
Diabetes Prevention

In America, about 9.9% of adults have type 2 diabetes. The majority of diagnosed cases are preventable.

Diabetes can easily be prevented through:

- healthy diet
- exercise
- maintaining a healthy weight

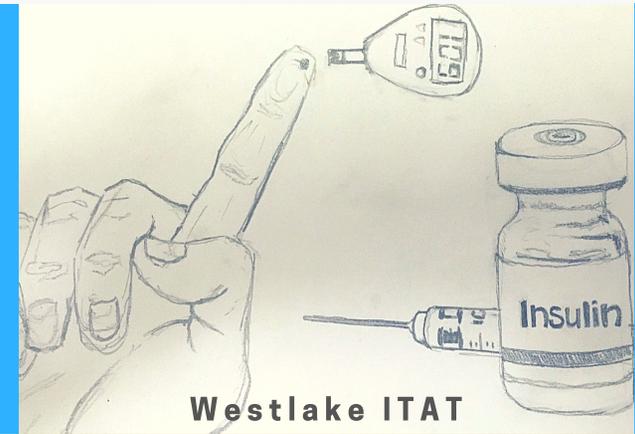
Family history can also play a big part. If your family has a history of diabetes, talk to a professional to get help.

Risk Factors

1. Diet/Weight: Consuming excess sugars and fats can contribute to weight gain. This excess weight is associated with diabetes. One of the top risk factors for developing type 2 diabetes is being overweight. Type 2 diabetes is more common in African Americans, Latinos, Native Americans, and Pacific Islanders
2. Smoking: Smokers are 30-40% more likely to develop type 2 diabetes. However, quitting smoking will reduce this risk. For information on quitting tobacco call 1.800.QUIT.NOW (1.800.784.8669)

For more information on type 2 diabetes contact:
The Queen Center
at queencenter@msn.com or visit
queencenterutah.org

DIABETES



Diabetes in Polynesia

In Ancient Polynesia the fatter you were as a person, the richer your family was. The food in Polynesian countries is usually low in sugar and high in protein and fiber, making it easy to eat a lot without getting sick. When Polynesians come to America they get diabetes because they are not used to the food being so plentiful and unhealthy.



I was diagnosed with diabetes in early 2014 while staying at my auntie's house. My diet was not up to par and spent a lot of time at home. I started to notice some unusual symptoms. I had to urinate all the time, was always tired and thirsty, and would wake up in the middle of the night to drink and to go pee. We checked my blood sugar and it was high, so we went to the hospital. They checked my blood work and told me that I would have to be admitted for several days. It was overwhelming and depressing that I was diagnosed at a young age and been given such a responsibility that could have been avoided if I would just taken care of my health. My current routine is to check my blood 5 to 10 times a day to make sure it's not too high or too low, follow a good diet, exercise regularly, and check in with my doctor. So from my personal experience I would encourage everyone to take care of their health, try to avoid getting diagnosed, and recognize the ways diabetes can affect ones life.

-Anisi Taito



Nearly one in five Pacific Islanders in Utah has diabetes. Uncontrolled diabetes can lead to death, which is one of the leading causes of death in the Pacific Islander community.

In a survey created by Pacific Islander Youth at Westlake High School, teens were asked if type 2 diabetes had negatively affected their family and friends. Results showed 5 out of 10 Pacific Islander Teens have been affected by type 2 diabetes.