

REDUCING RISKS



MAKE YOUR HEALTH WORK FOR YOU

Staying healthy may seem like hard work at first, but by making a few changes to your daily habits and lifestyle you can make your health work for you! This sheet will give you easy steps you can take to prevent, delay or manage your type 2 diabetes, reduce health risks, and improve your health over the long term.

WHAT'S IN YOUR TOOLBOX?

Just like at work, having the right tools matters. A plumber uses a wrench. An agricultural worker uses shears or knives to harvest or process food. You'll also need the right tools to get healthy. Build a basic health toolbox with the guidance below to reduce your risk for health problems like prediabetes and diabetes.



Healthy Eating



- **Eat smaller portions** of your favorite foods that may be high in calories, fat, and added sugar.
- **Eat more fruits, vegetables, and whole grains** by adding them to your favorite meals.
- **Fill half your plate with non-starchy vegetables** such as lettuce, chayote, peppers or jicama.
- **Drink water.** Avoid sugary drinks and alcohol because they have a negative effect on your heart and gut.

Being Active



- **Stay active when you're away from work**, even if you have a physically demanding job.
 - If you do a lot of endurance work such as walking, add in some balance and flexibility exercises. Try single leg stances – shift weight from one foot to the other.
 - If you lift a lot of weight at work, add walking, running, or jumping jacks to your day.
- **Stay active to reduce the risk of chronic pain and injury**, to help your body **recover** from work, and to **sleep better** at night.

Managing Stress



- **Use a new healthy habit when you feel stress.**

- Chew gum.
- Watch a funny movie.
- Play with your dog.
- Listen to music.
- Take a deep breath.

- **Trade alcohol and caffeine for water** to keep your body hydrated, clear your mind, and get rid of harmful toxins! Alcohol can make you tired, increase stress levels, and increase your risks for chronic diseases and health problems. Too much caffeine can also spike your anxiety levels.

- **Take small steps to stop smoking.** Talk with your doctor for help if needed and seek other ways to reduce stress.

- **Move your body to help your mind.**

- A game of soccer can improve your mood and reduce stress.
- A walk around the block with a family member can help you talk through the day as you move.

- **Improve your sleep.**

- Get at least 7 hours of sleep each night.
- Go to bed at the same time each night.
- Make sure your bedroom is quiet and dark. Use a mask or earplugs if necessary.
- Avoid screens before bed.



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HOW CAN I KEEP MY HEALTH TOOLS SHARP?

Meeting with your healthcare team on a regular basis and living a healthy lifestyle helps you maintain and improve your health. You can think of an ongoing connection with your health as a way to keep the tools in your health toolbox sharp.

AM I WORKING FOR MY HEALTH?

As a man who works hard to provide for your loved ones, you may forget that your own health takes work. Answer these questions to see if you could be doing more to manage your health:

- I cancel medical appointments. Y N
- I delay blood testing or screening. Y N
- I forget to refill my medications. Y N
- I tell myself, "I'll eat better next week," or "I'll exercise this weekend?" Y N

If you answered yes to any of these questions, the tips and tools below will help you take responsibility for your health today! It may be hard work, but it's worth it, for you and your family!

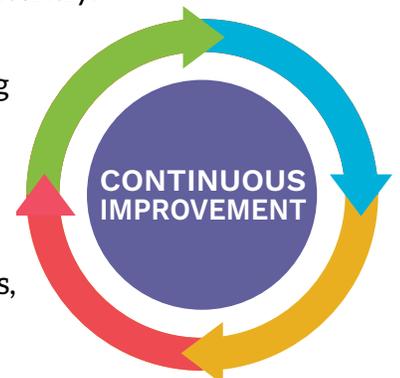
1. Prevention: Be proactive about your health by:

- **Monitoring your health consistently:** Schedule and keep regular appointments for health screenings, vaccines, and medical check-ups. Ask a family member to remind you or make appointments for you. Weigh yourself regularly, check your blood pressure, and keep track of your eating and activity patterns. Monitor your blood sugar levels, if you have diabetes.
- **Taking Your Medications:** Medications are tools your body can use to stay healthy.
 - Know how much medication to take and when to take it
 - Make taking your medication a routine—find cues and hints that help you remember, like taking it right after dinner or right before bed
 - Get help to cover medication costs

2. Maintenance: Maintaining your health means building consistent routines.

- Take action for your health every day.
- Be intentional about healthier eating, staying active, finding positive ways to manage your stress and anger, and monitoring your health consistently.

3. Improvement: Get team support to build a healthier you by participating in a local diabetes prevention program or get a referral to diabetes self-management education and support services in your community. Connect with local gyms, sports clubs, or create a sports team with friends and family!





WHERE ELSE CAN I GET HELP?

- Healthy Eating resources: [MyPlate](#) (English) or [MiPlato](#) (Spanish)
- Sleep resources: cdc.gov/sleep/features/getting-enough-sleep.html
- Getting Active: Activity Planner ([English](#) and [Spanish](#))
- Quit Smoking: Call **1-800-QUIT NOW (1-800-784-8669)**, and learn how to Quit Smoking: The Basics ([English](#) and [Spanish](#))
- Find a diabetes care and education specialist who can help you: Diabeteseducator.org/find
- Reduce your risk of diabetes: [ADCES7 Self Care Behaviors](#)
- Find a diabetes prevention program near you: cdc.gov/diabetes/prevention/find-a-program.html



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