have prediabetes or have a high risk of developing type 2 diabetes, start taking steps to improve your health. Make an action plan of specific ways that you can eat healthier and exercise more in the new year. Here are some ideas:

- **Eat healthier:** Choose non-starchy vegetables, fruits, and lean proteins over processed foods, trans fats, sugary drinks, and alcohol. Don't try to do too much at once – make a plan that you think you'll be able to stick to.
- **Exercise more:** Find an activity that you enjoy and set a goal that works for you. Gradually work up to being active at a moderate intensity for at least 30 minutes, 5 days a week.

Write down your action plan to help you stay accountable. Make sure your plan is realistic, specific, flexible, and enjoyable!

**You don't have to do it alone.**

Making a change isn't easy, and you don't have to do it alone. Monitor My Health, part of the CDC's National Diabetes Prevention program, offers a lifestyle change program in Connecticut that can help you learn the skills you need to get healthier and reduce your risk of developing type 2 diabetes. In the program, participants work in a group with a trained lifestyle coach to learn how to make long-term changes.

The Monitor My Health, Lifestyle Care Delivery System, Diabetes Prevention Lifestyle Change Program meets in various locations both in person and virtual. More than 1,000 participants have already completed the lifestyle change program and Monitor My Health is working to enroll more Connecticut residents both in-person and virtual, throughout Connecticut.

It's a new year. Get started on your healthier life by finding a CDC lifestyle change program like Monitor My Health, Lifestyle Care Delivery System, Lifestyle Change Program.

For more information, visit [www.monitormyhealth.org](http://www.monitormyhealth.org) and/or [cdc.gov/diabetes/prevention](http://cdc.gov/diabetes/prevention).

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**DIABETES AND  
CARDIOVASCULAR  
DISEASE PREVENTION**



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
Division of Diabetes Translation

