If you eat 1.5 servings per day of green vegetables you are 14% less likely to develop diabetes.

Sugar-sweetened beverages like soda and fruit drinks can increase your risk of diabetes even if you’re not overweight.

Teens who watch a lot of TV have more body fat, which can increase their risk for diabetes.

Women who are physically active before and during their pregnancy reduce their risk of gestational diabetes by about 70%.

Type 2 diabetes runs in families partly because children tend to pick up bad habits, like poor diets, from their parents.

Being obese makes you 20-40 times more likely to develop diabetes.

If you have unhealthy levels of bad cholesterol, you are at a higher risk of developing diabetes and heart disease.

Early treatment of diabetes or prediabetes can prevent serious problems such as loss of eyesight or kidney damage.

Monitor cholesterol

Don’t be a statistic. Get checked for diabetes.

Statistics show that diabetes is at epidemic levels nationwide. Hampton Roads, in particular, is a hotbed for the disease. That’s why it’s important to get checked by a health-care professional. The EVMS Strelitz Diabetes Center is working to halt the disease and ease suffering by transforming research discoveries into novel treatments. Learn more about local research and find out why people from across the country trust their care to EVMS.

To receive an information packet, or to make an appointment, call 757.446.5908.
Learn more at evms.edu/diabetes