

## Resource Guide

### Healthy Habits with your CMD: Ways to Prevent Type 2 Diabetes

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Did you know that most cases of type 2 diabetes are preventable? Many cases are caused by lifestyle factors such as poor diet, lack of exercise, being overweight, and more. Therefore, you can prevent or delay type 2 diabetes later in life by:

- Maintaining a healthy weight
- Eating a balanced diet
- Staying active
- Getting adequate sleep
- Quitting smoking



Learn more about type 2 diabetes prevention from the [Public Health Agency of Canada](#).