



**LET'S
REDEFINE
THE SWEET
LIFE**

DIABETES

You can make changes to control or even prevent type 2 diabetes altogether. Either way, balanced nutrition and regular exercise are the keys to living a sweet life.



Quit while you're ahead

Smokers are 30-40% more likely to develop type 2 diabetes than nonsmokers.* Ready to quit? Get help breaking the habit at kp.org/quitsmoking.



Watch for sneaky sugars

Hidden sugar in savory staples like pasta sauce and salad dressing add up fast – and won't satisfy a sweet tooth! Compare labels to pick low-sugar options.



Make more moves

Mix up your fitness routine. Cardio and strength training can help control type 2 diabetes, but the greatest benefit comes from a workout schedule that includes both.

Want more sweet ideas? Visit kp.org/diabetes and pinterest.com/kpthrive. 

*Centers for Disease Control and Prevention

Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232. Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.