

Nibbles and Tidbits 6/10/22



Everyday Habits That Raise Your Risk of Diabetes

Even though your age or a family history of diabetes can affect your chance of developing the disease, your lifestyle also plays a critical role. Be aware that the following daily habits can raise your risk, too:

1. Skipping breakfast
2. Sitting for longer than 30 minutes at a stretch
3. Drinking more than a glass of wine or two daily
4. Skimping on sleep
5. Smoking
6. Eating processed foods
7. Lacking quality connections with others

To learn more, read this AARP article:

[Everyday Habits That Raise Your Risk of Diabetes \(aarp.org\)](https://www.aarp.org/health/diseases-conditions/diabetes/2019/06/10/everyday-habits-that-raise-your-risk-of-diabetes/)

Your Healthy Advisory Team,
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