



## To Learn More

Here are some resources for preventing type 2 diabetes.

1. American College of Sports Medicine and American Diabetes Association, Joint Position Statement: Exercise and Type 2 Diabetes  
[\(http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2992225/\)](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2992225/)
2. CDC, Awareness of Prediabetes — United States, 2005–2010. Weekly, March 22, 2013 / 62(11);209-212  
[\(http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6211a4.htm\)](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6211a4.htm)
3. CDC, Coping with Stress  
[\(http://www.cdc.gov/violenceprevention/pub/coping\\_with\\_stress\\_tips.html\)](http://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html)
4. CDC, Diabetes Prevention Recognition Program Standards and Operating Procedures 2014  
[\(http://www.cdc.gov/diabetes/prevention/recognition/standards.htm\)](http://www.cdc.gov/diabetes/prevention/recognition/standards.htm)
5. CDC, Eat More, Weigh Less? How to Manage Your Weight Without Being Hungry  
[\(http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy\\_Density.pdf\)](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/Energy_Density.pdf)
6. CDC, How Much Physical Activity Do Adults Need?  
[\(http://www.cdc.gov/physicalactivity/basics/adults/\)](http://www.cdc.gov/physicalactivity/basics/adults/)
7. CDC, Low-Energy-Dense Foods and Weight Management: Cutting Calories While Controlling Hunger  
[\(http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/r2p\\_energy\\_density.pdf\)](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/r2p_energy_density.pdf)
8. CDC, Managing Stress  
[\(http://www.cdc.gov/features/handlingstress/\)](http://www.cdc.gov/features/handlingstress/)
9. CDC, National Diabetes Prevention Program Curriculum  
[\(http://www.cdc.gov/diabetes/prevention/recognition/curriculum.htm\)](http://www.cdc.gov/diabetes/prevention/recognition/curriculum.htm)



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10. CDC, The Benefits of Physical Activity  
(<http://www.cdc.gov/physicalactivity/basics/pa-health/>)
11. CDC, The Health Effects of Overweight and Obesity  
(<http://www.cdc.gov/healthyweight/effects/index.html>)
12. DHHS, Eat Healthy, Be Active  
([http://www.health.gov/dietaryguidelines/workshops/DGA\\_Workshops\\_Complete.pdf](http://www.health.gov/dietaryguidelines/workshops/DGA_Workshops_Complete.pdf))
13. DHHS, Rethink Your Drink  
([http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink\\_your\\_drink.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf))
14. DHHS, USDA, Dietary Guidelines for Americans: 2015-2020  
(<http://health.gov/dietaryguidelines/2015/guidelines/>)
15. DHHS, Diabetes Prevention Program  
(<http://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp/Pages/default.aspx>)
16. FDA, How to Understand and Use the Nutrition Facts Label  
(<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm#see3>)
17. Medline Plus, Portion Size  
(<http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000337.htm>)
18. NASA, Portion to Portion  
([http://www.nasa.gov/sites/default/files/heo-cpfc-portion\\_to\\_portion\\_seg3.pdf](http://www.nasa.gov/sites/default/files/heo-cpfc-portion_to_portion_seg3.pdf))
19. National Diabetes Education Program, The Link Between Diabetes and Cardiovascular Disease  
([http://ndep.nih.gov/media/CVD\\_FactSheet.pdf](http://ndep.nih.gov/media/CVD_FactSheet.pdf))



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20. National Heart, Lung, and Blood Institute, Guide to Physical Activity  
[\(https://www.nhlbi.nih.gov/health/educational/lose\\_wt/phy\\_act.htm\)](https://www.nhlbi.nih.gov/health/educational/lose_wt/phy_act.htm)
21. National Heart, Lung, and Blood Institute, What Is Coronary Heart Disease?  
[\(http://www.nhlbi.nih.gov/health/health-topics/topics/cad\)](http://www.nhlbi.nih.gov/health/health-topics/topics/cad)
22. National Institute of Aging/National Institutes of Health, Staying Safe During Exercise and Physical Activity  
[\(https://go4life.nia.nih.gov/sites/default/files/StayingSafe.pdf\)](https://go4life.nia.nih.gov/sites/default/files/StayingSafe.pdf)
23. NIDDK, Am I at Risk for Type 2 Diabetes? Taking Steps to Lower Your Risk of Getting Diabetes  
[\(http://www.niddk.nih.gov/health-information/health-topics/Diabetes/type-2-diabetes-taking-steps-lower-your-risk-diabetes/Pages/index.aspx\)](http://www.niddk.nih.gov/health-information/health-topics/Diabetes/type-2-diabetes-taking-steps-lower-your-risk-diabetes/Pages/index.aspx)
24. Smoke Free, Have You Built a Quit Plan?  
[\(http://smokefree.gov/quit-plan\)](http://smokefree.gov/quit-plan)
25. U.S. Preventive Services Task Force (USPSTF), 2012, Behavioral counseling interventions to promote a healthful diet and physical activity for cardiovascular disease prevention in adults: U.S. Preventive Services Task Force recommendation statement  
[\(http://www.guideline.gov/content.aspx?id=37711\)](http://www.guideline.gov/content.aspx?id=37711)
26. USDA, Choose My Plate, How Many Calories Does Physical Activity Use (Burn)?  
[\(http://www.choosemyplate.gov/physical-activity-calories-burn\)](http://www.choosemyplate.gov/physical-activity-calories-burn)
27. USDA, Choose My Plate, When Eating Out Make Better Choices  
[\(http://www.choosemyplate.gov/when-eating-out\)](http://www.choosemyplate.gov/when-eating-out)