



The Impact of Health Behaviors on Diabetes



It is very important for people with diabetes to control their blood sugar levels. People should focus on their behaviors which relate to diabetes. Many health behaviors can help to prevent or minimize the impact of diabetes on health. People with diabetes can better manage their disease by participating daily in healthy lifestyle choices.

Some health behaviors that directly impact the development of diabetes are sedentary lifestyles, poor nutritional intake, and poor weight management. People who are inactive and do not participate in daily physical activities are at increased risk for type 2 diabetes. Poor eating habits with the intake of high calorie foods, saturated fats, and sugars are also contributing factors to this illness. It is very important for Sailors and Marines to manage their weight properly and be aware of their ideal Body Mass Index (BMI). Increased weight gain that is considered overweight or obese is a major factor. Overweight is defined as a BMI 25 or higher; and obesity is 30 or higher.



It is recommended that members participate in 150-250 minutes of moderate to intense physical activities per week. Physical activity, as discussed with the healthcare team members, helps control blood glucose levels, weight gain, and blood pressure for people with diabetes. Exercising reduce bad cholesterol and increases good cholesterol. Members should be encouraged to consume foods low in trans-fat, sugars, saturated fats, cholesterol and sodium. A diet consisting of whole grains, fat-free, low-fat and 5-9 servings of fruits and vegetables per day will keep Sailors and Marines on the right track. The Navy and Marine Corps Public Health Center, Wounded, Ill and Injured website provide information and resources on weight management, fitness and nutrition.

Resources:

Navy and Marine Corps Public Health Center <http://www.nmcphc.med.navy.mil/WII/>

American Diabetes Association: <http://www.diabetes.org/>

CDC Diabetes Facts: <http://www.cdc.gov/diabetes/pubs/factsheet11.htm>

National Institute Of Health: <http://www.nih.gov/about/discovery/chronicdiseases/diabetes.htm>