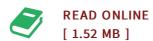




## Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention

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 lifetimeunless something changes. Diabetes can cause heart disease, stroke, kidney failure, lowerlimb amputations, and blindness, but it doesnt 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) study2 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 studys lifestyle modification activities reduced their risk of developing type 2 diabetes by 58 percent; they lost 5 to 7 percent of their body weight (05 pounds for...



## Reviews

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