

Change4Life™

TALKING ABOUT DIABETES

Type 2 diabetes means a person's pancreas isn't making enough insulin or their body isn't using the insulin it makes effectively. Insulin is required to change the sugar in the food we eat into energy. By keeping diabetes under control through making healthy lifestyle choices, a diabetic can live a long and healthy life.¹

MANAGE DIABETES BY...

-  **EATING** healthy foods
-  **GETTING** regular exercise
-  **MANAGING** weight, blood pressure, and stress
-  **MONITORING** blood glucose levels
-  **TAKING** medication exactly the way the doctor prescribes – in other words, every day and on a set schedule²



If it's not managed, bad things can happen...

BLINDNESS **STROKE** **KIDNEY DISEASE**
ERECTILE DYSFUNCTION **HEART DISEASE** **FOOT PROBLEMS, INCLUDING AMPUTATION³**

¹ Canadian Diabetes Society, www.diabetes.ca/about-diabetes/what-is-diabetes
² Canadian Diabetes Society, www.diabetes.ca/diabetes-and-you/living-with-type-2-diabetes
³ Public Health Agency of Canada, www.phac-aspc.gc.ca/cd-mc/publications/diabetes-diabete/your-guide-votre-guide/index-eng.php#Wha1
⁴ Statistics Canada, November 2012, www.statcan.gc.ca/pub/82-003-x/2012004/article/11740-eng.pdf

SURPRISING FACTS

In GSC's data,
54.6% OF DIABETICS ARE ADHERENT TO THEIR MEDICATIONS. 
That means,
45.4% DON'T TAKE THEIR MEDICATION AS PRESCRIBED.

TAKING 50% OF YOUR MEDICATION IS 0% EFFECTIVE

(Drugs don't work if you don't take them!) 

CHANGE IS HAPPENING

We know it's hard to change. But with education and support, diabetics can make the changes needed to manage their condition.

DIABETICS ARE GOOD AT MAKING POSITIVE BEHAVIOUR CHANGES AFTER DIAGNOSIS, INCLUDING:

↓  **SMOKING** ↑  **PHYSICAL ACTIVITY** ↑  **FRUIT AND VEGETABLE CONSUMPTION⁴**

Resources are available for diabetics – pharmacists can provide coaching and advice, and many grocery stores employ in-house dietitians.

DON'T TAKE IT FROM US...

“*The thing I am now doing is walking with friends early in the morning. It gets my day going right before I head to work and makes me feel really good. It doesn't cost anything to walk. I know it's a good thing to do and it will help keep this condition under control. I'm glad I started.*”

-Ruth, just diagnosed with type 2 diabetes

Try the Change4Life health portal...

Supports healthy living by providing you with personalized tips, easy-to-use online tools, and important information all at your fingertips. As you complete healthy activities, you earn points that you can redeem for rewards (it's true!). Visit **greenshield.ca** and click GO to sign up for GSC's Online Services and access the portal.

**WANT MORE INFORMATION?
CHECK OUT THESE WEBSITES:**

Canadian Diabetes Society
www.diabetes.ca

Heart & Stroke Foundation
www.heartandstroke.ca

Healthy Canadians
www.healthycanadians.gc.ca

