



## Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention

By Centers for Disease Control and Preventi

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 248 pages. Dimensions: 11.0in. x 8.5in. x 0.6in. Sometimes it seems as if everyone knows someone who is affected by diabetes. More than in 9 African American adults have diabetes. African Americans are . 8 times as likely to have diabetes as non-Hispanic whites of the same age . Researchers estimate that if diabetes continues to increase at its current rate, in 3 children born in the year 2000 will develop diabetes in their lifetime unless something changes. Diabetes can cause heart disease, stroke, kidney failure, lower-limb amputations, and blindness, but it doesn't have to. In many cases it is possible to prevent or delay type 2 diabetes in people at high risk. Scientists who conducted the Diabetes Prevention Program (DPP) study<sup>2</sup> found that people can prevent or delay type 2 diabetes by losing some weight (57 percent of their weight), eating a healthy diet (low fat, lower calorie), and increasing their physical activity. High-risk adults who participated in the study's lifestyle modification activities reduced their risk of developing type 2 diabetes by 58 percent; they lost 5 to 7 percent of their body weight ( 0.5 pounds for...



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