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Canadian
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Information
Network

RCIP
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première ligne

Prevent diabetes and protect your health

Type 2 diabetes is common but can often be prevented or delayed. Making small, healthy changes to your daily life can have a big impact on your long-term health.

Staying active is one of the best ways to protect yourself. Aim for at least 30 minutes of moderate activity most days, such as walking, cycling, swimming, dancing, or any activity you enjoy.

Healthy eating is just as important: fill half your plate with vegetables and fruits, choose whole grains instead of white bread or pasta, and limit sugary drinks, desserts, and processed foods. Keeping a healthy weight and managing your blood pressure can lower your risk.



Some people are more likely to develop diabetes, including those who are overweight, have high blood pressure, or have a family history of diabetes. If this sounds like you, ask us about a simple blood test to check your blood sugar. Finding changes early allows you to take action before serious health problems develop.

For more information, visit:

- [Public Health Agency of Canada](#)
- [Diabetes Canada](#)