

Cutting the Risk of Diabetes with Diet & Exercise

Study findings represent a significant step in efforts to reduce risk and reverse the epidemic of Type 2 Diabetes.

People at high risk for Type 2 Diabetes can dramatically reduce their chances of getting the disease through *diet and exercise*. This is what researchers found after conducting a major clinical study looking at the effects of intensive lifestyle changes on Diabetes risk. Currently there are over 10 million Americans at high risk for Type 2 Diabetes – the #3 leading killer in the United States. These are landmark findings showing that losing as few as 10-15 pounds (*diet*) and including just 30 minutes of brisk walking (*exercise*) five times each week can cut risk by more than 50%!

These results came out of the Diabetes Prevention Program (DPP), a multistate clinical trial of 3,234 participants from 25 to 85 years. The study tested the effectiveness of diet and exercise compared to treatment with metformin (a common Diabetes medication) or a placebo, in people who were overweight and at high risk for Type 2 Diabetes.

The results were so clear and impressive that researchers stopped the trial after 3 years, a full year early. The chair of the study reported that diet and exercise worked as well in men and women and in all ethnic groups. In people over 60 years, lifestyle changes reduced the development of Diabetes by 71%.

Diabetes is considered an epidemic by many healthcare experts, affecting over 16 million Americans today. This study showed conclusively that lifestyle factors – including diet and exercise – play a critical role in *reducing the risk* of this chronic disease.

References:

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