



CANADA'S PHYSICAL ACTIVITY GUIDE FOR EXERCISE

An active lifestyle reduces the risk of diabetes by promoting a healthy weight and improving metabolism. 'Canada's Physical Activity Guide' is an excellent resource for ideas of the types and amounts of exercise that are appropriate for individual circumstances. The guide can be found on the world wide web at www.paguide.com

The Guide recommends a variety of activities from three different activity groups which include:

1. Endurance activities (e.g. walking, swimming, hiking, skating, dancing, cycling, tennis)
2. Flexibility activities (e.g. stretching, gardening, golf, yoga, bowling, dancing, curling)
3. Strength and balance activities (e.g. climbing stairs, weight training, piling wood)

You should always start an exercise program slowly and engage in activity 4-7 days/week. If you have a medical condition, consult with your doctor before starting an exercise program.

WHAT IS MY IDEAL WEIGHT?

The risk of developing type 2 diabetes increases dramatically in people who become overweight or obese. Weight categories are usually based on a figure known as Body Mass Index (BMI). The number is obtained as follows:

$\text{weight (kg)/height (m)}^2$

For example, if you weigh 60 kg and are 150 cm (1.5 m) tall, your BMI = $60/1.5^2 = 26.7 \text{ kg/m}^2$

- BMI of 18.5-24.9 is desirable for most people
- BMI of 25-27 is termed 'overweight' in Canada
- BMI greater than 27 is termed 'obese' in Canada

Talk with your doctor or dietitian about strategies for reducing weight if you fall into the overweight or obese categories.



WHERE TO FIND MORE INFORMATION

The Canadian Diabetes Association

National Office:
15 Toronto St., Suite 800
Toronto, Ontario M5C 2E3
Phone: 1-800-226-8464 for the regional office nearest you or visit their website.
www.diabetes.ca

American Diabetes Association

ATTN: National Call Center
1701 North Beauregard St.
Alexandria, Virginia USA 22311
Phone: 1-800-342-2383
e-mail: AskADA@diabetes.org
www.diabetes.org

International Diabetes Institute

www.diabetes.com.au

Healthy Canadians

www.healthycanadians.gc.ca/pa-ap/index_e.html

The information found in this PROfile health brochure is of a general nature only. It is not intended to replace the advice of your pharmacist, physician, or other healthcare provider. If you have questions relating to your specific health concerns, please contact your personal healthcare provider.



Your PROfile Pharmacist has many resources for diabetes education and is always available to discuss your health concerns!

EXCLUSIVELY AT



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Diabetes & Strategies for Prevention





The number of people with diabetes in Canada is increasing at near epidemic rates. It has been estimated that by the year 2010, over 3 million Canadians will be afflicted by this condition. This PROfile® health brochure has been designed to inform you of the lifestyle choices that will reduce your risk of developing type 2 diabetes.

First, we need to understand the factors that increase our risk for type 2 diabetes. These can be broken down into *modifiable* (we can do something about them) and *non-modifiable* (e.g. we don't have any choice in who we are related to!) risk factors.

MODIFIABLE RISK FACTORS

- Overweight (especially if most of the weight is carried around the middle)
- High cholesterol or other fats in the blood
- High blood pressure
- Little or no exercise in daily routine

NON-MODIFIABLE RISK FACTORS

- Age 40 and up
- Parent or sibling with diabetes
- Aboriginal, Hispanic, Asian, South Asian, or African descent
- Been told that you have impaired glucose tolerance, impaired fasting glucose, or “prediabetes”
- Have complications linked with diabetes (such as heart, kidney or eye disease, numbness in hands and/or feet, trouble getting or maintaining an erection)
- Gave birth to a 9 lb (4 kg) or bigger baby
- Had diabetes during pregnancy (gestational diabetes)
- Have been diagnosed with polycystic ovary syndrome, schizophrenia, or acanthosis nigricans (velvety, darkened patches of skin)

WHEN SHOULD I BE TESTED FOR DIABETES?

If you are 40 years of age or older, the Canadian Diabetes Association suggests you should be tested for diabetes at least every three years. If you have any of the non-modifiable or modifiable risk factors listed on the previous panel, you should be tested earlier and more often. Finally, if you experience any of the following symptoms, you should call your doctor and get tested for diabetes.

- Unusual thirst
- Frequent urination
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in hands or feet



Reducing the risk of developing type 2 diabetes therefore includes adopting a healthy diet, engaging in adequate amounts of exercise and keeping your weight under control.

DIAGNOSING TYPE 2 DIABETES

The Canadian Guidelines for Diabetes defines the following categories for fasting (not having eaten for 8 hours) blood sugar values:

- Less than 6.1 mmol/L = Normal
- 6.1 - 6.9 mmol/L = Impaired fasting glucose
- 7.0 mmol/L or greater = Diabetes diagnosis

Note: Diagnosis may be made by other means. Usually, more than one test is needed to confirm a diagnosis. You should have your blood sugar tested at least once a year if you fall into the Impaired Fasting Glucose category.



A HEALTHY DIET USING CANADA'S FOOD GUIDE

Canada's Food Guide is an excellent resource for designing a diet that is healthy and nutritious. It is available at most public health units, many health professional establishments and on the world wide web at:

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Canada's Food Guide has four food groups:

Food Group	Number of recommended servings per day (for adults)
Vegetables & Fruit	7-10
Grain Products	6-8
Milk & Alternatives	2-3
Meat & Alternatives	2-3

The new version of the guide makes specific recommendations about how many servings you need from each food group based on your gender and age. It also gives tips to make the best choices from each food group, and examples of serving sizes.

Examples of 1 serving:

- Grain Products:**
30g cold cereal, 1/2 bagel
- Vegetables and Fruit:**
1 medium size vegetable or fruit
- Milk Products:**
1 cup milk, 50g cheese
- Meat and alternatives:**
75g poultry or fish

