

11 Things You Can Do to Reduce Your Risk of Diabetes, Heart Disease and Stroke

- ☐ Attend a diabetes prevention, diabetes management, or high blood pressure management class at Myhealthyvt.org
- ☐ Quit or reduce tobacco use- ask for information on 802 quits
- ☐ Move More – aim for 150 minutes a week
- ☐ Reduce soda and sweetened beverages
- ☐ Eat more vegetables
- ☐ Eat less processed foods (cheese, chips, crackers, cookies)
- ☐ Reach and maintain a healthy weight
- ☐ Get enough sleep
- ☐ Get regular dental care
- ☐ Monitor your blood pressure
- ☐ Talk to your provider about your risk