

# LET'S BEAT DIABETES

**Start by taking the right steps today.**

**Diabetes** is one of the most serious and prevalent health issues we are facing today. Over 400,000 people in Singapore have diabetes and one in three of them may not be aware of the condition. Simply by taking the right steps, we can all work together, to help Singaporeans live free from diabetes, and to help those with the condition to better manage it.

## **B**e aware

Know your risk and screen for diabetes.

### Who Is At Risk?

Those 40 years and above should go for diabetes screening every three years.

However, if you have other risk factors, do start screening earlier, or as frequently as your doctor recommends. Follow up with your doctor if you are found to be pre-diabetic.

### You are at higher risk of developing diabetes if you:



Have a parent, brother or sister with diabetes.



Have high blood pressure that is not well controlled.

**BMI**

Have a Body Mass Index (BMI) of 23.0 kg/m<sup>2</sup> or higher.

**40**

Are 40 years and above.

### Go for regular health screenings at:

- GP clinics.
- Health screening events at community clubs.
- Polyclinics.



## **E**at right

Eat in moderation. Choose more whole-grains, fruits and vegetables, as well as less sugar and saturated fat.

### Tips To Eat, Drink And Shop Healthy

#### Eat Healthy

Look out for "Healthier Dining Options" when you eat out.

#### Drink Healthy

Always ask for water, "siu dai" or lower sugar beverages.

#### Shop Healthy

Choose products with the Healthier Choice Symbol.



### Additional tips for those with diabetes:

- Do not skip meals.
- Spread out your intake of carbohydrate-rich foods (e.g. rice and fruit).
- Cut down on added sugar.



## What is Diabetes?

Diabetes is a condition where there is too much sugar (glucose) in your blood. When you have diabetes, your body produces less or no insulin hormones, and is unable to absorb the sugar that is broken down from food. High blood sugar levels can then lead to serious complications like blindness, kidney failure, heart attacks, strokes or amputation.

## Adopt an Active lifestyle

Stay fit by engaging in at least 150 minutes of physical activity weekly.

### Time To Get Physical

Engage in 150 minutes of physical activity (moderate intensity) a week for at least 10 minutes each time.

Moderate intensity is a level of intensity where you are still able to talk but not sing.



If you have chronic diseases, try brisk walking, qi gong or tai chi and keep the intensity to low or moderate.



## Take control

Aim for a healthy weight, and have regular check-ups with your family doctor.

### Keep An Eye On Your BMI

Calculate your BMI and keep your BMI in the healthy range (18.5–22.9 kg/m<sup>2</sup>) through an active lifestyle and healthy eating.



### Calculate your BMI

$$\text{BMI} = \frac{\text{WEIGHT (KG)}}{\text{HEIGHT (METRE)} \times \text{HEIGHT (METRE)}}$$

### Regular check-ups

Regular check-ups with your doctor is important for you to manage and monitor your condition.

If you have diabetes, maintain your blood sugar level within the targets as advised by your doctor.





Find out more at:

