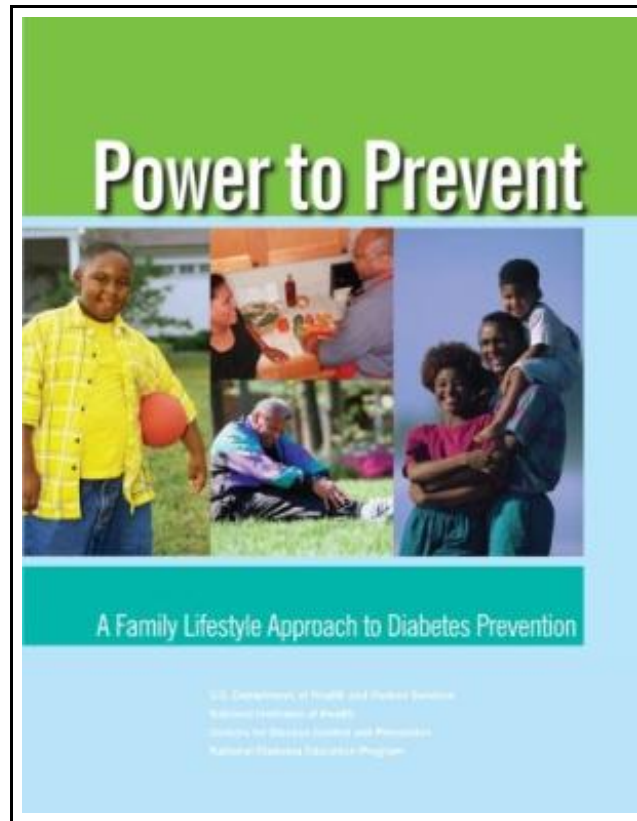


Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention



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(Harold Spencer)

POWER TO PREVENT: A FAMILY LIFESTYLE APPROACH TO DIABETES PREVENTION



Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 248 pages. Dimensions: 11.0in. x 8.5in. x 0.6in. Sometimes it seems as if everyone knows someone who is affected by diabetes. More than 9 African American adults have diabetes. African Americans are .8 times as likely to have diabetes as non-Hispanic whites of the same age. Researchers estimate that if diabetes continues to increase at its current rate, in 3 children born in the year 2000 will develop diabetes in their lifetime unless something changes. Diabetes can cause heart disease, stroke, kidney failure, lower-limb amputations, and blindness, but it doesn't have to. In many cases it is possible to prevent or delay type 2 diabetes in people at high risk. Scientists who conducted the Diabetes Prevention Program (DPP) study² found that people can prevent or delay type 2 diabetes by losing some weight (57 percent of their weight), eating a healthy diet (low fat, lower calorie), and increasing their physical activity. High-risk adults who participated in the study's lifestyle modification activities reduced their risk of developing type 2 diabetes by 58 percent; they lost 5 to 7 percent of their body weight (0.5 pounds for a person weighing 200 pounds) by eating a lower fat diet and having a modest, consistent increase in physical activity (e.g., walking 5 days per week, 30 minutes per day). Dr. James R. Gavin III, past chair of the National Diabetes Education Program (NDEP) and former president of the American Diabetes Association, understands the burden diabetes has placed on the African American community. Diabetes is a growing epidemic in our communities, notes Dr. Gavin. If we are going to make a difference, we need to reach people where they live, work, and play. This new NDEP curriculum, Power...



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