

Eat Right. Be Active.

Diabetes Month.

More than 2 million people in Canada have diabetes. There are two types of diabetes. Type 1 is when a person does not make any insulin. Type 2 is when a person either does not make enough insulin or their body is not using the insulin properly. Glucose fuels the body and gives us energy. Without enough insulin, the glucose in your blood rises and causes many health problems.

The good news is there are things families can do to prevent Type 2 diabetes. Although you cannot prevent Type 1 diabetes, the following ideas will help you stay healthy.

Healthy Nutrition

- Don't use food for comfort or as a reward. This encourages people to eat when they are not hungry.
- Provide healthy food choices, and allow your child to control how much they eat.
- Provide guidelines for after school snacks.
- Don't focus on weight, as this can promote dieting and eating disorders. Focus on healthy living.
- Eating in front of the TV or computer is associated with more obesity. Eat in the kitchen or dining room. Food shouldn't be eaten in bedrooms.
- Use water, rather than pop, to quench thirst.
- Eat breakfast.
- Avoid or share the large portions given in restaurants.

Physical Activity

- Reduce screen use. Watching TV or sitting at a computer reduces a person's metabolism (the number of calories they burn) and increases the amount of food they eat.
- Make physical activity part of your family routine.



Supportive Environments

- Make health a family goal rather than singling out one family member.
- Lobby for nutrition education and physical activity in the schools.
- Encourage your school and community to adopt nutritious food policies. The "School Food Policy Toolkit", available from your Public Health Nutritionist, is an excellent resource.