

Special Considerations for Older Adults

As you age, it's important to make lifestyle changes that fit your abilities and health needs. Here are some tips for making healthy choices:

- Eating well: Focus on a balanced diet rich in fruits, vegetables, whole grains, lean protein, and healthy fats.
- Being active: Aim for 30 minutes of activity most days. Activities like walking, gardening, or water are great low-impact options.
- Rest and sleep: Getting enough sleep each night helps regulate blood sugar and keeps you feeling energized.
- Talk with your medical provide about ways you can implement healthy lifestyle strategies.



Simple Lifestyle Tips to Reduce Your Risk

Here are simple changes you can make:

- Eat more fruits and vegetables: Fill half your plate with these at each meal.
- Watch your portions: Use small plates to help control how much you eat.
- Stay hydrated: Drink water throughout the day.
- Get moving: Try walking around the block or doing light housework to get your heart pumping.
- Quit smoking: Smoking raises your risk of developing diabetes and other serious health problems.

Learn more about the Diabetes HealthCheck Program by visiting our website:

www.diabeteshealthcheck.org



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Diabetes HealthCheck
Preventing Diabetes
as You Age

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Understanding Diabetes Risk as You Age

As we get older, the risk of developing type 2 diabetes increases. **Prediabetes** - when blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes- can also be common in older adults.

Risk factors for older adults include:

- Age (over 45)
- Being overweight
- Family history of diabetes
- Inactivity
- High blood pressure
- High cholesterol

Even if you have some of these risk factors, there's a lot you can do to prevent diabetes or delay it.

Why Lifestyle Changes Matter

Making healthy lifestyle choices can lower your risk for type 2 diabetes. These changes don't have to be big and difficult - small steps can make a big difference.

Benefits of preventing diabetes:

- More energy for daily activities
- A healthier heart
- Stronger bones and muscles
- Fewer health complications like nerve damage, kidney disease, and vision problems.

Contact Us



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Website

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Events & Classes

Visit our website for a schedule of screening events and educational opportunities.



Sponsored by the Wayne Memorial Hospital Foundation

Ways to stay active with physical limitation:

- **Start slow:** Begin with 5-10 minutes of movement a day and gradually increase.
- **Use support:** Use a cane, walker, or other aids to help you move safely.
- **Choose low-impact exercises:** Swimming, yoga, or stretching can be easier on your joints while keeping you active.
- **Break it up:** If 30 minutes feels like too much, break it up into 10-minute sessions throughout the day.

Overcoming Physical Limitations

It's normal to have aches, stiffness, or other limitations as you get older, but that doesn't mean you can't stay active.

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