



# You Can Prevent Diabetes!



*Advice for Pacific Islander Young Adults*

## What is diabetes?

Diabetes is an illness in which blood glucose (blood sugar) levels get too high in the body. Over time, this can affect almost every part of the body and cause serious health problems.

## What increases your chance of getting diabetes?

- Being overweight
- Smoking cigarettes
- Drinking alcohol
- Getting little physical activity
- Eating “junk food” like soda, candy, or chips
- Not eating fruits and vegetables
- Having a family member with diabetes
- Being a Pacific Islander, Native Hawaiian, Asian American, Native American, Hispanic, or African American

## How can you prevent diabetes?

- Get active
- Exercise everyday
- Play sports
- Eat local foods
- Eat healthy foods
- Eat more vegetables
- Eat more fruits
- Always drink water
- Make a schedule for meals
- Quit smoking and drinking alcohol



Photos courtesy of: Youth 2 Youth in Health, Republic of the Marshall Islands

Young people can get diabetes, but they don't have to.  
You can prevent diabetes by making healthy choices!

